



WESTWOOD PARK YMCA FALL GROUP EXERCISE SCHEDULE

SEPTEMBER 9 – DECEMBER 1, 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 Vangie	8:15-9:15 Boot Camp Bryan	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	9:15-10:15 MX4 Remix Jen	9:30-10:30 Dumbbell Endurance Brooke 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 9:30-10:30 Group Cycling Rotating Instructors 9:45-10:45 Circuit Cardio & Strength Bryan	9:30-10:30 Vinyasa Power Yoga Kevin
	11:00-11:45 Silver Sneakers Melissa	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 Group Cycling Megan	6:00-7:00 Circuit Cardio & Strength Vangie	6:00-7:00 Group Cycling Matt		Color Location Key: Black: MX4 Turf Orange: Cycling Studio Blue: Studio	For your safety and the safety of others, please do not enter class more than 10 minutes after start time.

Last edited 9.16.24

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. Level 2/3

Dumbbell Endurance: Strength training incorporating dumbbells and bodyweight exercises that will tone your muscles, increase heart rate, and build muscular endurance. Level 2

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 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 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. 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 and 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

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.