



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WESTSIDE FITNESS SCHEDULE

GROUP FITNESS CLASSES FOR May 1st – 31st

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05 AM		Strength and Flexibility (60) Ken -Small Studio		Strength and Flexibility (60) Ken -Small Studio		
6:15 AM	Cycling (30) Joy - Skating Rink		Cycling (30) Joy - Skating Rink		Cycling (30) Joy - Skating Rink	
7:05 AM						Strength and Flexibility (60) Ken -Small Studio
8:30 AM	Enhanced Fitness (60) Christy- Large Studio	Muscle Fit (30) Laura - Large Studio	Enhanced Fitness (60) Christy- Large Studio	Muscle Fit (45) Laura - Large Studio	Enhanced Fitness (60) Christy- Large Studio	Body Weight Works (30) Barbara- Large Studio
			<b>**NEW**</b> Total Body Blast (35) Paige - <b>Outdoors</b>			Suspension Training (45) Johnny - Functional Fitness Area
9:00 AM						<b>**NEW**</b> Cardio Strength (60) Patty - Gym
9:05 AM						Cycling (45) Barbara- Skating Rink
9:30 AM						Martial Arts Youth (45) Richard - Sm. Studio
10:00 AM	Yoga (60) Bill-Large Studio	Silver Sneakers (60) Gary-Large Studio <b>No Class 5/4</b>	Yoga (60) Bill- Large Studio	Silver Sneakers (60) Gary- Large Studio <b>No Class 5/6</b>	Silver Sneakers (60) Bill- Large Studio	Core Conditioning (30) Barbara- Large Studio
						Suspension Training (45) Georgeann - Functional Fitness Area
10:30 AM						Martial Arts Adult (45) Richard - Sm. Studio
11:00 AM						Pilates (50) Elisabeth- Large Studio
11:30 AM		Silver Sneakers (60) Gary-Large Studio	Silver Sneakers (60) Bill- Large Studio	Silver Sneakers (60) Gary- Large Studio		
12:00PM		Pilates (50) Elisabeth- Sm. Studio		Pilates (50) Elisabeth- Sm. Studio		
4:30 PM		WAKS (60) Larisa - Large Studio		WAKS (60) Larisa - Large Studio		
5:30PM			Cycling (45) Ann-Skating Rink Zumba (60) Amanda-Large Studio			
5:45 PM		Beginner Workout (60) Gail - Sm. Studio				
		Suspension Training (45) Johnny - Functional Fitness Area				
6:00 PM		<b>**NEW**</b> Step and Sculpt (60) Bill - Lg. Studio		<b>**NEW**</b> Yoga Core (60) Taryn - Sm. Studio		
7:00 PM	Yoga Flow (45) Taryn - Lg. Studio		Pound (60) Carolyn - Lg. Studio			
7:15 PM				Foam Rolling (35) Ann - Sm. Studio		

ALL CLASSES are free for members  
(xx) Duration of class times in minutes  
Please register at the Welcome Center or online to save your spot in your favorite class.  
Detailed class descriptions available at the Welcome Center.



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# WESTSIDE YMCA-Group Fitness Class Descriptions

May 2021

**BEGINNER WORKOUT:** This exercise class is designed with the beginner in mind. You will experience a warm up, easy cardio, basic core work and a wonderful stretch to get you feeling great.

**BODY WEIGHT WORKS:** This non-aerobic workout is studio based strength training using only bodyweight. All levels welcome; options will be given for beginners and diehards alike.

**CARDIO STRENGTH:** Get a total body workout that focuses on strengthening the body with intervals of cardio and strength using hand weights, body bars, resistance bands, steps and balls.

**CORE CONDITIONING:** Core Conditioning builds strength which focuses on the abs and back. Add this class to your aerobic workouts to achieve a balanced workout plan. No warm-up here - be ready to work! All Fitness levels welcome.

**CYCLING:** A fun, heart-pumping workout in a setting that is safe for all fitness levels. Ride on the flats, up hills, through rolling hills with great music. Spinning is perfect for everyone since you control the resistance and pedal speed creating just the right intensity for you. Beginners are welcome at all classes.

**ENHANCED FITNESS:** Improve your strength, balance, flexibility, and cardiovascular health with this program designed for seniors. This evidence-based program is endorsed by the Michigan Department of Community Health Arthritis Program and the CDC.

**FOAM ROLLING:** Spend some time thanking your body! This class will utilize foam rollers and your own body weight to help you stretch and recover. If you have a foam roller, please bring it with you! Some will be provided.

**MARTIAL ARTS:** Martial Arts (TaeKwondo/Korean Karate). This program is instructed by Grand Master Richard E McDowell with a staff of certified Instructors. Our focus is on self-defense, physical fitness, discipline, self motivation and building confidence. Certification/Belt Testing's and equipment will be available through your instructor. Youth and Adult classes offered.

**MUSCLE FIT:** Come and work those muscles! This class utilizes dumbbells, stability balls, kettlebells, body bars and gliders. Get a full body workout and strengthen your whole body. Recommended for the intermediate + exerciser.

**PILATES:** This class is designed to physically challenge you with a powerful system of mat exercises that target the body's core, joints and muscles of the neck, shoulders, spine, pelvis, and hips. Using proper movement and breath, this class will focus on deep muscle strengthening and can help improve posture, balance/coordination, and mind-body awareness. Fundamentals (alignment, breath, core strength, and stabilization) will be modeled in each fast-paced class by



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**POUND:** Channel your inner Rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums! Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

**SILVERSNEAKERS-** This class can help you maintain an independent lifestyle and is appropriate for individuals who are fit and active as well as those who are sedentary, intimidated or unfamiliar with exercise. This positive social environment will improve strength, flexibility, cardiovascular fitness and your quality of life.

**STRENGTH AND FLEXIBILITY:** An exercise routine designed to strengthen the core and other muscle groups and increase flexibility for ALL AGES. A low impact class that is easily modified to meet your fitness level and needs. Work hard and sweat or go easier and head straight to work. The class provides bands, stability balls, and mats. Get loosened up and warmed up to start your day. All this, and it's free to members.

**TOTAL BODY BLAST:** This class targets all muscle groups doing a combination of lower body, upper body, core, and cardiovascular exercises to help maximize your workout. Please bring a yoga mat or towel for class in addition to your pre-filled water bottle.

**STEP AND SCULPT:** Use the step in traditional and non-traditional ways! You will also use hand weights for a well rounded cardio and strength workout while rocking out.

**SUSPENSION TRAINING:** Using straps suspended from the wall, gravity, and the leverage of your own body weight, this 45 minute class is designed to give you an intense full body workout and develop strength, balance, flexibility and joint stability. Modifications offered.

**WAKS:** Weights, Abs, Kick-box and Step all in one class. Everyone welcome. Member Free Class

**YOGA-** Build confidence and body awareness with yoga. Connect movement with breathing in this gently flowing yoga class with an emphasis on alignment. Gain strength, flexibility and body awareness.

**YOGA CORE:** This class will incorporate core strength within the flow of the class. The class will include a combination of crunches, planks, and core-focused poses to intensify core activation. The goal of this class is to concentrate on the breath along with awakening and activating the core muscles.

**ZUMBA-**Zumba is a fitness program that combines Latin and international music with cardio dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness. Zumba is perfect for everybody and every body!