

Hillcrest Family YMCA - Group Exercise Schedule - January 2022

		TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6 AM	6:15-7:15 Cycle & Strength Sarah-CR			6:15-7:15 Cycle Sarah-CR		6:15-7:15 Cycle Sarah-CR		
	7am		7:00am-7:50 Yoga Sculpt Rebekah-GX			7:00am-7:50 Yoga Sculpt Rebekah-GX			
	8am	8:30-9:20 Pure Strength Sami-GX	8:15-9:05 Fitness After 50 Ester-Gym	8:30-9:20 Cardio Combo Jill-GX	8:15-9:05 Fitness After 50 Ester-Gym 8:30-9:20 Kickboxing Michelle-GX	8:30-9:20 Pure Strength Sami-GX	8:00am-8:50 Yoga Sculpt Rebekah-GX 8:15-9:00 Fitness After 50 Ester-Gym		
	9am	9:00-9:50 Vinyasa Yoga Cheryl-MPR		9:00-9:50 Vinyasa Yoga Cheryl-MPR			9:00-9:50 Cycle Staff-CR		
	10am	10:00-10:50 Silver Sneakers Classic Kathryn-GX	10:00-10:50 Line Dance Gigi-GX		10:00-10:50 Line Dance Gigi-GX		10:00-10:50 Zumba Quanetta GX	10:00-10:50 Cycle Michelle-CR	
	11am	11:15-12:05 Silver Sneakers Yoga Kathryn-GX		11:30-12:20 Silver Sneakers Classic Prince-Gym	11:00-11:50 Chair Yoga Judi-GX		11:45-12:30 Zumba Kids January 29*	11:30-12:00 Let's Talk Nutrition Carmen-Zoom January 16*	
	EVENING	12pm		12:15-1:05 Silver Sneakers Yoga Anita-GX		12:15-1:00 Polynesian Dance/Hawaiian Hula Dahmia-GX			
1pm					1:15-2:05 Belly Dance Dahmia-GX				
5pm					5:30-6:30 Cycle & Strength Sarah-CR				
6pm		6:00-6:50 Cycle Doug-CR 6:00-6:50 Zumba Miriam-GX	6:00-6:50 Zumba Step Shelly-GX 6:00-6:50 Vinyasa Yoga Judi-MPR	6:00-6:50 Cycle Doug-CR 6:00-6:50 Zumba Elizabeth-GX	6:00-6:50 Zumba Step Shelly-GX				
7pm		7:00-7:50 Pound Ali-GX	7:15-8:05 Line Dance Gigi-GX	7:00-7:50 Pound Ali-GX 7:00-7:50 Gentle Yoga Carmen-MPR	7:00-7:50 Vinyasa Yoga Cheryl-GX				
8pm			8:15-8:55 Advanced Line Dance Gigi-GX						

Hillcrest Family YMCA class descriptions

Class descriptions are followed by the intensity level of the class.

Intensity levels: High, Medium-high, Medium, Medium-low and Low

Belly Dance: Experience the differences between Turkish, Arabic, Egyptian movements while working on isolation of each part of your body. Low intensity

Chair Yoga: Chair yoga is a gentle practice that moves through yoga postures with the support of the chair, both seated and standing, breath work, and self-study to strengthen muscles, deepen flexibility, and create a healthy, vibrant, and confident lifestyle. Low intensity

Cycle: This indoor cycling class will take you on a ride through the flat lands to the mountain tops. Come see why the popularity of cycling continues to endure. Since you control your own pace and resistance, you can make this work out as easy or as challenging as you desire. Medium-High/High intensity

Cycle & Strength :Get the best of both worlds! This class combines the benefits of group cycling for your heart and lungs and off-bike strength training to challenge your muscles. Medium-High/High intensity

Fitness After 50:This intermediate-level class has low-impact cardiovascular conditioning, muscular strength work, and flexibility exercises. We also do exercises designed to improve balance, coordination, manual dexterity, and agility (both physical and mental). Your heart, lungs, muscles, balance, and energy will all improve – and you'll have lots of fun along the way! Medium intensity

Line Dance:This popular class will keep you moving with fun line dance steps performed to a variety of music. Low intensity

Polynesian Dance/Hawaiian Hula:Come learn the traditional dance moves of the South Seas. Polynesian Dance and Hula will improve balance, connect you to interesting cultures, help with weight loss, boost your heart health, and make you happy! Low intensity

Pound®:This exhilarating full-body workout combines cardio and strength training with yoga and Pilates-inspired movements. Using lightly weighted drumsticks that are engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Medium -High intensity

Pure Strength:This classic muscle building and conditioning class will upgrade your fitness with dumbbells, resistance bands, and body weight. Medium-High intensity

SilverSneakers Classic®:Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Chairs are used for support. This class is open to ALL YMCA members and suitable for new to intermediate exercisers. Low intensity

SilverSneakers Yoga: This class offers a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of postures designed to increase flexibility, balance and range of movement. Breathing exercises and final relaxation promote stress reduction and mental clarity. You will not exercise on the floor in this class. This class is open to ALL YMCA members and suitable for all levels of exercisers. Low intensity

Vinyasa Yoga:Vinyasa style yoga links poses with breath to create a continuous flow of movement from one pose to the next. The instructor safely guides you in and out of poses to allow for the benefits of deep stretching, strength building, proper alignment and attention to breath. Yoga Flow provides a safe environment for beginners as well as advanced practitioners. Medium intensity

Yoga Stretch &Strengthen:This hybrid yoga class helps you improve both your strength and your flexibility. High intensity

Zumba®: Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program. Add some Latin flavor and international zest into the mix, and you've got Zumba! Medium-High/High intensity

Zumba®Step:This fun workout combines step aerobics with Zumba dance moves. Medium-high/High intensity

Zumba® Kids: Zumba Kids is a high -energy dance party with kid-friendly routines. Youth age 7-11 get the chance to have fun, be active, and jam out to their favorite music.