



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# FITNESS SCHEDULE

**SOUTHWEST FAMILY YMCA** • 13010 Atwood Avenue • September 5-October 23

MON	TUES	WED	THUR	FRI	SAT
5:30-6:30 a.m. Step Joanne	5:30-6:30 a.m. Body Pump Luke	5:30-6:30 a.m. Step Pam	5:30-6:30 a.m. Body Pump Eilis	5:30-6:30 a.m. Step Pam	7:10-8:10 a.m. Body Pump Luke
7:55-8:45 a.m. Silver Sneakers® Muscular Strength	8:30-9:30a.m. Silver Sneakers® Cardio Circuit	7:55-8:45 a.m. Silver Sneakers® Muscular Strength	8:30-9:30a.m. Silver Sneakers® Cardio Circuit	8:15-9:00 a.m. Silver Sneakers® Muscular Strength	8:15-9:15 a.m. Bodysculpting Belinda
8:45-9:30 a.m. Silver Sneakers® Muscular Strength		8:45-9:30 a.m. Silver Sneakers® Muscular Strength		9:15-10:00 a.m. Fab Abs in Big Gym	9:15-10:15 a.m. Step Jackie
9:30-10:30 a.m. Turbo Kick Allison/Michelle	9:30-10:30 a.m. Step Jackie	9:30-10:30a.m. DoubleStep Julie	9:30-10:30 a.m. Step Jackie	9:30-10:30a.m. Turbo Kick Michelle	10:20-11:20 a.m. Body Pump Laurie/Erica
10:30-11:30 a.m. Body Pump Jackie	10:30-11:15 a.m. Fab Abs Dennis	10:30-11:30 a.m. Body Pump Jackie	10:30-11:30 a.m. Tai Chi Movement Carol	10:30-11:30 a.m. Body Pump Sara	11:20-12:20 p.m. Body Attack Laurie/Erica
	11:45-12:45 p.m. Body Pump Sondra		11:45-12:45 p.m. Body Pump Sondra		
5:30-6:15 p.m. Yoga Allison	5:30-6:15 p.m. Zumba Janelle	5:15-6:00 p.m. Yoga Sarah	5:30-6:15 p.m. Zumba Janelle		<b>SUNDAY</b>
6:15-7:15 p.m. Body Attack Laurie/Erica	6:20-7:20 p.m. Body Pump Pam/Jen	6:15-7:15 p.m. Body Attack Erica	6:20-7:20 p.m. Body Pump Pam/Jen		1:00-2:00 p.m. Body Pump Sondra
7:20-8:20 p.m. Body Pump Laurie/Stefanie	7:20-8:20 p.m. Body Attack Mary	7:20-8:20 p.m. Body Pump Mary U./Stefanie	7:20-8:20 p.m. Body Attack Mary		
8:20-9:20 p.m. PIYO Viann		8:20-9:20 p.m. PIYO Viann			



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# FITNESS CLASS DESCRIPTIONS

## SOUTHWEST FAMILY YMCA

### **Body Attack**

Sports inspired cardio workout for building strength and stamina. This interval training class combines athletic aerobic floor movements with Strength and stabilization exercises.

### **Body Pump**

Group exercise class for all ages and fitness levels. Body Pump is an athletic –based workout using barbells with adjustable weights to work out every major muscle group.

### **Double Step**

Double the fun. Two step platforms are used in this energetic class.

### **Fabulous Abs!**

A gut-blasting, muscular workout for the abdominals that will benefit the lower back as well. All fitness levels.

### **Group Cycling**

Group cycling is an aerobic/anaerobic workout on a stationary bike designed for all ages and fitness levels.

### **PIYO**

Enjoy the fusion of Mat Pilates and Hatha Yoga. Gain a better sense of physical awareness, enhance muscle condition. And core stability.

### **Silver Sneakers Muscular Strength**

Have fun and move to music through a variety of exercises designed to increase muscular strength , range of movement , and activity for daily living skills. Hand held weights, tubing and a ball are offered for seated and/or standing support.

### **Silver Sneakers Cardio Circuit**

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand held weights, tubing and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

### **Step**

A great workout for men and women who want to challenge themselves with a variety of moves on the Reebok step.

### **Turbo Kick**

Ultimate cardio challenge complete with intense interval combinations influenced by Muay Tai Boxing. Kickboxing specific strength/ endurance training with a Thai Chi like cool down.

### **Yoga**

Inspiring, energizing and calming. Learn the ancient practice of Yoga. Breathing and relaxation exercise techniques form a complete mind and body workout for all ages.

### **Zumba**

A blend of hypnotic Latin rhythms and easy to follow moves create a dynamic, fun-filled workout



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 a.m. Group Cycling Pam		5:30-6:30 a.m. Group Cycling Sheryl		5:30-6:30 a.m. Group Cycling Sheryl	8:00-8:45 a.m. Group Cycling Pete
	8:00-8:45 a.m. Senior Cycling Dennis		8:00-8:45 a.m. Senior Cycling Dennis		
				9:30-10:30 a.m. Group Cycling Geri	
11:45-12:30 p.m. Group Cycling Diane		11:45-12:30 p.m. Group Cycling Jessica		11:45-12:30 p.m. Group Cycling Allison	
5:30-6:15 p.m. Group Cycling Jeri	6:00-6-45 p.m. Group Cycling Terri	5:30-6:15 p.m. Group Cycling Jeri			