



VALLEY POINTS FAMILY YMCA—New Ken Branch

GROUP EXERCISE — JANUARY

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------|------------------------------|--|---|------------------------------------|------------------------|-------------------------------|
| 7:30 AM | | | | | | Yoga Alyssa (A) |
| 8:30 AM | | | | | | TRX Dee (A) |
| 9:00 AM | Monday Mix Claire (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 Julianne (A) |
| 10:15 AM | | | Zumba Gold Claire (A) | | | |
| 10:30 AM | | Tai Chi for Beginners Alice (A) | | | | |
| 11:00 AM | SS Cardio Claire (A) | Tai Chi for Wellness Alice (A) | Moving For Better Balance Alice (A) | Tai Chi for Energy Alice (A) | SS Circuit Jill (A) | |
| Noon | SS Classic Claire (A) | SS Jill (A) | SS Classic Alice (A) | SS Jill (A) | SS Classic Jill (A) | |
| P.M. CLASSES | | | | | | |
| 5:30 PM | Flow Yoga Dee (A) | PiYo! Alyssa (A) | Flow Yoga Dee (A) | | | |
| 6:15 PM | | **Country Heat Live Amanda **Begins Jan. 9th** | | **MixedFit Allyson (A) | | |
| 6:45 PM | Full Body Blast Sandy (A) | | Full Body Blast Sandy (A) | | | |
| 7:15 PM | | Turbo Kick Julianne (A) | | Insanity Sandi (A) | | |

GROUP CYCLING — JANUARY

| | 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 Alyssa | Cycling Carol | | Cycling Alyssa | | |
| 7:00 PM | Cycling Megan | | Cycling Story | Cycling Story | | |

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!)

****COUNTRY HEAT LIVE** - This country dance-inspired workout is unlike any other workout you have tried. Packed with your favorite country hits and simple steps, each class is a fun-filled, calorie-scorching good time!

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

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!

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!

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.

****MIXXEDFIT** - Boot camp inspired exercise combined with awesome music make this class a must for your workouts!

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.

PiYo! - This class is a combination of Pilates & yoga-inspired moves, set to a faster pace for serious fat burn and fun!

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 STRETCH–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 an 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!

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.

ZUMBA GOLD - Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!