

Hillcrest Family YMCA - AOA Group Exercise Schedule - July 2022

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	TIME							
	6 AM	6:15-7:05 Cycle & Strength Sarah-CR		6:15-7:05 Cycle Sarah-CR		6:15-7:10 Cycle Sarah-CR		
	7am							
	8am		8:15-9:05 Fitness After 50 Ester-Gym		8:15-9:05 Fitness After 50 Ester-Gym		8:15-9:00 Fitness After 50 Ester-Gym	
	9am		9:30-10:00 Boom Move Ester-Gym	9:30-10:20 Vinyasa Yoga Kit-GX	9:30-10:00 Strength & Balance-\$ Ester-Gym		9:00-9:50 Tai Chi-\$ Alonzo-GX	
	10am	10:00-10:50 Silver Sneakers Classic Kathryn-GX			10:00-10:50 Line Dance Anita-GX Women on Weights-\$ Kameron-Weight Room	10:00-10:50 Meditation Susan-PT	10:00-10:50 Zumba Quanetta-GX TRX-\$ Sami-MPR	10:00-10:50 Cycle Michelle-CR
11am	11:15-12:05 Silver Sneakers Yoga Kathryn-GX	11:00-11:50 Line Dance Gigi-GX	11:30-12:20 Silver Sneakers Classic Prince-Gym	11:00-11:50 Chair Yoga Judi-GX				
EVENING	12pm		12:15-1:05 Silver Sneakers Yoga Anita-GX		12:15-1:05 Polynesian Dance/Hawaiian Hula Dahmia-GX			
	1pm				1:15-2:05 Belly Dance Dahmia-GX			
	5pm							
	6pm	6:00-6:50 Zumba Miriam-GX	6:00-6:50 Vinyasa Yoga Judi-MPR	6:00-6:50pm Zumba Elizabeth-GX				
	7pm		7:15-8:05 Line Dance 8:15-8:55 Adv. Line Dance Gigi-GX	7:00-7:50 Women On Weights-\$ Gina-PT Room or Weight Room	7:00-7:50 Vinyasa Yoga Cheryl-GX			

Hillcrest Family YMCA class descriptions-AOA

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

BOOM Move®: BOOM Move is a higher intensity dance workout that improves cardio endurance and burns calories. The class starts with simple dance moves then gradually builds into more complex sequences, bringing you a great cardio workout and plenty of fun. Medium 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 Express: Cycle Express is a 30 min invigorating and heart pumping ride. Instructors design unique ride profiles so members can ride at their own pace. Medium-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

Gentle Yoga: Gentle yoga is a combination of postures coordinated with breath, performed at slow pace which allows time to be present in each pose. This class provides the opportunity to explore your practice, to find the play between strength and flexibility, stability and ease, and to gain a greater understanding of physical alignment and balance. Gentle yoga is for all levels of experience and flexibility. Low Intensity

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

Meditation: Meditation is a grounding practice which helps promote mindfulness in our daily lives and overall well-being. Science has proven that regular meditation can have powerful and long-lasting effects. This guided meditation class will leave you feeling calmer, with improved focus and decreased stress levels. 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

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

Strength & Balance: Everyone can benefit from better balance. Balance training involves exercises that strengthen the muscles that help keep you upright, including your legs and core. The low impact exercises are also designed to be gentle on your joints. Low to medium intensity

Tai Chi:Tai Chi is a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai Chi is sometimes described as meditation in motion because it promotes serenity with gentle movements that connect your spirit, mind, and body. Low intensity

TRX: The TRX Suspension Trainer is a tool that makes gravity your resistance. Our TRX class simultaneously develops your strength, balance, flexibility, and core stability. People of all ability levels can participate, since adjusting the difficulty of any exercise is as easy as moving your hands or feet. Medium-High 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