

Hillcrest Family YMCA –AOA Group Exercise Schedule–March 2023								
MORNING	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	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> Sami-MPR	9:00-9:50 <b>Buti Yoga</b> Anita-GX	9:30-10:45 <b>The Real You-\$</b> Sami-MPR	9:30-10:30 <b>ABC Crosswalk</b> Sarah-Gym Session ends March 16		9:00-9:50 <b>Intro to TRX-\$</b> Sami-MPR	
	10am	10:00-10:50 <b>Silver Sneakers Classic</b> Kathryn-Gym 10:00-10:45 <b>Cardio Drumming-\$</b> Ester-GX	10:00-10:45 <b>Cardio Drumming-\$</b> Ester-GX	10:00-10:50 <b>Vinyasa Yoga</b> Kit-GX	10:00-10:50 <b>Line Dance Women on Weights-\$</b> Anita-GX Cynthia-Weight Room	10:00-10:50 <b>Vinyasa Yoga</b> Susan-PT	10:00-10:50 <b>Zumba TRX-\$</b> Quanetta-GX Sami-MPR	10:00-10:50 <b>Cycle</b> Michelle-CR
	11am	11:15-12:05 <b>Silver Sneakers Yoga</b> Kathyrn-GX	11:00-11:50 <b>Line Dance</b> Gigi-GX	11:30-12:20 <b>Silver Sneakers Classic</b> Wannetta-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	
EVENING	12pm		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> March 10&24		
	1pm				1:00-1:50 <b>Belly Dance</b> Dahmia-GX			
	6pm	6:00-6:50 <b>Zumba</b> Diana-GX 6:30-7:45 <b>The Real You-\$</b> Kit	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 6:30-7:45 <b>The Real You-\$</b> Kit-GX			
	7pm		7:00-7:50 <b>TRX-\$</b> Sami-MPR <b>Line Dance</b> Gigi-GX	7:00-7:50 <b>Women On Weights-\$</b> Cynthia-Weight Room 7:00-8:00 <b>Intro. to Hula Hoop-\$</b> Ends April 5	7:00-7:50 <b>Vinyasa Yoga</b> Cheryl-CR <b>Intro to TRX-\$</b> Sami-MPR			
	8pm		8:00-8:40 <b>Adv. Line Dance</b> Gigi-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

**ABC Arthritis Balance Crosswalk:** This 8-week program is ideal for people of all walking abilities, even those who use walkers or canes. Walk three times each week and participate in weekly group education. The best part is that there is no cost for YMCA members! Low Intensity

**Beat It! Cardio Drum Class:** Move to simple rhythm as you use the stability ball and drumsticks to learn different beats. The workout uses a variety of hand/eye, core, strength and cardio movements along with choreography and dance exercises. Medium Intensity

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

**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

**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

**SSilverSneakers 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

**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.

**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

**Women on Weights:** Ladies – let's get some estrogen into the weight room! This small group personal training class is designed to help a woman gain a beautifully sculpted physique while building confidence with weight training equipment. Each week, the certified personal trainer who leads the course will teach new exercises and training techniques. Medium 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

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