



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS SCHEDULE

SOUTHWEST FAMILY YMCA

• 13010 Atwood Avenue • December 1-December 31

MON	TUES	WED	THUR	FRI	SAT
5:30-6:30 a.m. H.E.A.T. Tyrone	5:30-6:30 a.m. Body Pump Teri	5:30-6:30 a.m. Step Pam	5:30-6:30 a.m. Body Pump Eilis	5:30-6:30 a.m. Step Pam	7:10-8:10 a.m. Body Pump Donna
7:55-8:45 a.m. Silver Sneakers® Muscular Strength	8:30-9:30a.m. Silver Sneakers® Cardio Circuit	7:55-8:45 a.m. Silver Sneakers® Muscular Strength	8:30-9:30a.m. Silver Sneakers® Cardio Circuit	8:15-9:00 a.m. Silver Sneakers® Muscular Strength	8:15-9:15 a.m. Bodysculpting Belinda
8:45-9:30 a.m. Silver Sneakers® Muscular Strength		8:45-9:30 a.m. Silver Sneakers® Muscular Strength			9:15-10:15 a.m. Body Step Shannyn
9:30-10:30 a.m. Turbo Kick Michelle	9:30-10:30 a.m. Step Jackie	9:30-10:30a.m. H.E.A.T. Jamie	9:30-10:30 a.m. Step Jackie	9:15-10:00 a.m. Fab Abs Dennis	10:20-11:20 a.m. Body Pump Laurie/Erica
10:30-11:30 a.m. Body Pump Jackie	10:30-11:15 a.m. Fab Abs Dennis	10:30-11:30 a.m. Body Pump Jackie	10:30-11:30 a.m. Tai Chi Movement Carol	10:30-11:30 a.m. Body Pump Sara	
	11:45-12:45 p.m. Body Pump Sondra		11:45-12:45 p.m. Body Pump Sondra		
5:15-6:15 p.m. PIYO Teri	5:30-6:15 p.m. Zumba Janelle	5:15-6:15 p.m. PIYO Teri	5:30-6:15 p.m. Zumba Janelle		
					SUNDAY
6:15-7:15 p.m. Body Attack Laurie	6:20-7:20 p.m. Body Pump Pam/Jen	6:15-7:15 p.m. Body Attack Laurie	6:20-7:20 p.m. Body Pump Pam/Jen		1:00-2:00 p.m. Body Pump Sondra
7:20-8:20 p.m. Body Pump Laurie/Stefanie	7:20-8:20 p.m. Body Attack Mary	7:20-8:20 p.m. Body Pump Laurie	7:20-8:20 p.m. Turbo Kick Heather		



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FITNESS CLASS DESCRIPTIONS

SOUTHWEST FAMILY YMCA

Body Attack

Sports inspired cardio workout for building strength and stamina. This interval training class combines athletic aerobic floor movements with Strength and stabilization exercises.

Body Pump

Group exercise class for all ages and fitness levels. Body Pump is an athletic –based workout using barbells with adjustable weights to work out every major muscle group.

BodyStep

Energizing step workout that uses a height adjustable step and simple movements on, over and around the step.

Fabulous Abs!

A gut-blasting, muscular workout for the abdominals that will benefit the lower back as well. All fitness levels.

Group Cycling

Group cycling is an aerobic/anaerobic workout on a stationary bike designed for all ages and fitness levels.

Cycling Circuit

Spend time on and off the bike, doing cardio and strength exercises. Great class for those that don't enjoy sitting on the bike the whole time, also great for beginners. All fitness levels welcome.

PIYO

Enjoy the fusion of Mat Pilates and Hatha Yoga. Gain a better sense of physical awareness, enhance muscle condition. And core stability.

H.E.A.T

High energy athletic training. This high intensity class is geared for men and women looking to challenge their stamina. Certified trainer led workouts use weights, bands, steps and various other equipment to increase overall fitness and fat burning in the least amount of time.

Silver Sneakers Muscular Strength

Have fun and move to music through a variety of exercises designed to increase muscular strength , range of movement , and activity for daily living skills. Hand held weights, tubing and a ball are offered for seated and/or standing support.

Silver Sneakers Cardio Circuit

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand held weights, tubing 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.

Step

A great workout for men and women who want to challenge themselves with a variety of moves on the Reebok step.

Turbo Kick

Ultimate cardio challenge complete with intense interval combinations influenced by Muay Tai Boxing. Kickboxing specific strength/ endurance training with a Thai Chi like cool down.

Yoga

Inspiring, energizing and calming. Learn the ancient practice of Yoga. Breathing and relaxation exercise techniques form a complete mind and body workout for all ages.

Zumba

A blend of hypnotic Latin rhythms and easy to follow moves create a dynamic, fun-filled workout.



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GROUP CYCLING SCHEDULE

SOUTHWEST FAMILY YMCA

• 13010 Atwood Avenue • December 1-December 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 a.m. Group Cycling Pam No Class 12-26		5:30-6:30 a.m. Group Cycling Sheryl		5:30-6:30 a.m. Group Cycling Sheryl	8:00-8:45 a.m. Group Cycling Pete
	8:00-8:45 a.m. Beginning Cycling Dennis		8:00-8:45 a.m. Beginning Cycling Dennis		
				9:30-10:30 a.m. Group Cycling Geri	
11:45-12:30 p.m. Cycling Circuit Leesa		11:45-12:30 p.m. Group Cycling Leesa		11:45-12:30 p.m. Cycling Circuit Dennis	
	6:00-6-45 p.m. Group Cycling Terri		5:00-5:45 p.m. Group Cycling Tyrone		