



WEST SHORE FAMILY YMCA

NOVEMBER 2024 GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/ Sunday |
|--|---|--|---|---|---|
| MORNING CLASSES | | | | | |
| 8:30-9:15am Zumba® Roula in the Studio | | | 8:30-9:15am Zumba Roula in the Studio | | |
| | 9:00-9:50am Pure Strength Melissa in the Studio | 9:00-9:50am Balance Rosie/Dawn in the Studio | 9:00-9:50 am Pure Strength Melissa in the Studio | | Saturday 9:30-10:00 am Core Challenge Express |
| 10:00 – 10:50am Fitness After 50 Rosie in the Gym | 10:00-10:50am SilverSneakers® Classic Rosie in the Gym 10:00- 10:50am Aqua Fit Dawn Pool | 10:00 – 10:50am Fitness After 50 Rosie in the Gym | 10:00-10:50am SilverSneakers Classic Michelle in the Gym 10:00-10:50 am Aquafit Dawn Pool | 10:00-10:50am BOOM® Combo Michelle in the Gym 10:00-10:50 am Aquafit Dawn Pool | Moved to Sunday! 9:30-10:20 am Yoga Flow Vinyasa Lauren in the Studio |
| 11-11:30 am Flexible Core Express Rosie Studio | 11:00-11:50am Silver Sneakers Yoga Christine in the Studio | | | 11:00-11:50am Tai Chi Easy Elizabeth in the Studio | |
| 11:00-1:00pm Pickleball Gym – Full Court | 11:00-1:00pm Pickleball Gym – Full Court | 11:00-1:00pm Pickleball Gym – Full Court | 11:00-1:00pm Pickleball Gym – Full Court | 11:00-1:00pm Pickleball Gym – Full Court | |
| EVENING CLASSES | | | | | |
| 5:30-6:20 pm Power Hour Lara Studio | | 5:30-6:20 pm Power Hour Melissa Studio 6:00-6:50pm Zumba Nicole Gym | | | |
| | 5:00-5:45 pm Martial Arts \$ Beginner Gym 5:45-6:45 pm Martial Arts \$ Advanced Gym | | 5:00-5:45 pm Martial Arts \$ Beginner Gym 5:45-6:45 pm Martial Arts \$ Advanced Gym | | |

West Shore Family YMCA Class Descriptions

Aqua Fit Shallow: Use the shallow end of the pool in this class that focuses on cardiovascular fitness, muscular strength, core and balance

BOOM® Combo: Up your game with this combination class of BOOM Muscle with BOOM Move. This class will take you through several groups of exercises that focus on different muscle groups mixed with cardio consisting of simple dance moves and sequences providing a great workout and plenty of fun.

Balance Class—Balance training involves doing exercises that strengthen the muscles that help keep you upright, including your legs and core. This benefits all level, beginners, intermediate and advanced

Core Express Challenge – Designed for those who want to build abdominal muscles that help keep you upright, including your legs and core. This benefits all levels, beginners, intermediate and advanced.

Fitness After 50: This intermediate-level class has low-impact cardiovascular conditioning, muscular strength work, and flexibility exercises. Exercises are designed to improve balance, coordination, manual dexterity, and agility. Your heart, lungs, muscles, balance, and energy will all improve.

Flexible Core Express: This Pilates -inspired class focuses on the abs and the low back area

Gentle Yoga: Gentle yoga is a combination of postures coordinated with breath, performed at a slow pace which allows time to be present in each pose. This class provides the opportunity to explore your practice, to find the play between strength and flexibility, stability, and ease, and to gain a greater understanding of physical alignment and balance. Gentle Yoga is for all levels of experience and flexibility

Power Hour: You have one hour to do as much work as you can. Each class looks different, with a focus on functional movements performed at high intensity with weights, TRX and resistance bands. This class is for everyone. Each movement can be modified and the intensity level is up to you. Try it today!

Pure Strength: This classic muscle building and conditioning class will upgrade your fitness with dumbbells, resistance bands, and body weight.

SilverSneakers 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. Chairs are used for support. This class is open to ALL YMCA members and suitable for new to intermediate exercisers.

Silver Sneakers Chair Yoga: Chair yoga is a gentle practice that moves through yoga postures with the support of the chair, both seated and standing, breath work, and self-study to strengthen muscles, deepen flexibility, and create a healthy, vibrant, and confident lifestyle.

SilverSneakers Yoga® : This class offers a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of postures designed to increase flexibility, balance and range of movement. Breathing exercises and final relaxation promote stress reduction and mental clarity. You will not exercise on the floor in this class. This class is open to ALL YMCA members and suitable for all levels of exercisers.

Tai Chi Easy: Tai Chi Easy? is an approach to Tai Chi that makes it easy, beneficial and fun. The Tai Chi Easy? methods are designed to improve the quality of life for people of all ages in a very simple, easy-to-learn way.

Yoga Flow - Vinyasa: 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. Yoga Flow provides a safe environment for beginners as well as advanced practitioners.

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!