


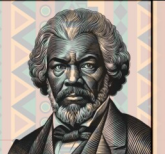




# GROUP EXERCISE

Feb. 2025 — The Hillcrest Family YMCA

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
8:00	<b>Pure Strength</b> Sami, GXR	<b>Fit After 50</b> Ester, GYM 8:15-9:05		<b>Fit After 50</b> Ester, GYM 8:15-9:05 <b>Compound Circuits</b> Sarah, MPR	<b>Pure Strength</b> Sami, GXR	<b>SilverSneakers Classic</b> <small>NEW</small> Jennifer, GXR <b>HIIT</b> Josh, MPR	
9:00	<b>Barre</b> Kathryn, MPR	<b>Buti Yoga</b> Anita, GXR <b>Compound Circuits</b> Sarah, MPR	<b>TRX</b> <small>+</small> Sami, MPR	<b>Cardio Kickbox</b> Michelle, GRX <b>Yoga for Men</b> Judi, MPR		<b>Cardio Combo</b> Monique, GRX <b>Yoga</b> Josh, MPR <b>Cycle</b> Lynn, CR	
10:00	<b>SilverSneakers Classic</b> Kathryn, GYM	<b>Beat it! Cardio Drum</b> <small>+</small> Ester, GRX <b>Stretch And Mobility</b> Sarah, GYM	<b>SilverSneakers Classic</b> Angelica, GYM <b>Gentle Flow Yoga</b> Amy, GRX	<b>Women On Weights</b> <small>+</small> Cynthia, WR <b>Line Dance</b> Anita, GXR <b>Stretch And Mobility</b> Sarah, GYM	<b>SilverSneakers Classic</b> <small>NEW</small> Cynthia, GRX <b>Yoga: All Levels</b> Susan, MPR	<b>Weight Training</b> <small>+</small> Josh, GXR <small>NEW</small> <i>Free Feb, 2025</i> <b>Zumba</b> Quanetta, GXR	<b>Cycle</b> Michelle, CR
11:00	<b>SilverSneakers Yoga</b> Kathryn, GXR	<b>Line Dance</b> Gigi, GYM <b>Cycle To The Oldies</b> <small>NEW</small> Sarah, CR 11:15-11:40	<b>SilverSneakers Classic</b> Cynthia, GYM 11:30-12:20	<b>Chair Yoga</b> Judi, GXR <b>Strength And Balance</b> Sarah, MPR 11:00-11:25		<b>Schedule may change.</b> See your YMCA 360 app for up-to-date schedule changes, cancellations, etc. <b>YMCA 360 also hosts class descriptions.</b>	
NOON	<b>Get Toned</b> Leo, MPR <small>NEW</small> <i>New Time</i>	<b>SilverSneakers Yoga</b> Anita, GXR 11:15-12:05	<b>Get Toned</b> Leo, MPR <small>NEW</small> <i>New Time</i>	<b>Polynesian/Hawaiian Dance</b> Dahmia, GXR			
1:00				<b>Belly Dance</b> Dahmia, GXR		Classes with a blue background and the <small>+</small> symbol are premium, fee-based classes. YMCA-Plus members receive a generous discount. See front desk for payent details.	
3:00		<b>The Real You</b> Sami, MPR <small>+</small> 3-4:15		<b>The Real You</b> Sami, MPR <small>+</small> 3-4:15			
5:00	<b>Strength Basics</b> Cynthia, GXR	<b>Step</b> <small>NEW</small> Monique, GXR <b>Barre</b> Coming Soon	<b>Strength Basics</b> Cynthia, GXR <b>Get Toned</b> Leo, MPR <small>NEW</small> 5:30-6:20	<b>TRX</b> <small>+</small> Sami, MPR	<b>Get Toned</b> Leo, MPR <small>NEW</small> 5:30-6:20 <b>Barre</b> Coming Soon	<b>PLEASE NOTE</b> The scales are NOT class recommendations, but estimate heart, lung, muscle, and joint strain. Classes rating "low" on exertion, such as yoga and dance, offer superior physical and brain benefits that high-exertion classes often cannot deliver. <b>Contact instructor before class if you have physical limitations but want to participate. We can modify most classes so more people can get healthy!</b>	
6:00	<b>Zumba</b> Diana, GXR <b>Cycle</b> Andrew, CR <b>Women On Weights</b> <small>+</small> Cynthia, WR 6:30-7:20 <small>NEW</small> <i>Free Feb, 2025</i>	<b>Yoga Flow</b> Judi, GXR <b>Cycle Express</b> Lynn, CR 6-6:25 <b>Buns And Abs</b> Denise, MPR 6:15-7:05 <b>Tai Chi</b> <small>+</small> Jennifer, PTR 6:30-7:20	<b>Women On Weights</b> Cynthia, WR <b>Zumba</b> <small>NEW</small> Miriam, GXR <b>Cycle</b> Doug, CR	<b>Cycle</b> Doug & Lynn, CR <b>Buns And Abs</b> Denise, GXR 6:15-7:05	<b>WERQ—Hip-Hop Fitness</b> Erin, GXR <small>NEW</small> 6:30-7:20		
7-8:00	 <b>Line Dance</b> 7-7:50 <b>Advanced Line Dance</b> 8-8:25 Gigi, GXR				<b>BLACK HISTORY MONTH</b>		

