

# BAY VIEW FAMILY YMCA GROUP EXERCISE SCHEDULE

effective January 2-February 18, 2018

MONDAY				THURSDAY			
5:30am-6:15am	BODYFLOW™	R	Jenn/DanielleO	5:15am-6:15am	BODYPUMP®	R	Kristyn
8:15am-9:00am	Feeling Fit Plus	G	Karen	7:00am-7:45am	BOSU®	R	Lucy
8:25am-9:10am	FUNctional Fitness	R	Lisa C.	7:50am-8:35am	Barre	R	Lucy
9:20am-10:20am	Interval Step	R	Marianne	8:30am-9:20am	Gentle Yoga (chair)	G	Marianne
9:30am-10:30am	Active Yoga	G	Eva	9:00am-9:50am	Cycle Fusion-TRX®	R	Lisa C.
10:30am-11:30am	Gentle Yoga (chair)	R	Marianne	9:35am-10:20am	SilverSneakers® Circuit	G	Marlene
10:45am-11:30am	Feeling Fit	G	Karen	10:00am-11:00am	BODYPUMP®	R	Lisa C.
4:20pm-5:05pm	BODYPUMP®	R	Jenna	10:30am-11:15am	SilverSneakers® Classic	G	Marianne
5:10pm-5:40pm	CXWORX®	R	Andrea	11:05am-11:35am	CXWORX®	R	Lisa C.
5:45pm-6:30pm	INSANITY®	R	Andrea	5:00pm-5:30pm	• TABATA BOOT CAMP	R	Andrea
6:30pm-7:00pm	•GRIT	H	Joe	5:35pm-6:30pm	Cycle Fusion- CXWORX®	R	Andrea
6:35pm-7:35pm	Body Conditioning	R	Marlene	6:35pm-7:30pm	Active Yoga	H	Andrea
TUESDAY				6:40pm-7:40pm	BODYPUMP®	R	Carol
5:15am-6:15am	BODYPUMP®	R	Jenn N.	FRIDAY			
5:45am-6:15am	•GRIT	H	GRIT coaches	5:10am-5:55am	Group Cycle	R	Danielle B.
6:30am-7:00pm	•GRIT	H	GRIT coaches	5:45am-6:15am	•GRIT	H	GRIT coaches
8:00am-9:00am	Body Conditioning	R	Karen	6:30am-7:00am	•GRIT	H	GRIT coaches
8:30am-9:15am	Zumba®	G	Nicolette	6:00am-6:30am	CXWORX®	R	Mike
9:10am-9:55am	HIIT	R	Lisa C.	8:15am-9:00am	Low Impact Cardio	G	Marlene
9:35am-10:20am	SilverSneakers®Circuit	G	Marianne	8:25am-9:10am	FUNctional Fitness	R	Marianne
10:00am-11:00am	BODYPUMP®	R	Lisa C.	9:20am-10:20am	Cardio Step	R	Marianne
10:30am-11:15am	SilverSneakers® Classic	G	Marianne	9:45am-10:30am	Gentle IM=X Pilates	G	Laurie
11:05am-11:55am	IM=X Pilates	R	Lisa C.	10:45am-11:30am	<small>ENDORSED BY SILVERSNKRS</small>	G	Laurie
12:00pm-1:00pm	Active Yoga	H	Eva	12:00pm -1:00pm	Yoga	H	Eva
5:00pm-5:50pm	Gentle Yoga	R	Jen S.	4:20pm-5:05pm	BODYPUMP®	R	Andrea
6:00pm-7:00pm	BODYPUMP®	R	Mike	5:15pm-5:45pm	CXWORX®	R	Andrea
6:20pm-7:00pm	Kidding Around Yoga	H	Kristina	5:50pm-6:30pm	Family Yoga	R	Andrea
WEDNESDAY				SATURDAY			
5:30am-6:15am	INSANITY®	R	Danielle B.	7:05am-8:05am	Group Cycle	R	staff rotation
8:00am-8:30am	• TABATA BOOT CAMP	R	Lisa C.	8:15am-9:15am	Cardio Step	R	staff rotation
8:15am-9:00am	Low Impact Cardio	G	Laurie	9:10am-10:00am	IM=X Pilates	H	Gerry/Kathy
8:45am-9:15am	CXWORX®	R	Lisa C.	9:20am-10:20am	BODYPUMP®	R	staff rotation
9:20am-10:05am	Circuit Training	R	Lisa C.	10:30am-11:30am	Yoga	R	staff rotation
9:30am-10:15am	BOOM (demo 1/10,1/17,1/24)	R	Karen	11:45am-12:45pm	Zumba®	R	Shelley
10:15am-11:15am	BODYFLOW®	R	Mary	SUNDAY			
10:45am-11:30am	Feeling Fit	G	Karen	8:10am-9:00am	INSANITY®	G	Kevin
4:20pm-5:05pm	BODYPUMP®	R	Kristyn	8:30am-9:00am	CXWORX®	R	Mike
5:45pm-6:30pm	Circuit Training	R	staff rotation	9:10am-10:10am	BODYPUMP®	R	staff rotation
6:30pm-7:00pm	•GRIT	H	Joe	9:15am-9:45am	•GRIT	G	Kevin/Kristyn
6:35pm-7:35pm	Body Conditioning	R	Marlene	10:20am-11:05am	TRX® Body Blast	R	Danielle B.
				11:15am-12:15pm	BODYPUMP®	R	staff rotation
				12:30pm-1:30pm	Gentle Yoga	R	Kristina

revised 12/26/17

**G=gym**    **R=responsibility rm**  
**L=Lobby**    **H=honesty hall**

• **GRIT & TABATA BOOT CAMP** sessions offered for scheduled number of weeks. **PREREGISTRATION REQUIRED**-no walk-ins other classes are member benefit

# BAY VIEW FAMILY YMCA

## GROUP EXERCISE SCHEDULE

### CLASS DESCRIPTIONS (GROUPED BY FORMAT)

**Low Impact Cardio:** The perfect mix of heart pumping cardio, upbeat tunes and low impact moves.

**Feeling Fit:** This class allows you to work at a pace that is right for you. The workout combines low impact aerobic exercise, strength exercise, and flexibility.

