



# WESTWOOD PARK YMCA GROUP EXERCISE SCHEDULE

APRIL 3RD 2023 — JUNE 25TH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 -7:00 MX4 Rotating Instructors		6:00-6:45 MX4 Remix Rachel		6:00-7:00 MX4 Remix Skyla		
9:15-10:15 MX4 Elizabeth		9:15-10:15 MX4 Skyla		9:00-10:15 Gentle Cycling/ Yoga Ed	9:00-10:00 HIGH Rene  9:30-10:30 Group Cycling Megan	
	10:00-11:00 Senior Circuits Eirkiur		10:00-11:00 Senior Circuits Eirkiur			Days & times subject to change.
1:00-2:00 Senior Circuits Skyla		1:00-2:00 Senior Circuits Skyla				
5:15-5:45 Rock Bottom Laura		5:30-6:30 Zumba Iraida				Classes are 13+
6:00-7:00 Strength & Stretch Laura	6:00-7:00 MX4 Patty  6:00-7:00 Group Cycling Megan	5:45-6:45 Strictly Strength Skyla	6:00-7:00 MX4 Patty  6:15-7:30 Group Cycling & Stretch Holly		<b>Color Location Key:</b> <b>Black:</b> MX4 Turf  <b>Orange:</b> Cycling Studio  <b>Blue:</b> Studio	<b>For your safety and the safety of others, please do not enter class more than 10 minutes after start time.</b>

Last edited on 3.24.23

## **Class Descriptions**

**Cycle and Stretch:** A 45-minute ride followed by a 30-minute yoga class. Challenge yourself with hills and flats on the bike, then enjoy a deep stretch inspired by Yoga/Pilates stretches and calisthenics. Level 2

**Gentle Cycling/Yoga:** A 30-minute cycle ride followed by a 30-minute yoga class. This class will give you the perfect balance of cardio, flexibility and strength. Level 1

**Group Cycling:** High intensity indoor cycling workout simulating hills, valleys, peaks & flat roads for a total body workout. Level 2

**HIGH:** Aerobics is back! Bigger, Better, and HIGHer! Experience a modern twist on aerobics in a non-stop action- packed hour of cardio and toning tracks that will take your fitness to the next level. Adaptable to all levels of fitness, you can go high or you can go low but you will always leave feeling HIGH! Level 2

**MX4:** The MX4 offers a fun and exciting workout that can help you improve your cardiovascular fitness, power, strength and endurance. Level 2/3.

**MX4 REMIX:** Join the fun and come ready for a high intensity workout that offers a mix of power, strength, cardio, and endurance work in varying intervals each week. Level 2/3.

**Rock Bottom:** Push yourself! This class focuses on form and mind to muscle connectivity to tone, lift and sculpt your lower body. Level 2

**Senior Circuits:** Build lasting strength with this total body strength circuit designed for active older adults. Level 1

**Strength & Stretch:** Basic strength moves choreographed to awesome music. We'll be using dumbbells and resistance bands to tone major muscle groups. Class ends with a 15-minute stretch to prevent injury and improve flexibility. Level 2

**Strictly Strength:** Target major muscle groups in the body - head to toe - using dumbbells, kettlebells, and bodyweight. This class will focus primarily on strengthening & conditioning muscles. Level 2

**Zumba:** Zumba® combines high energy with motivating music so you won't even feel like you're exercising. We'll also add some light weights for an even greater challenge and more fun. Level 2

## **Class Level Descriptions**

**1** = Beginner / Basic Level

**2** = All Levels. Can be modified to meet beginner needs or intermediate/advanced needs.

**3** = Intermediate / Advanced: Recommended for experienced participants with a strong fitness base.