



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUENA VISTA YMCA EXPRESS
Small Group Class Schedule
Effective Monday, August 12th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MX4 (Zack) 5:15 - 5:45am	MX4 Plus (Nathan) 5:15 - 6 am	MX4 (Zack) 5:15 - 5:45am	MX4 Plus (Nathan) 5:15 - 6 am	MX4 (Nathan) 5:15 - 5:45 am	
Total Body Strength (Zack) 5:45 - 6:15am		Total Body Strength (Zack) 5:45 - 6:15am		Sunrise Yoga (McCall) 5:45- 6:30am *Bring your mat Through 8/30	
MX4 Active (Kevin) 9:15-10am	Functional Strength (Allison) 9:15 - 10am	MX4 Active (Amber) 9:15 - 10am	Functional Strength (Amber) 9:15 - 10am	MX4 Active (Kevin) 9:15 - 10am	MX4 Plus (Kevin) 9 - 10 am
Functional Mobility (Kevin) 10 - 10:30am				Functional Mobility (Kevin) 10 - 10:30	
	Silver Sneakers Stability (Allison) 11 - 11:45am		Silver Sneakers Stability (Amber) 11 - 11:45am		
	MX4 (Allison) 12:15 - 12:45pm		MX4 (Aiden) 12:15 - 12:45pm		
MX4 (Karen) 4:30 - 5pm	MX4 Plus (Not coach lead) 4 - 4:45pm	MX4 (Karen) 4:30 - 5pm	MX4 Plus (Not coach lead) 4 - 4:45pm	MX4 (Aiden) 4:30 - 5pm	
Total Body Strength (Karen) 5 -5 :30pm	ActiveXpress (Aiden) 5:30 - 6pm	Cardio Circuit (Karen) 5 - 5:30pm	ActiveXpress (Aiden) 5:30 - 6pm	Total Body Strength (Aiden) 5 -5 :30pm	
	MX4 (Aiden) 6 - 6:30pm		MX4 (Aiden) 6 - 6:30pm		

***Spots are limited, please register in the app. Please cancel booking at least 12 hours in advance. See reverse for class descriptions.**

Class Descriptions

- **MX4 Active:** A 40-minute moderate intensity session designed to offer members a non-intimidating workout focused on:
 - enhancing stability to aid rehabilitation and reduce the risk of fall
 - building functional strength to reduce the risk of injury and maintain independence
 - flexibility for improved range of motion and greater freedom of movement
 - improving cardiovascular health for increased energy and quality of life
 - while providing personal coaching and attention from a certified instructor
- **ActiveXpress:** 30-minute MX4 Active as described above.
- **MX4:** A 30-minute moderate/high-intensity, motivating exercise experience that delivers results you can see. Only MX4 combines best-in-class training tools with exciting workouts to help you improve cardiovascular fitness, power, strength, and endurance in a way that's right for your body and abilities. Whether you're striving to shed a few pounds, enhance performance or improve overall fitness, MX4 will help you achieve more with challenging progressive workouts.
- **MX4 Plus:** A 45-minute moderate/high-intensity, motivating exercise experience that delivers results you can see. Built on the 4 pillars of MX4 -Cardio, Power, Strength and Endurance- MX4 Plus combines best-in-class training tools with challenging workouts to help you reach your goals faster in a way that's right for your body and abilities.
- **No Coach:** Any class can be played on the big screen but not led by a coach. Coaches are always available for questions/assistance!
- **Functional Strength:** Focuses on exercising several muscles and joints together rather than working a particular muscle or group of muscles independently, resulting in an individual being able to perform activities of daily living with greater ease. Build strength and confidence! Suitable for all fitness levels.
- **Total Body Strength:** A comprehensive workout designed to target all major muscle groups in a single session. This type of workout is ideal for building balanced strength, improving muscular endurance, and enhancing overall fitness. This class is suitable for most fitness levels. Must be able to move pain free and get up and down off the floor.
- **Functional Mobility:** A 30-minute stretching and mobility class meant to ease movement and increase range of motion in a functional way. Combining Yoga postures with athletic stretching and common physical therapy modalities, functional Mobility will help you move more freely.
- **Silver Sneakers Stability:** Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints all in a fun and social setting. This class is designed specifically for fall prevention.
- **New! Sunrise Yoga through August 30th:** Join us for sunrise yoga OUTDOORS at the Buena Vista YMCA Express! Embrace the tranquil morning as you stretch and strengthen your body amidst the fresh air and peaceful surroundings. Whether you're a seasoned yogi or a beginner, this outdoor session offers a rejuvenating start to your day. Come and connect with your breath and the beauty of the sunrise as you practice yoga in this serene outdoor setting.
*Please bring your own Yoga mat, we have a limited supply.
*Classes will be canceled in the event of inclement weather conditions.