

# Hillcrest Family YMCA -AOA Group Exercise Schedule-Dec. 2022

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>	6 AM	6:15-7:05 <b>Cycle &amp; Strength</b> Sarah-CR		6:15-7:05 <b>Cycle</b> Sarah-CR				
	7am							
	8am		8:15-9:05 <b>Fitness After 50</b> Ester-Gym		8:15-9:05 <b>Fitness After 50</b> Ester-Gym		8:15-9:05 <b>Fitness After 50</b> Ester-Gym	
	9am	9:30-10:45 <b>The Real You-\$</b> Sarah-MPR	9:00-9:50 <b>Buti Yoga</b> Anita-GX 9:30-10:00 <b>Boom Move</b> Ester-Gym 9:00-10:15 <b>The Real You</b> Sami-MPR	9:30-10:45 <b>The Real You-\$</b> Sarah-MPR	9:00-10:15 <b>The Real You-\$</b> Sami-MPR	9:00-9:50 <b>Silver Sneakers Ener-Chi</b> Susan-GX		
	10am	10:00-10:50 <b>Silver Sneakers Classic</b> Kathryn-Gym		10:00-10:50 <b>Vinyasa Yoga</b> Kit-GX	10:00-10:50 <b>Line Dance</b> Anita-GX <b>Women on Weights-\$</b> Cynthia-Weight Room	10:00-10:50 <b>Vinyasa Yoga</b> Susan-PT	10:00-10:50 <b>Zumba</b> Quanetta-GX <b>TRX-\$</b> Sami-MPR	10:00-10:50 <b>Cycle</b> Michelle-CR
	11am	11:15-12:05 <b>Silver Sneakers Yoga</b> Kathryn-GX	11:00-11:50 <b>Line Dance</b> Gigi-GX	11:30-12:20 <b>Silver Sneakers Classic</b> TBD-Gym	11:00-11:50 <b>Chair Yoga</b> Judi-GX	11:00-11:50 <b>Silver Sneakers Circuit</b> Kathryn-GX	11:00-11:50 <b>Intro to TRX-\$</b> Sami-MPR	
<b>EVENING</b>	12pm	12:30-1:20 <b>Sketch &amp; Stretch</b> Kathryn-GX Dec. 5 & 19	12:15-1:05 <b>Silver Sneakers Yoga</b> Anita-GX		12:00-12:50 <b>Polynesian Dance/Hawaiian Hula</b> Dahmia-GX	12:00-12:30 <b>Machine Orientation</b> Dec. 2 & 16		
	1pm				1:00-1:50 <b>Belly Dance</b> Dahmia-GX			
	5pm							
	6pm	6:00-6:50 <b>Zumba</b> Miriam-GX	6:00-6:50 <b>Vinyasa Yoga</b> Judi-GX	6:00-6:50 <b>Zumba</b> Elizabeth-GX	6:00-6:50 <b>Barre</b> Shelly-MPR			
	7pm		7:00-7:50 <b>TRX-\$</b> Sami-MPR 8:00-8:40 <b>Line Dance</b> 8:00-8:40 <b>Adv. Line Dance</b> Gigi-GX	7:00-7:50 <b>Women On Weights-\$</b> Cynthia-Weight Room	7:00-7:50 <b>Vinyasa Yoga</b> 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

**Buti Yoga:** Buti Yoga incorporates dynamic yoga with primal movement, cardio-dance bursts & deep core conditioning. 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

**Intro to TRX:** Ready to see why so many people love TRX ? Join this introductory class to learn the basics of TRX. We'll guide you through a full-body workout suitable for many fitness levels as you learn how to use the straps safely and effectively. Medium-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

**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 Circuit®:** In this more challenging SilverSneakers class, we combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work, using hand weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching and complete relaxation in a comfortable position. This class is open to ALL YMCA members and suitable for intermediate level exercisers. Medium 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 EnerChi®:** EnerChi is comprised of easy-to-learn, modified tai chi forms aimed at improving well-being. Low-impact movements are practiced in a slow, flowing sequence to progress strength, balance and focus. Chair support is offered to help stability. This class is open to ALL YMCA members and suitable for all levels of 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

**Sketch & Stretch:** This class includes instruction in observational drawing and writing as well as mindful movement. Together these two components lead to a quiet, meditative class. 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