

Hillcrest Family YMCA - Group Exercise Schedule - March 2023

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	8am	8:00-8:50 Pure Strength Sami-GX	8:00-8:50 HiIT Sami-GX	8:00-8:50 Cardio Strength Combo Jam-GX		8:00-8:50 Pure Strength Sami-GX		
	9am	9:00-9:55 Barre Shelly-MPR 9:30-10:45 The Real You\$ Sami-MPR	9:00-9:50 Buti Yoga Anita-GX	9:00-9:55 Barre Shelly-MPR 9:30-10:45am The Real You-\$ Sami-MPR	9:00-9:50am Kickboxing Michelle-GX		9:00-9:50 Cycle Lynn-CR Intro. To TRX-\$ Sami-MPR	
	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	
	12pm						12:00-12:30 Machine Orientation March 10&24	
EVENING	5pm				5:30-6:30 Cycle &Strength Sarah-CR	5:45-6:45 Happy Hour Cycle On March24 Sarah-CR		
	6pm	6:00-6:55 BODYPUMP Katleyn-GX Cycle Doug-CR Zumba Diana-MPR 6:30-7:45 The Real You-\$ Kit	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 BODYPUMP Lisa-GX Cycle Doug-CR Zumba Elizabeth-MPR	6:00-6:50 Barre Shelly-MPR 6:15-6:45 Buns & Abs Denise-GX 6:30-7:45 The Real You-\$ Kit			
	7pm	7:00-7:45 Pound Unplugged Ali-GX	7:00-7:50 TRX-\$ Sami-MPR 7:00-8:40 Line Dance/Adv. Line Gigi-GX	7:00-7:45 Pound Ali-GX	7:00-7:50 Vinyasa Yoga Cheryl-CR Intro to TRX-\$ Sami-MPR			
	8pm		8:00-8:40 Adv. Line Dance Gigi-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

BODYPUMP™: is a weights class from Les Mills for absolutely everyone. Using light to moderate weights with lots of repetitions, BODYPUMP gives you a total body workout that burns lots of calories. 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

Cardio Strength Combo: Sweat your way through a fast, fun, calorie-burning cardio workout that mixes a variety of intervals with weights and athletic drills. You'll elevate your heart rate and your spirit as you make your body strong. 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

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 Hula Hooping:Join us for this unique and fun approach to a full body cardio workout using a Hula Hoop. In this 8-week class designed for adults and teens, you will learn the basics of full body hooping and beginner hula hoop flow and performance. 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

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

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