

Hillcrest Family YMCA - Group Exercise Schedule - December 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				
	7am							
	8am	8:00-8:50 Pure Strength Sami-GX	8:00-8:50 HiiT Sami-GX	8:00-8:50 Cardio Combo Jill-GX		8:00-8:50 Pure Strength Sami-GX		
	9am	9:00-9:55 Barre Shelly-MPR 9:30-10:45 The Real You-\$ Sarah-MPR	9:00-9:50 Buti Yoga Anita-GX 9:00-10:15 The Real You-\$ Sami-MPR	9:00-9:55 Barre Shelly-MPR 9:30-10:45am The Real You-\$ Sarah-MPR	9:00-9:50am Kickboxing Michelle-GX 9:00-10:15 The Real You-\$ Sami-MPR		9:00-9:50 Cycle Lynn-CR	
	10am			10:00-10:50 Vinyasa Yoga Kit-GX	10:00-10:50 Women on Weights-\$ Cynthia-Weight Room	10:00-10:50 Vinyasa Yoga Susan-GX	10:00-10:50 Zumba Quanetta-GX TRX-\$ Sami-MPR	10:00-10:50 Cycle Michelle-CR
	11am						11:00-11-50 Intro to TRX-\$ Sami-MPR	
EVENING	12pm					12:00-12:30 Machine Orientation Dec. 2 & 16	11:45-12:30 Zumba Kids Dec. 3 & 10 Generation Pound Dec. 17	
	1pm							
	5pm				5:30-6:30 Cycle & Strength Sarah-CR			
	6pm	6:00-6:50 Cycle Doug-CR Zumba Miriam-GX	6:00-6:30 Cycle Express Lynn-CR 6:00-6:50 Vinyasa Yoga Judi-GX 6:15-6:45 Buns & Abs Denise-MPR	6:00-6:50 Cycle Doug-CR 6:00-6:50 Zumba Elizabeth-GX	6:00-6:50 Barre Shelly-MPR 6:15-6:45 Buns & Abs Denise-GX			
7pm	7:00-7:45 Pound Unplugged Ali-GX	7:00-7:50 TRX-\$ Sami-MPR Line Dance 8:00-8:40 Advanced Line Dance Gigi-GX	7:00-7:50 Pound Ali-GX Women on Weights-\$ Cynthia-Weight Room	7:00-7:50 Vinyasa Yoga Cheryl-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 Lo

Barre: This unique class combines ballet, yoga, and Pilates into a low impact workout that increases flexibility and balance. This class incorporates light weights for an upper body workout. Medium-Medium-high Intensity

Buns & Abs: Come torch your core in this 30-minute express class. Exercises will target your abdominals, low back, and gluteal and hip area. Medium Intensity

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

Compound Circuits: This full-body workout incorporates cardio, weights, and core training in a circuit format. Medium-High 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

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!

HIIT: High Intensity Interval Training (HIIT) involves repeated bouts of high intensity effort followed by varied recovery times. HIIT classes are challenging and always different, because they can incorporate body weight, resistance bands, free weights, medicine balls, and other equipment. High 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

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

Pound Unplugged®: Pound Unplugged is much like traditional Pound but is intended to take the participant through a rhythmic journey designed to promote both physical and emotional health by incorporating a meditative section after a truly intensive workout. 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

Strength & Mobility: This class focuses on increasing range of motion through a combination of multiple methods of stretching, muscle pain release, and movement quality improvement. "The goal is to have a functional body without unnecessary pain or fatigue after performing daily tasks. Low Intensity

The Real You Weight Loss Program®: Are those extra pounds hiding the real you? This program, unique to the YMCA, offers healthy eating guidance, daily online monitoring of food and activity, 2 workouts per week, homework activity, and great accountability. Get the support you need from your coach and classmates to reach your goal and keep the weight off.

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.