




GROUP EXERCISE Dec. 2024 — The Hillcrest Family YMCA

	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
8:00	▶ Pure Strength — Sami/ GXR	▶ Fitness After 50 (at 8:15)— Ester/ Gym		▶ Fitness After 50 (at 8:15)—Ester/ Gym ▶ Compound Circuit — Sarah/ GXR	▶ Pure Strength — Sami/ GXR	▶ High Intensity Training — Josh/ GXR	
9:00	▶ Barre — Kathryn/ MPR	▶ Buti Yoga — Anita/ GXR ▶ Compound Circuit — Sarah/ MPR ▶ The Real You: 1 [+] (at 9:30)— Sami/ Conference Room	▶ TRX [+]— Sami/ MPR FREE! [Dec. only]	▶ Kickboxing — Michelle/ GXR ▶ Yoga For Men — Judi/ MPR ▶ The Real You: 1 [+] (at 9:30)— Sami/ Conference Room/	▶ Holiday Health Hustle HIIT — Sami/ GXR/ NEW! [Dec. only]	▶ Cardio Combo — Monique/ GXR ▶ Cycle — Lynn/ CR ▶ Yoga — Josh/ MPR NEW!	
10:00	▶ Silver Sneakers Classic — Kathryn/ Gym	▶ Cardio Drumming [+]— Ester/ GXR (No class 12/10 & 12/17) FREE [Dec. Only] ▶ Mobility & Flexibility —Sarah/ Gym ▶ The Real You: 2 [+]— Sami/ MPR	▶ Silver Sneakers Classic — Various/ Gym ▶ Gentle Flow Yoga — Amy/ GRX	▶ Mobilty & Flexibility — Sarah/ Gym ▶ Women On Weights [+]— Cynthia/ WR ▶ Line Dancing — Anita/ GXR ▶ The Real You: 2 [+]— Sami/ MPR	▶ All-Levels Yoga — Susan/ GXR	▶ Zumba® — Quanetta/ GXR	▶ Cycle — Michelle/ CR
11:00	▶ Silver Sneakers Yoga — Kathryn/ GXR ▶ Fit For Two [+] — Cynthia/ MPR/	▶ Line Dancing — Gigi/ GXR ▶ Balance (until 11:30)— Sarah/ MPR	▶ Silver Sneakers Classic (at 11:30)— Various/ Gym	▶ Chair Yoga — Judi/ GXR ▶ Balance (until 11:30)— Sarah/ MPR			
12:00		▶ Silver Sneakers Yoga (at 12:15)— Anita/ GXR		▶ Polynesian/ Hawaiian Dance — Dahmia/ GXR			
1:00				▶ Belly Dance — Dahmia/ GXR			
5:00	▶ Strength Training — Cynthia/ GXR		▶ Strength Training — Cynthia/ GXR	▶ TRX [+]— Sami/ MPR ▶ Fitness Express (5:30-6:00)— Cynthia/ GXR		Schedule may change. See your Y360 app for class descriptions, up-to-date details on class cancellations, etc	
6:00	▶ Cycle — Doug/ CR ▶ Zumba® — Diana/ GXR	▶ Cycle Express (until 6:30)— Lynn/ CR ▶ Vinyasa Yoga — Judi/ GXR ▶ Buns & Abs (6:15)— Denise/ MPR ▶ Tai Chi [+]— Jennifer/ PTR Single-Session Drop-Ins Available.	▶ Cycle — Doug/ CR ▶ Women On Weights [+]— Cynthia/ WR FREE! [Dec. Only]	▶ Cycle Lite (until 6:30)— Lynn/ CR/ ▶ Buns & Abs (6:15)— Denise/ GXR	▶ Zumba® — Miriam/ GXR	Plus Classes— marked [+]—are premium, fee-based classes. YMCA-Plus members receive a discount, often taking them free. Registration required.	
7:00		▶ Line Dancing — Gigi/ GXR				 <p style="text-align: right; font-size: small;">Updated 11/25/2024</p>	
8:00		▶ Advanced Line Dancing — Gigi/ GXR					

GXR = Group Exercise Room | MPR = Multi-Purpose Room | CR = Cycle Room | WR = Weight Room | PTR= Personal Training Room

Health and Wellness News

DECEMBER HOLIDAY SPECIALS

► **FREE YMCA-Plus in Dec. 2024. Up to \$60 value.**

- **TRX** at 9 AM Wed.& **Women on Weights** at 6 PM Wed.
- **Cardio Drumming**, Tuesday at 10 AM.

CHOOSE THE REAL YOU® IN 2025

Sick of setting that New Year's resolution in January, only to "fall off the wagon" by February? Join one of our Real You Weight Loss Programs®, which we're offering in both the morning and evening in January. You'll not only learn effective, science-based diet and exercise approaches, you'll get a class full of accountability partners.

STAYING WELL DURING THE HOLIDAYS

Don't let holiday stress get you down. Here are some handy tips to help you reclaim your ho-ho-ho and maintain a healthy and joyful season.

1. Maintain (or Begin) Healthy Habits: Commit to your healthy lifestyle. Stay active. Eat nourishing meals, limit those sweets, and get seven solid hours of sleep. Maintaining healthy habits now saves you from pressing the 'reset' button after the holidays.

2. Failing to Plan is Planning to Fail: We cannot out-exercise a poor diet. For instance, you'll need to walk or run around 35 miles to burn a pound of fat. So, the best strategy is to have a plan to avoid weight gain. Here are a few time-tested tips from our trainers.

- **Instead of Chips & Dip, Bring a Vegetable Tray.** Dipping radishes, pepper strips, cauliflower, etc. gets you the same crunch, but are magnitudes healthier!
- **Have smaller portions of unhealthy foods.** Instead of a slab, take a moderate sized slice of that cake. Instead of heaping on your mom's super-sweet Candied Sweet Potatoes, take a smaller portion. Only have one sugar cookie. Etc. Indulge and enjoy but remain mindful.
- **Play with the little ones.** Whether it's basketball with your teens, jumping around with a two-year-old, etc., get active. This not only establishes healthy bonds, it's a great way to get fit without feeling that you're "exercising."
- **Fill Your Plate with Veggies.** Whether it's salad, corn, broccoli, or cauliflower, vegetables are full of fiber that helps you feel full with fewer calories.
- **It's Okay to Say, "Thanks, but no. I'm not hungry."**

3. (And Most Importantly) Enjoy the Holidays with Your Family & Friends: There is more to wellness than your weight or blood sugar. Relaxing, enjoying quality time with family and friends, and tending to your spirit are all parts of a healthy life.

