

Hillcrest Family YMCA - Group Exercise July Schedule

Please Note: Subject to Change

	Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Morning	8am	8:00-8:50 <u>Pure Strength</u> Sami, GX			8:00-8:45 <u>Compound Circuits</u> Sarah, GX	8:00-8:50 <u>Pure Strength</u> Sami, GX		
	9am	9:00-9:50 <u>Barre</u> Kathryn, MPR	9:00-9:50 <u>Buti Yoga</u> Anita, GX 9:00-9:45 <u>Compound Circuit</u> Sarah, MPR	9:00-9:50 <u>TRX - \$</u> Sami, MPR	9:00-9:50 <u>Kickboxing</u> Michelle, GX <u>Yoga for Men</u> Judi, MPR		9:00-9:50 <u>Cardio Combo</u> Monique, GX <u>Cycle</u> Lynn, CR	
	10am			10:00-10:50 <u>Vinyasa Yoga</u> Kit, Gx	10:00-10:50 <u>Women on Weights \$</u> Cynthia, GX	10:00-10:50 <u>Vinyasa Yoga</u> Susan GX	10:00-10:50 <u>Zumba GX</u> Quanetta	10:00-10:50 <u>Cycle</u> Michelle, CR
	11am							
	12pm							
Evening	5pm	5:00-5:50 <u>Strength Training</u> Cynthia, GX		5:00-5:50 <u>Strength Training</u> Cynthia, GX <u>TRX \$-Begins 7/10</u> Sami, MPR	5:30-6:00 <u>Fitness Express</u> Cynthia, GX			
	6pm	6:00-6:50 <u>Cycle</u> Doug, CR <u>Zumba</u> Diana, GX	6:00-6:30 <u>Cycle Express</u> Lynn, CR 6:00-6:50 <u>Vinyasa Yoga</u> Judi, GX 6:15-6:45 <u>Buns & Abs</u> Denise, MPR	6:00-6:50 <u>Cycle -</u> Doug, CR <u>Zumba -</u> Elizabeth, GX <u>Women on Weights \$</u> Cynthia, WR	6:15-6:45 <u>Buns & Abs</u> Denise, GX	6:00-6:50 <u>Zumba</u> Miriam, GX		
	7pm				7:00-7:50 <u>Vinyasa Yoga</u> Susan, GX	Class Demonstrations: 7/9 12:00-12:30 TRX Demo-Sami 7/15 6:00- 6:30 Pound Demo-Sami 7/22 9:00- 9:30 Pound Demo-Sami		

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.

BODYPUMPT: 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 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 Circuit: 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

Darebee HIIT: Darebee is a free fitness resource found at darebee.com. Many of the HIIT workouts in this class are designed by this group. They require no equipment and can be progressed and regressed based on participant conditioning.

Kickboxing: Kickboxing is a high energy cardiovascular workout emphasizing kicks and strikes.

Line Dance: This popular class will keep you moving with fun line dance steps performed to a variety of music. Low 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.

Resistance Training: Resistance training utilizes weights to load movements and maintain or increase muscle mass.

Strength Training: Strength training is similar to resistance training with a greater focus on increased power and heavier weights.

Swing Dance:

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 abilities 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. Vinyasa Yoga 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

Yoga:

Yoga for Men:

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 *WR=Weight Room