

Hillcrest Family YMCA - Group Exercise Schedule - July 2022

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6 AM	6:15-7:05 Cycle & Strength Sarah-CR		6:15-7:05 Cycle Sarah-CR		6:15-7:05 Cycle Sarah-CR		
	7am							
	8am	8:30-9:20 Pure Strength Sami-GX		8:30-9:25 Cardio Combo Jill-GX	8:30-9:20 Kickboxing Michelle-GX	8:30-9:20 Pure Strength Sami-GX		
	9am		9:00-9:50 High Int. Strength & Cardio Taneca-GX	9:30-10:20 Vinyasa Yoga Kit-GX			9:00-9:50 Cycle Lynn/Ann-CR Tai Chi-\$ Alonzo-GX	
	10am				10:00-10:50 Women on Weights-\$ Kameron-Weight Room	10:00-10:50 Meditation Susan-GX	10:00-10:50 Zumba Quanetta GX TRX-\$ Sami-MPR	10:00-10:50 Cycle Michelle-CR
	11am							
EVENING	12pm							
	1pm							
	5pm				5:30-6:30 Cycle & Strength Sarah-CR			
	6pm	6:00-6:50 Cycle Doug/Ann-CR Zumba Miriam-GX	6:00-6:50 Zumba Toning Shelly-GX Vinyasa Yoga Judi-MPR	6:00-6:50 Cycle Doug-CR 6:00-6:50 Zumba Elizabeth-GX	6:00-6:55 Strong Nation (HiIT) Shelly-GX			
	7pm	7:00-7:50 Pound Ali-GX Pure Strength MPR-Sami	7:00-7:50 High Int. Strength & Cardio Taneca-MPR 7:15-8:05 Line Dance 8:15-8:55 Advanced Line Dance Gigi-GX	7:00-7:50 Pound Ali-GX 7:00-7:50 Women on Weights-\$ Gina-PT Room or Weight Room	7:00-7:50 Vinyasa Yoga Cheryl-GX TRX-\$ Sami-MPR			

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 Lo

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

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

Generation Pound®: Children ages 6 to 12 will rock-out using lightly weighted drumsticks to get a whole body workout. Engaging games and activities help each child grow in self-confidence and fitness. Your kids can let out their inner rockstar!

High Intensity Strength & Cardio: This whole-body workout begins with weight training and then moves to an intense cardio workout.High 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

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

STRONG Nation™ STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training synced to original music that has been specifically designed to match every single move. High 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

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 for Kids: Your child can be a dog begging to play or a flower saluting the sun in this creative class. Yoga for Kids teaches youth ages 4-11 body confidence and self-calming skills through fun yoga-inspired games, music, and imaginative stories.

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®Toning: Zumba Toning takes the original Zumba class to the next level by incorporating muscle training and lightly-weighted sticks while you dance to Latin and other exciting world rhythms. Medium-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.

*CR=Cycle Room *GX=Group Fitness Room *MPR=Multipurpose Room *PT=Personal training Room