**\*Feeling Fit Plus** offers more complex choreography and higher intensity than the original Feeling Fit class.

**Silver Sneakers® -Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support

**Silver Sneakers® Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises

**Free Style Barre:** This barre program is a fusion workout that uses classical ballet barre, pilates and yoga exercises to strengthen and develop long lean muscles. It is based on 5 different types of Barre formats that give the instructor the freedom to put together a safe and fun class using their own creativity.

**Barre Above:** Ultimate barre body challenge with or without the barre! Come experience a fun, invigorating, dance-inspired class that focuses on conditioning and toning the entire body! Designed for fitness enthusiasts, the Barre Above workout blends the best of ballet, Pilates, dance, and yoga and functional training exercises to develop muscular endurance, core strength, dynamic balance and flexibility. No dance experience necessary.

**BODYFLOW** This Les Mills program is ideal for everyone. BODYFLOW® is the yoga-based class that will improve your mind, your body, and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all exercises, and instructors provide options to those just getting started. You'll strengthen your entire body and leave class feeling calm and

**Gentle Yoga (chair)** This relaxing program offers slow stretching and strengthening of the body to improve posture and focus the mind. The class utilizes a chair for seated and standing support. Relaxation techniques included.

**Gentle Yoga:** increase range of motion and promote flexibility while moving slowly through a sequence of poses. Perfect for newcomers and experienced yoga participants.

**Yoga:** yoga poses are used to build strength, cardiovascular endurance and enhance flexibility, as well as relieve stress and tension. All fitness levels welcome.

**Active Yoga:** this dynamic and challenging class builds strength and flexibility, sustains focus and revives your spirit. Previous yoga experience is recommended.

**Tween Yoga:** 8-12 yr olds will learn poses to build strength and flexibility, as well as learning focus and ways to relieve stress.

**IM=X Pilates:** Integrated Movement Exercise is based on Pilates. In a series of exercise sequences you will develop superior core muscle power and postural endurance, which helps to optimize physical performance. Joint stabilization, back strength and hip flexibility are just some of the benefits you will receive from this unique workout.

**Moving for Better Balance:** Evidence-based program for falls prevention using principles of Tai Chi to learn 8 forms. Improves balance, muscle strength and flexibility

**Body Conditioning:** through non-aerobic exercise, participants work toward developing muscle fitness. Participants will work opposing muscle groups, abs and back, and conclude with flexibility. Class will utilize a variety of resistance/training equipment.

**BODYPUMP®** Body Pump is the original Les Mills barbell class. This workout Challenges all major muscle groups. New workout & music produced every 3 months. Class is physically demanding.

**CXWORX®:** This Les Mills program is a low impact, low cardio, quick efficient workout in 30 mins. Improves functional strength for balance, mobility and injury prevention.

**FUNctional Fitness:** This all-levels focused class is aimed at developing usable strength to improve performance in everyday activities and sports. Using a variety of proven equipment, integrated core training and real

**TRX BODY BLAST®:** All levels, strength and endurance workout on the straps. An effective total body workout driven by high intensity playlists. All participants move in sync for a great TRX experience.

**Cardio Step:** Exhilarating cardio class proven to get high intensity results in a low impact workout. Customize the challenge using the height adjustable step and moves-based routines on, over and around the step. If you're looking for a heart pumping, calorie burning, lower body-focused workout-step this way!

**Interval Step:** this all levels, high energy interval class combines the best of cardio step with strength conditioning for a heart pumping, calorie burning, total body workout.

**Group Cycle:** Indoor group cycling cardio workout for all fitness levels.

**Cycle Fusion:** 1/2 cycle with 1/2 muscle workout; either CXWORX, core, conditioning, or TRX for a total body workout.

**Run and Ride:** Enjoy summer with cycle inside on bikes, and then taking a run outside (30/30), and finishing with a stretch.

**INSANITY®** Total-body conditioning program packed with cardio and plyometric drills. Intervals of strength, power, resistance, and core training. No equipment or weights are needed. Options given for various fitness levels.

**HIIT:** A time efficient, total body, aerobic and strength conditioning workout. This interval-based class combines full-body strength training and high intensity cardio bursts designed to torch calories, tone your body, improve endurance and clear your mind. HIIT features leading edge programs to give maximal results in minimal time. Modifications for all fitness levels are provided. note: HIIT classes may include the following: P90X, Insanity, Power & Performance, Core de Force.

**BOSU** This all levels, high energy workout combines cardio drills with metabolic strength conditioning on, over, and around the BOSU for a heart pumping, calorie burning, total body workout.

**Circuit Training:** combination of high volume cardiovascular exercises and resistance (wgt) workout with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness

**ZUMBA®:** A fusion of Latin and international music -dance themes that create a dynamic, exciting, effective fitness system.

**ZUMBA®** utilizes the principles of fitness interval training and resistance training for a full body workout. **easy to follow** dance steps. **\*Zumba Gold** is a modified version of this class.