



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**BUENA VISTA YMCA EXPRESS**  
Small Group Class Schedule  
**Beginning February 10<sup>th</sup>**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MX4 Plus</b> 5:15 – 6 am (Steven)	<b>MX4</b> 5:15 – 5:45am (Nathan)	<b>MX4 Plus</b> 5:15 – 6 am (Steven)	<b>MX4</b> 5:15 – 5:45am (Nathan)	<b>MX4</b> 5:15 – 5:45am (Nathan)	
	<b>Total Body Strength</b> 5:45 – 6:15am (Nathan)		<b>Total Body Strength</b> 5:45 – 6:15am (Nathan)		
<b>MX4 Active Xpress</b> 8:30 - 9am (Amber)		<b>MX4 Active Xpress</b> 8:30 - 9am (Amber)		<b>MX4 Active Xpress</b> 8:30 - 9am (Amber)	
<b>MX4 Active</b> 9:15 - 10am (Kevin)	<b>Functional Strength</b> 9:15 - 10am (Amber)	<b>MX4 Active</b> 9:15 - 10am (Amber)	<b>Functional Strength</b> 9:15 - 10am (Amber)	<b>MX4 Active</b> 9:15 - 10am (Kevin)	<b>MX4 Plus</b> 9 – 10 am (Kevin)
<b>Functional Mobility</b> 10 - 10:30am (Kevin)				<b>Functional Mobility</b> 10 - 10:30am (Kevin)	
<b>Silver Sneakers Stability</b> 11 – 11:45am (Kevin)	<b>Tai Chi</b> 11:30am – 12:15pm (Claudia)		<b>Tai Chi</b> 11:30am – 12:15pm (Claudia)	<b>Silver Sneakers Stability</b> 11 – 11:45am (Kevin)	
<b>MX4</b> 4:30 – 5pm (Karen)		<b>MX4</b> 4:30 - 5pm (Claudia)		<b>MX4</b> 4:30 – 5pm (Aiden)	
<b>Total Body Strength</b> 5 -5 :30p (Karen)	<b>Zumba</b> 5:30 – 6:15p (Claudia)	<b>Cardio Circuit</b> 5 - 5:30p (Claudia)	<b>Zumba</b> 5:30 – 6:15p (Claudia)	<b>Total Body Strength</b> 5 -5 :30pm (Aiden)	

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

**\*The schedule changes are highlighted**

**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
- **Active Xpress:** 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.
- **Tai chi:** This class is a series of slow, gentle movements, meditation, and breathing exercises that are designed to improve physical and mental health. Tai chi can help reduce stress, improve mood, and improve sleep, balance, and body awareness.
- **Zumba:** These classes combine Latin and international music and dance to create a dynamic calorie-burning form of workout for people of all fitness levels and age groups. This effective fitness system features aerobic training that is a fusion of slow and fast rhythms to tone and sculpt your body. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.