FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUENA VISTA YMCA EXPRESS

Small Group Class Schedule
Fall Update

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MX4 Plus 5:15 – 6 am (Steven)	**MX4** 5:15 – 5:45am (Nathan)	**MX4 Plus** 5:15 – 6 am (Steven)	**MX4** 5:15 – 5:45am (Nathan)	**MX4** 5:15 – 5:45am (Nathan)	
	Total Body Strength 5:45 – 6:15am (Nathan)		**Total Body Strength** 5:45 – 6:15am (Nathan)	**Friday Flow** 5:45 – 6:30 am (Nathan)	
MX4 Active 8:30 – 9:15am (Amber)		**MX4 Active** 8:30 – 9:15am (Amber)		**MX4 Active** 8:30 – 9:15am (Nathan)	
MX4 Active 9:30 – 10:15am (Kevin)	**Functional Strength** 9:15 - 10am (Kevin)	**MX4 Active** 9:30 – 10:15am (Amber)	**Functional Strength** 9:15 - 10am (Amber)	**MX4 Active** 9:30 – 10:15am (Amber)	**MX4 Plus** 9 – 10 am (Kevin/Drew)
Functional Mobility 10:30 - 11am (Amber)				**Functional Mobility** 10:30 - 11am (Nathan)	
MX4 Golden Active 11:15am- 11:45 am (Kevin)	**Silver Sneakers Stability** 11 – 11:45am (Kevin)	**MX4 Golden Active** 11 – 11:30 am (Amber)	**Silver Sneakers Stability** 11 – 11:45am (Amber)	**MX4 Golden Active** 11:15am- 11:45 am (Amber)	
Cardio Conditioning 4:30 – 5 :30pm (Aiden)		**MX4** 4:30 – 5:00pm (Drew)		**Strength Split** 4:30 – 5 :30pm (Aiden)	
		Total Body Strength 5 -5 :30pm (Drew)			

***Spots are limited, please register in the app.**

Due to limited space, please cancel your booking at least 12 hours in advance if you are unable to attend.

Class Descriptions

*Classes are in order by level of difficulty

- **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.
- **Friday Flow:** This revitalizing morning flow is a Mind-Body Movement class that connects movement with breath. Increase flexibility, improve mental focus and clarity, reduce anxiety and stress, and boost mood and energy. All levels are welcome!
- **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.
- **MX4 Golden Active:** A 30-minute light to moderate intensity session designed to offer members a non-intimidating workout with **no floor exercises** 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
- **MX4 Active:** A 45-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
- **MX4:** A 30-minute moderate/high-intensity, motivating exercise experience that delivers results. 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 challenging progressive workouts.
- **MX4 Plus:** A 45-minute moderate/high-intensity, motivating exercise experience that delivers results. 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.
- **Functional Strength:** Focuses on exercising several muscles and joints together rather than working with 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.
- **Strength Split:** A strength-focused split program emphasizing upper, lower, and core training to develop balanced, athletic strength while reinforcing proper lifting technique, confidence, and control. This class is intended for individuals who can move pain-free and are able to safely get on and off the floor; it is not suitable for those with current movement limitations or injuries.
- **Cardio Conditioning:** A high-energy conditioning class focused on building cardiovascular endurance using total-body exercises performed at sustained or interval-based intensities.