FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

June 2018 – Northwest YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15a CARDIO STRENGTH with Dave WC Studio	5:30-6:15a CYCLING with Teresa Upstairs Studio 1	5:30-6:15a CARDIO STRENGTH with Dave WC Studio	5:30-6:15a CYCLING with Teresa Upstairs Studio 1	5:30-6:15a CARDIO STRENGTH with Dave WC Studio	8-8:45a CYCLING with Teresa/Casey Upstairs Studio 1
8:15-9a CYCLING with Terri Upstairs Studio 1	8:15-9a CYCLING with Laurie H Upstairs Studio 1	8:15-9a CYCLING with Kelli Upstairs Studio 1	8:15-9a CYCLING with Laurie H Upstairs Studio 1	8:15-9a CYCLING with Terri Upstairs Studio 1	9-9:45a STRENGTH With Teresa/Casey WC Studio
9-9:40a ZUMBA TONING™ with Karen T. WC Studio	9-9:45a STRENGTH with Terri WC Studio	9-10a PILATES with Laurie H Upstairs Studio 2	9-9:45a STRENGTH with Terri WC Studio	9-9:40a ZUMBA TONING™ with Karen T. WC Studio	10-11a ZUMBA™ with Melanie WC Studio
9-10a PILATES with Laurie H Upstairs Studio 2	9:30-10:30a YOGA with Laurie H Upstairs Studio 1	9:15-10:15a CARDIO STRENGTH with Amanda Upstairs Studio 1	9:30-10:30a YOGA with Laurie H Upstairs Studio 1	9:15-10:15a CARDIO STRENGTH with Amanda Upstairs Studio 1	
9:15-10:15a CARDIO STRENGTH with Amanda Upstairs Studio 1	10-10:45a ZUMBA GOLD™ with Claudia WC Studio	9:45-10:30a SILVERSNEAKERS® YOGA with Sandy WC Studio 10:45-11:30a SILVERSNEAKERS® CIRCUIT with Sandy WC Studio	10-10:45a ZUMBA GOLD™ with Karen T. WC Studio	9:45-10:30a ZUMBA™ with Karen T. WC Studio	
9:45-10:30a ZUMBA™ with Karen T. WC Studio	10:50-11:50a ZUMBA™ with Tiffany WC Studio		10:50-11:50a ZUMBA™ with Tiffany WC Studio	10:45-11:30a SILVERSNEAKERS® CLASSIC with Amber WC Studio	
10:45-11:30a SILVERSNEAKERS® CLASSIC with Karen T./Sandy WC Studio	12-12:45p INTERVALS with Tiffany WC Studio	12-12:45p INTERVALS with Cody WC Studio	12-12:45p INTERVALS with Tiffany WC Studio	12-12:45p INTERVALS with Cody WC Studio	
12-12:45p INTERVALS with Cody WC Studio	4:30-5:15p CARDIO STRENGTH with David WC Studio	4:30-5:15p CARDIO STRENGTH with Liz WC Studio	4:30-5:15p CARDIO STRENGTH with David WC Studio	5:30-6:30p ZUMBA™ with Lisa WC Studio	
4:30-5:15p CARDIO STRENGTH with Liz WC Studio	5:30-6:30p CYCLING with Liz/Amy Upstairs Studio 1	5:30-6:30p CARDIO STEP & CORE with Marcie WC Studio	5:30-6:30p CYCLING with Liz/Amy Upstairs Studio 1		
5:30-6:15p YOGA with Laurie H Upstairs Studio 2		5:30-6:30p ZUMBA™ with Lisa/Shelly Upstairs Studio1			
5:30-6:30p ZUMBA™ with Lisa Upstairs Studio1					
5:30-6:30p CARDIO STEP & CORE with Marcie WC Studio					

CARDIO STRENGTH CYCLING MIND/BODY DANCE ACTIVE OLDER ADULTS

FEE BASED PROGRAM

CLASS DESCRIPTIONS

CARDIO – classes are focused on aerobic activity. Cardio classes are typically good for individuals looking for weight loss or training for endurance.
Intervals • Step • Cardio Boxing • Cycling & Strength • Cardio Step & Core • Kickboxing

STRENGTH – classes are focused on weight training. Strength classes will help you strengthen and tone with a variety of equipment. Some specified classes may combine other forms of training into your workout.
Strength • Cardio Strength • TRX® • Core • Core & Glutes

CYCLING – classes use the cycling bikes. Cycling classes focus on a cardiovascular workout that will challenge you at different resistance and intensity levels as you cycle to upbeat music.
Cycling

MIND & BODY – classes are focused on flexibility, balance, stability, and core. These classes will utilize one´s own body weight and incorporate mindful exercise.
Mind & Body • Yoga • Pilates • PiYo™

DANCE – Choreography & dance moves. Classes use modern music to get your heart pumping and inspire you through movement.
Dance Fitness • Zumba™ • Zumba Toning™ • Strong Zumba™

AOA – Active Older Adult Classes. Older adults will find these classes in a variety of categories such as cardio, strength, dance, and mind and body. Members of all ages are welcome to join these classes; if a member is recovering from an injury or surgery or just easing back in they are welcome to start here.
Silver Sneakers® • Silver Sneakers® Circuit • Silver Sneakers® Yoga • AOA Intervals • Zumba Gold™

FEE-BASED PROGRAMS – These programs are offered at each location throughout the year. Programs will vary based on class type and intensity. For more information about offered programs, visit our website or contact our Group Exercise and Strength & Conditioning Coordinators for more information.