## Maintaining Your New Years Fitness Resolutions

The sad fact is, over half of us will stop our fitness quest by February! And only 10% of us we'll keep our resolution through 2026. Here are some certified personal trainer approved tips to keep you on track.

### 1. Set Realistic and Specific Goals

Instead of vague resolutions like "get fit," set specific, measurable, and achievable goals. For example, aim to "exercise for 30 minutes, three times a week" or "lose 10 pounds in three months." Specific goals are easier to track and more motivating.

### 2. Create a Plan

Outline a detailed plan for how you will achieve your goals. This might include a workout schedule, meal plans, and rest days. After all, failure to plan is planning to fail. Knowing your final destination and how you'll get there helps you stay focused.

### 3. Track Your Progress

Keep a journal or use a fitness app to monitor your progress. Tracking your achievements, no matter how small, can boost your motivation and help you stay committed to your goals. And celebrate milestones, such as "I lost ten pounds!":

### 4. Stay Flexible

Life can be unpredictable. If you miss a workout or indulge in an unhealthy meal, don't get discouraged. Instead, get back on track ASAP.

### 5. Focus on the Benefits

Remind yourself of the benefits of staying fit and healthy, such as increased energy, better mood, and improved overall health. Keeping these benefits in mind can help you stay motivated.

### 6. Seek A Personal Trainer

If you're unsure where to start or need extra support, consider consulting one of our personal trainers. They provide personalized advice and help you create a plan that works for you. **See Leo to schedule a free consultation.**

## New Classes, Freebies, And Coming Attractions

### Calling All Ladies.

Cynthia is teaching the evening session of Women on Weights in the Weight Room twice per week:

- Monday at 6:30, which is new
- Wednesday at 6:00, which isn't

We're offering the new Monday section, a fee-based YMCA-Plus class, for *free In February*.

### Always Wanted To Lift Free-Weights... but are afraid to ask?

Join Josh, a personal trainer certified by the National Academy of Sports Medicine, Saturday mornings for a Weight Training class.

We're offering this YMCA-Plus class for **free for February**, and will charge a modest fee starting in March.

### New, Higher-Intensity Courses.

By popular demand, we've added some higher intensity offerings:

- **Step**, a cardio conditioning class
- **WERQ Hip-Hop Fitness**
- **Get Toned**, a high-intensity strength and endurance class.
- And coming down the pike, look forward to evening **Barre** classes!

### For Our Active Older Adults

We've added classes for you too

- Friday and Saturday **SilverSneakers Classic**® classes
- Saturday **Aqua Fit** class
- **Cycling to the Oldies**, a fun cardio workout, on Tuesday.
- Stay tuned for more AOA classes.

