



WESTWOOD PARK YMCA WINTER GROUP EXERCISE SCHEDULE

DECEMBER 11, 2023 – MARCH 17, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 –7:00 MX4 Remix Alex	6:00-6:45 Group Cycling Rachel	6:00-7:00 MX4 Remix Bryan M.	6:00-7:00 Group Cycling Emma	6:00-7:00 MX4 Remix Alex		
7:30—8:30 MX4 Alex		7:30-8:30 MX4 Bryan M.		7:30-8:30 MX4 Alex	8:15-9:15 Boot Camp Bryan S.	8:25-9:30 Boot Camp BURN Bryan M./ Patty
9:15-10:15 MX4 Skyla 9:30—10:30 Beginner Line Dancing Janice	9:30-10:30 Group Cycling Melissa	NEW CLASS! 9:00-9:50 Vinyasa Yoga Paula 9:15-10:15 MX4 Betsy	9:30-10:30 Group Cycling Melissa	9:00-10:15 Gentle Cycling/Yoga Ed 9:15-10:15 MX4 Jen	9:00—10:00 HIGH Rene 9:15-10:15 Group Cycling Rotating Instructors	NEW TIME! 9:30-10:30 Vinyasa Power Yoga Suzanne
	NEW CLASS! 11:00-11:45 SilverSneakers® Melissa	NEW CLASS! 10:00-10:45 Pilates Paula	NEW CLASS! 11:00-11:45 SilverSneakers® Melissa	10:30 –11:30 Senior Circuits Skyla	9:45-10:45 Circuit Cardio & Strength Bryan S.	Days and times subject to change.
1:00—2:00 Senior Circuits Skyla	12:30-1:15 Gentle Chair Yoga Suzanne	1:00-2:00 Senior Circuits Skyla	12:00-1:00 Yin Yoga Marnie	NEW CLASS! 11:45-12:30 Gentle Chair Yoga Suzanne		
4:30-5:15 Kickboxing Bryan M. 5:30-6:15 Cardio & Core Express Bryan M.		5:00-6:15 Strength & Group Cycling Iris	5:00-5:45 Kickboxing Bryan M.		<u>Color Location Key:</u> Black: MX4 Turf Orange: Cycling Studio Blue: Studio	Classes are 13+
6:00—7:00 Circuit Cardio & Strength Patty	6:00—7:00 Group Cycling Megan	6:00—6:45 Gentle Yoga Nicole	6:00-7:00 Group Cycling Matt 6:30-7:30 Circuit Cardio & Strength Patty			For your safety and the safety of others, please do not enter class more than 10 minutes after start time.

Class Descriptions

Beginner Line Dancing: Exercise your brain while you exercise your body. We will cover basic steps and move on to dances that put these steps together. No partner is needed. Level 1

Boot Camp: 60 minutes of muscle strengthening combined with cardio intervals to kick-start your morning. Leave motivated and ready to take on the day! Level 3

Boot Camp BURN: One of our most challenging class offerings yet. Each class is fast paced and incorporates a full body workout via cardio, strength/weights, and bodyweight exercises. Members should arrive early and warmed up before class start time. Get ready to work hard! Level 3

Cardio & Core Express: 2-5 minute blocks of alternating muscle groups, while including cardio to keep up your heart rate. This class will include bodyweight and weights throughout the class. Level 2

Circuit Cardio & Strength: This class has it all: cardio, strength & core all within a circuit format! Level 2/3

Gentle Chair Yoga: 45-minute class includes a variety of stretching, breathing and functional strength. The instructor will lead this class with chair-based movement, but if members want to progress to floor-work, that can also be provided. Level 1

Gentle Spin/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

Gentle Yoga: A more gentle version of our fitness yoga class. A slower pace and modified poses are key. Great for beginners. Level 1

Group Cycling: High intensity indoor cycling workout simulating hills, valleys, peaks and 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

Kickboxing: Learn the basics of punching combos & kicks, while getting in a total body workout! This class includes timed intervals of lower body kicking, upper body of punch work, bodyweight cardio & core work. 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

Pilates: Lengthen and tone your muscles, and improve strength and flexibility. Develop the core strength needed for everyday activities. Various props may be incorporated to enhance and elevate the movements. Level 2

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

SilverSneakers®: Cardio circuit, muscular strength, range of motion and activity for daily living skills. Perfect for our active older members. Level 1

Strength & Group Cycling: An intense combo class that will push your body to the limit. It combines strength conditioning with cardio. You'll eventually move from the group exercise studio to the group cycling studio. Expect to work with dumbbells, bands and/or your own bodyweight. Level 2

Vinyasa Power Yoga: Join us in this faster paced full body workout! You will move your spine in all 6 directions, gain strength/balance/flexibility and open your hips and shoulders. Class moves breath to movement, so expect to sweat. All poses can be adapted to your level of intensity of choice. Level 2/3

Vinyasa Yoga: Work at your own level as you move slowly through various yoga poses. Benefits includes increased muscular strength, mobility of joints, improved balance and better sleep. All levels welcome.

Yin Yoga: This class is great for beginners and individuals that want a deeper stretching session. Yin Yoga focuses on holding poses for longer giving space to turn inward, tune into both your mind and your body and stretch those rarely-used muscles. Level 1/2

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.