March Group Exercise Schedule
West Shore Family YMCA

Monday
8:00- 8:50am: Silver Sneakers: Boom with Michelle – Gym
9:00- 9:50am: Power Sculpt with Laura –
9:00- 9:50am: Silver Sneakers Circuit with Rosie – Gym
10:00- 10:50am: Fitness After 50 with Rosie – Gym
11:00-11:20am: Ab Lab with Rosie –
6:00- 6:50pm: Bootcamp with Doug – Gym

Tuesday
9:00 – 9:50am: Zumba with Roula – Gym
10:00-10:50am: Silver Sneakers Classic with Renee – Gym

Wednesday
8:00- 8:50am: Silver Sneakers: Boom with Michelle – Gym
9:00-9:50 am: Zumba Toning with Roula – Gym
9:00- 9:50am: Power Sculpt with Laura – GES
10:00- 10:50am: Fitness After 50 with Rosie – Gym
10:00- 10:50am: Silver Sneakers Yoga with Rob –
11:00-11:50am: Chair Empowerment with Rob –

Thursday
9:00- 9:50am: Zumba with Roula – Gym
10:00- 10:50am: Silver Sneakers Classic with Renee – Gym
6:00- 6:50pm: Bootcamp with Doug – Gym
7:00- 7:50pm: Kickboxing with Dawn –

Friday
8:00- 8:50am: Silver Sneakers: Boom with Michelle – Gym
10:00-10:50am: Silver Sneakers Yoga with Rob –

Saturday
8:00- 8:50pm: Bootcamp with Doug – Gym
9:00-9:50am: Power Sculpt with Jan – Gym

Class Locations:
GES- Group Exercise Studio
GTS–Group Training Studio
Schedule is Subject to change
**Class Descriptions**

**Ab Lab:** Step into the gym for an intense core workout that targets the abdominals, hips, glutes, and low back. 20 minutes in and out!

**Silver Sneakers Boom:** Boom Muscle incorporates athletic-based exercises that improve upper body conditioning. You’ll move through several “blocks,” which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength.

**Boot Camp:** This class will utilize the entire gym space with intense high/low intervals, multi-joint movements, and fun and creative workouts. Challenge yourself or a classmate during the timed workouts to up the intensity. Join us and play fun games like dodge ball, freeze tag or Uno but with a fitness twist.

**Chair Empowerment:** A new perspective in using an energetic series of yoga and Pilates through movements and core conditioning in the chair. All ages and levels are welcome.

**Cardio Combo:** Calling all fitness buffs! This class has it all: cardio, strength training, plyometrics, BOSU balls, stability balls, medicine balls and everything in between.

**Fitness after 50:** Using music from Sinatra to Swing to the Supremes, this comprehensive class uses low impact circulation, breathing, posture, and body awareness. Strong core muscles support the spine, reduces back pain, and are integral component of athletic performance as well as every day balance.

**KickBoxing:** a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

**Power Sculpt:** Sculpt your body from head to toe using weights, tubing, bands and more. Strengthen and define your muscles, lose fat, and increase your metabolism as you chisel the body of your dreams. Suitable for all levels. Member must be able to get up and down from the floor.

**Power Yoga:** Yoga is thousands of years old and more popular than ever because it builds strength and provides energy. Come experience the vigorous sun-salutation style to build harmony of spirit, mind and body while transforming your body and enriching your spirit.

**Silver Sneakers @Circuit:** In this more challenging Silver Sneakers class, we combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength using hand-held weight, 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 is suitable for intermediate-level exercisers. This is a FREE class for members

**Silver Sneakers® 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. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. This class is open to all YMCA members and is suitable for beginning-to-intermediate exercisers.

**Silver Sneakers® Yoga**
This class will move your whole body through a complete series of seated and standing yoga positions. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This is open to all YMCA members.

**TRX, Spin Circuit:** You will be doing 3 rounds of uphill spinning and 3 rounds of TRX that focuses on upper, lower body and core. While 1 group is using TRX equipment, the other group will be spinning and then you will switch to the other activity. Suitable for all levels, must be able to get on floor.

**Zumba:** A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — and resistance training

**Zumba@ Toning** combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party. Using Light weights, you will work every muscle group while you groove.

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