



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WESTSIDE FITNESS SCHEDULE (AM)

STUDIO CLASSES FOR OCTOBER 1ST - 31ST

Revision Date: 09/16/2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05 AM	Movin & Groovin (60) Angela - Lg. Studio	Strength & Flexibility (60) Ken - Sm. Studio	Movin & Groovin (60) Angela - Lg. Studio	Strength & Flexibility (60) Ken - Sm. Studio	Movin & Groovin (60) Angela - Lg. Studio	
6:15 AM			Cycling (30) Joy - Skate Rink		Cycling (30) Joy - Skate Rink	
7:05 AM						Strength & Flexibility (60) Ken - Sm. Studio
8:30 AM	Enhance Fitness (60) Christy - Lg. Studio	Muscle Fit (45) Laura - Lg. Studio	Enhance Fitness (60) Christy - Lg. Studio	Muscle Fit (45) Laura - Lg. Studio	Enhance Fitness (60) Christy - Lg. Studio	Body Weight Works (30) Barbara - Lg. Studio
9:00 AM		Forever Young (45) John - Sm. Studio		Forever Young (45) John - Sm. Studio		Cardio Interval Training (60) Patty - Gym
9:05 AM						Cycling (45) Barbara - Skate Rink
9:30 AM			Step Aerobics (60) Patty - Sm. Studio			
9:45 AM		Silver Sneakers (60) Gary - Lg. Studio		Silver Sneakers (60) Gary - Lg. Studio		
10:00 AM	Yoga (60) Bill - Lg. Studio		Yoga (60) Bill - Lg. Studio		Silver Sneakers (60) Bill - Lg. Studio	Core Conditioning (30) Barbara - Lg. Studio
						Suspension Training (45) Georgeann - Sm. Studio
10:45 AM			Core Conditioning (30) Patty - Sm. Studio			
11:00 AM						Pilates (50) Peggy - Lg. Studio
11:30 AM		Silver Sneakers (60) Gary - Lg. Studio	Silver Sneakers (60) Bill - Lg. Studio	Silver Sneakers (60) Gary - Lg. Studio		



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WESTSIDE FITNESS SCHEDULE (PM)

STUDIO CLASSES FOR OCTOBER 1ST - 31ST

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 PM		Pilates (50) Elisabeth - Sm. Studio		Pilates (50) Elisabeth - Sm. Studio		
4:30 PM		WAKS (60) Larisa - Lg. Studio		WAKS (60) Larisa - Lg. Studio		
5:30 PM			Cycling (45) Ann - Skate Rink			
			Zumba (60) Amanda - Lg. Studio			
			Tabata (45) Todd - Functional Fitness			
5:45 PM		Beginner Workout (60) Gail - Sm. Studio				
		Suspension Training (45) Johnny - Function Fit Area				
6:00 PM		Step & Sculpt (60) Bill - Lg. Studio		Strength for All (60) Ted - Lg. Studio		
7:00PM			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





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WESTSIDE YMCA-Group Fitness Class Descriptions

OCTOBER 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.

FOREVER YOUNG: This class will battle the enemies of aging, e.g., age related muscle loss, balance problems, decreased flexibility and falling. Utilizing a variety of equipment and training techniques ?Forever Young? will emphasize core and lower body strengthening as well as balance and flexibility enhancement. Led by personal trainer John Helrigel. Participants must be able to get up from and down onto the floor. Minimum age to enroll is 60 years old.

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



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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.

STEP AEROBICS: Ever popular step aerobics! Control the intensity of your workout by adding arm movements and adjusting the step height. Strength training will be included with this class. Member Free Class

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.

TABATA: This 45 minute class is packed with high intensity intervals, variety and fun!

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.



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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!