



VALLEY POINTS FAMILY YMCA—New Ken Branch

GROUP EXERCISE — NOVEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 AM						Full Body Blast Sandy (Gym)
7:30 AM						Yoga Alyssa (A)
8:30 AM						TRX Dee (A)
9:00 AM	Monday Mix Mary Ann (A)	Step N' Strength Mary Ann (A)	Flow Yoga Dee (A)	Step N' strength Mary Ann (A)	Flow Yoga Dee (A)	
9:30 AM						Turbo Kick Katie (A)
11:00 AM	SS Cardio Jill (A)	Tai Chi for Wellness Alice (A)	Moving For Better Balance Alice (A)	Tai Chi for Energy Alice (A)	AOA Cardio Kim (A)	
Noon	SS Classic Jill (A)	SS Yoga Jill (A)	SS Classic Alice (A)	SS Yoga Jill (A)	AOA Strength Kim (A)	
P.M. CLASSES						
5:30 PM	Flow Yoga Dee (A)		Flow Yoga Dee (A)	Ying Yang Yoga Diana (A)		
5:45 PM		Zumba Kristen (A)				
6:30 PM		Turbo Kick Katie (A)		Insanity Katie (A)		
6:45 PM	Full Body Blast Sandy (A)		Full Body Blast Sandy (A)			

GROUP CYCLING — NOVEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM	Cycling Jill		Cycling Bea		Cycling Jill	Cycling Megan
5:30 PM					Friday Cycling Story	
5:45 PM			Cycling Sandy			
6:00 PM	Cycling Heather	Cycling Carol		Cycling Story		
7:00 PM	*Cycling* Anna *Begins 11/12		Cycling Story	*Beginner Cycle* Erin *11/15 & 11/29		

NOTE: Classes vary in length from 30 to 90 minutes please check with instructor for class end times

CLASS LOCATIONS : (A) Studio A, (B) Studio B, (G) Gymnasium , (W) Weight Room

***-Denotes New Class/New Time**

GROUP EXERCISE CLASS ES (FREE FOR MEMBERS!)

FLOW YOGA – 3 elements of strength, stability and flexibility combined: Tai Chi, Yoga and Pilates all within a 50 minute class.

FULL BODY BLAST– Full Body Blast! Is a 60 minute class that will challenge all your major muscle groups, through strength & endurance routines. This class is designed for all ages & fitness levels!

GROUP CYCLING–Try Indoor cycling at its best using state of the art Keiser bikes! Each instructor is different so try them all! Class is suitable and modifiable for all levels of fitness; instructors will help participants new to indoor cycling to get the best bike fit possible to achieve maximum results!

H.I.I.T. – H.I.I.T. is a workout that alternates between intense bursts of activity and fixed periods of less-intense strength training movements. Try this 30 minute class of cardio and strength stations to get your body burning twice the fat in half the time!

INSANITY – INSANITY uses MAX Interval Training, which replaces traditional moderate-intensity exercise with maximum-intensity exercise, and trades short intervals of intensity for short periods of rest.

MONDAY MIX – The best of both worlds! Cardio and Strength combined in an interval format, participants move through stations alternating between cardio bursts and strength training, utilizing tubes, free weights, etc.

MOVING FOR BETTER BALANCE –Tai Chi movements are incorporated into this class to improve postural alignments, balance, and coordinated movements. This class has been shown to reduce the risk of falls in participants.

SILVER SNEAKERS CARDIO– Get Up & Go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

SILVER SNEAKERS CIRCUIT–This medium intensity class is geared towards Active Older adults who step up their routine and get a moderated cardiovascular workout combined with strength training using resistance bands and free weights. There is more emphasis on chair exercises in this class.

SILVER SNEAKERS CLASSIC–A great opportunity for Active Older adults or beginner. A variety of exercises are performed using free weights, resistance bands, exercise balls and chair stabilization.

SILVER SNEAKERS YOGA –Classic Yoga moves utilizing a chair rather than the floor. The class emphasizes breathing, relaxation and both seated and standing stretches. Increase flexibility at a beginner's level.

STEP N' STRENGTH– 45 minutes of Step Aerobics and 30 minutes of strength/resistance training. Participants may choose to do all 75 minutes or choose either segment to target cardio or strength.

STEP IT UP– An intense aerobics class using the step to create a fun and effective complete body workout.

TAI CHI FOR WELLNESS–This class will make learning Tai Chi easy, enjoyable and effective. Benefits from Tai Chi include balance, strength, and relaxation.

TRX– "All Core All the Time!" This class builds true functional strength and flexibility, a complete body workout easily modified for the beginner or advanced participant using the TRX Suspension trainer and your own body weight as resistance.

TURBO KICK– the fat-blasting, ab-defining cardio workout that is sweeping the nation and allows you to burn up to 1,000 calories an hour! A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout!

YING YANG YOGA– Yoga means "unite" integrating body with mind, mind with soul. Participants will learn proper breathing techniques as well as proper form for Yoga poses.