



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTSIDE FITNESS SCHEDULE

GROUP FITNESS CLASSES FOR JULY 1st - 31st

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05 AM	Movin & Groovin (60) Angela - Lg. Studio *New Class*	Strength and Flexibility (60) Ken -Small Studio	Movin & Groovin (60) Angela - Lg. Studio *New Class*	Strength and Flexibility (60) Ken - Small Studio	Movin & Groovin (60) Angela - Lg. Studio *New Class*	
6:15 AM	Cycling (30) Joy - Skating Rink *NO CLASS 7/5		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
						Suspension Training (45) Johnny - Sm. Studio
9:00 AM						Cardio Interval Training (60) Patty - Gym
9:05 AM						Cycling (45) Barbara- Skating Rink
10:00 AM	Yoga (60) Bill-Large Studio	Silver Sneakers (60) Gary-Large Studio	Yoga (60) Bill- Large Studio	Silver Sneakers (60) Gary-Large Studio	Silver Sneakers (90) Bill- Large Studio	Core Conditioning (30) Barbara- Large Studio
						Suspension Training (45) Georgeann - Sm. Studio
10:30 AM						
11:00 AM						
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		Step and Sculpt (60) Bill - Lg. Studio		Strength for All (60) Ted-Lg. Studio *New Class*		
7:00 PM			Pound (60) Carolyn - Lg. 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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTSIDE YMCA-Group Fitness Class Descriptions

JULY 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 INTERVAL TRAINING: 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.

Movin & Groovin: Low impact moves plus style make for a great workout to great music with less stress on knees and backs. All levels and abilities welcome!

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 the instructor.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTSIDE YMCA-Group Fitness Class Descriptions

JULY 2021

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.

STRENGTH FOR ALL: Strength for All will blast all your muscles with a high rep weight training workout. Using adjustable barbell, weight plates and bodyweight this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating atmosphere will get your heart rate up, make you sweat and push you to a personal best.

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.

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!