



September Group Exercise Schedule

West Shore Family YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday

8:00- 8:50am: Boom with Michelle – Gym
9:00- 9:50am: Power Sculpt with Laura - GES
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 – GES
6:00- 6:50pm: Bootcamp with Doug – Gym
6:00-7:00 pm Slow Flow Yoga with Matthew – GES

Class Locations:

GES- Group Exercise Studio

GTS-Group Training Studio

Schedule is Subject to change

Tuesday

10:00-10:50am: Silver Sneakers Classic with Loni – Gym
6:00 – 6:50pm: Zumba with Roula - Gym
7:00-7:50 pm: Kickboxing with Dawn – GES

Wednesday

8:00- 8:50am: Boom with Michelle – Gym
9:00- 9:50am: Power Sculpt with Laura - GES
9:00- 9:45am: Y Cycle with Judy - GTS
10:00- 10:50am: Fitness After 50 with Rosie – Gym
10:00- 10:50am: Silver Sneakers Yoga with Rob - GES
11:00-11:50am: Chair Empowerment with Rob - GES
6:00- 7:00pm: Power Yoga with Katie – GES
7:00-7:50pm: Spin with Alex - GTS

Thursday

9:00- 9:50am: Zumba with Roula - Gym
10:00- 10:50am: Silver Sneakers Classic with Loni – Gym
6:00- 7:00pm: Stationary Yoga with Matthew- GES
6:00- 6:50pm: Bootcamp with Doug - Gym
7:00- 7:50pm: Kickboxing with Dawn – GES

Friday

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

Saturday

9:00-9:50am: Power Sculpt with Jan – Gym
9:00- 10:00am: Enhance Fitness with Dawn – GES

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!

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 hi/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.

Enhance Fitness: The program can be attended by anyone, but for those who have a chronic condition such as arthritis, they may gain strength and independence that improves overall well-being. The program is especially geared toward people with arthritis or who want to improve their balance.

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 enrich your spirit.

Silver Sneakers @Circuit: In this more challenging Silver Sneakers class, we combine fume 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 is 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.

Stationary Yoga: A gentle introduction to yoga where students will hold several yoga poses for the length of several breaths giving students time to sink into each of the poses. Expect to leave this class feeling longer, looser, and more relaxed.

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.

Y Cycle/Power Cycle: Strength, Endurance, Intervals, Race Day, and Recovery are the names of the heart rate energy zones that you will visit in this unique studio cycling format. Y cycle is best suited for beginners while Power Cycle is most suitable for intermediate to advanced cyclists, but fit for all levels.

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

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