

Hillcrest Family YMCA – AOA Group Exercise December Schedule

	Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Morning	8am		8:15-9:05 <u>Fitness after 50</u> Ester - Gym		8:15-9:05 <u>Fitness after 50</u> Ester - Gym		8:15-9:05 <u>Fitness after 50</u> Ester - Gym	
	10am	10:00-10:45 <u>Cardio Drumming \$</u> - Ester, GX 10:10-11:00 <u>Silver Sneakers Classic</u> - Kathryn, GX	10:00-10:45 <u>Mobility & Flexibility</u> - Sarah, MPR <u>Cardio Drumming \$</u> - Ester, GX		10:00-10:50 <u>Mobility & Flexibility</u> - Sarah, MPR <u>Line Dance</u> - Anita, GX			
		11:15-12:05 <u>Silver Sneakers Yoga</u> - Kathryn, GX	11:00-11:50 <u>Line Dance</u> - Gigi, GX	11:00-12:00 <u>Hula Hoop \$</u> - Lilith, GX 11:30-12:20 <u>Silver Sneakers Classic</u> - Wanetta, Gym	11:00-11:50 <u>Chair Yoga</u> - Judi, GX 11:00-11:30 <u>Balance Class</u> - Sarah, MPR	11:00-11:50 <u>Silver Sneakers Circuit</u> - Kathryn, GX		
Afternoon	12pm		12:15-1:05 <u>Silver Sneakers Yoga</u> - Anita, GX		12:00-12:50 <u>Polynesian/Hawaiian Dance</u> -Dahmia, GX			
	1pm				1:00-1:50 <u>Belly Dance</u> -Dahmia, GX			
	7pm		7:00-7:50 <u>Line Dance</u> -Gigi, GX	7:00-7:50 <u>Hula Hoop Flow \$</u> -Lilith, Gym				
	8pm		8:00-8:30 <u>Advanced Line Dance</u> -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 Low intensity

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

Bootcamp: Calling all diehards - drop and give me 20! This total body workout contains sports conditioning moves, calisthenics, and invigorating drills based on speed, power, and agility. No coordination required ... no choreography allowed! 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

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

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