



# WESTWOOD PARK YMCA SUMMER GROUP EXERCISE SCHEDULE

JUNE 17 – SEPTEMBER 8, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00–7:00 MX4 Remix Vangie		6:00-7:00 MX4 Remix Emma		6:00-7:00 MX4 Remix Vangie		
7:30–8:30 MX4 Remix Vangie	8:00-9:00 Gentle Yoga Paula	7:30-8:30 MX4 Remix Jen		7:30-8:30 MX4 Remix Jen	8:15-9:15 Boot Camp Bryan  8:30-9:30 Group Cycling Rotating Instructors	<b>NEW TIME</b> 8:15-9:30 Boot Camp Burn Colton
9:15-10:15 MX4 Remix Jen  9:30–10:30 Beginner Line Dancing Janice	9:15-10:15 Pilates Paula  9:30-10:30 Group Cycling Melissa	9:00-9:50 Vinyasa Yoga Paula  9:15-10:15 MX4 Remix Jen/Patrice	9:15-10:15 Pilates Paula  9:30-10:30 Group Cycling Melissa	9:15-10:30 Gentle Cycling/Yoga Ed  9:15-10:15 MX4 Remix Jen	9:00–10:00 HIGH Rene  9:45-10:45 Circuit Cardio & Strength Bryan	9:30-10:30 Vinyasa Power Yoga Suzanne/ Kevin
	11:00-11:45 Silver Sneakers Melissa	10:00-10:45 Pilates Paula  11:00-11:45 Silver Sneakers Melissa	11:00-11:45 Silver Sneakers Melissa	10:30–11:30 Senior Circuits Skyla		Days and times subject to change.
1:00–2:00 Senior Circuits Skyla	12:30-1:15 Gentle Chair Yoga Paula	1:00-2:00 Senior Circuits Skyla	12:00-1:00 Yin Yoga Marnie			Classes are 13+
5:45-6:45 Cardio Dance Nicoshia  6:00–7:00 Circuit Cardio & Strength Colton	6:00–7:00 Group Cycling Megan	6:00-6:45 Zumba Roger  6:00-7:00 Circuit Cardio & Strength Patty	6:00-7:00 Group Cycling Matt  <b>NEW CLASS</b> 6:30-7:30 Boot Camp Burn Colton		<b>Color Location Key:</b>  <b>Black:</b> MX4 Turf  <b>Orange:</b> Cycling Studio  <b>Blue:</b> Studio	For your safety and the safety of others, please do not enter class more than 10 minutes after start time.

Last edited 7.10.24

## 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 give a kick-start to your morning. Leave motivated and ready to take on the day! Can be differentiated to accommodate all fitness levels. Level 2/3

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

**Cardio Dance:** What better way to exercise than dance? Get your cardio in while dancing to your favorite songs! Level 2

**Circuit Cardio & Strength:** This class has it all: cardio, strength & core all within a circuit format! All fitness levels welcome. Level 2/3

**Gentle Chair Yoga:** This 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. All levels are welcome! Level 1

**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 \*If you are new to Group Cycling, please plan to arrive 15 minutes early to review proper bike set up with the instructor.

**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 & 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. You can go high or you can go low but you will always leave feeling HIGH! Level 2

**MX4 Remix:** Join the fun and come ready for a high intensity workout that offers a mix of power, strength, cardio, endurance, & a fifth station created by the instructor. Work in varying intervals each week. Level 2/3

**Pilates:** This routine will lengthen and tone your muscles, improve strength, and flexibility. It will develop your body core strength needed for everyday activities. Level 2

**Senior Circuits:** Build lasting strength with this total body strength circuit designed for active older adults. Level 1/2

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

**Vinyasa Power Yoga:** Join us in this faster paced full body workout! 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. 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. Level 1/2

**Zumba® :** Zumba® combines high energy with motivating music so you won't even feel like you're exercising. Participants are taught basic, easy-to-learn movements based on Latin dance rhythms. 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.