



# Magic Valley YMCA Winter Class Schedule (Effective January 2, 2018)

## GROUP FITNESS SCHEDULE\*

### GROUP FITNESS ROOM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	Fit Start (Ruthie)		Fit Start (Ruthie)		Fit Start (Ruthie)	
9:00 AM	Zumba® (Jeaneth)	Morning Bliss Yoga (Tiffany)	Triple Challenge (Andrea)	Zumba Toning® (Jeaneth)	Zumba® (Shaunna)	Morning Bliss Yoga (Rotation)
10:00 AM		Zumba Gold® (Pam)		Zumba Gold® (Pam)		
10:15 AM	Pre-school Fitness :30 minute class (Donna B)		Pre-school Fitness :30 minute class (Donna B)		Pre-school Fitness :30 minute class (Donna B)	
11:00 AM	Silver Sneakers Classic® (Donna)	Silver Sneakers Circuit® (Donna)	Silver Sneakers Yoga® (Donna)	Silver Sneakers Classic® (Donna)	Silver Sneakers Classic® (Missy)	
5:30 PM	TurboKick® (Missy)	3-2-1 Drench (Ruthie)	Blacklight Yoga (Jeaneth)	PiYo Live (Shawnee)	6:00pm - 7:30pm Zumba® Party 1st Friday of each month	
6:30 PM	Zumba® (Leslie)	H.E.A.T. (Joelene)	Zumba® (Elizabeth)	Total Body Conditioning (Erika)		

### CYCLING ROOM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	Cycling (Pete)	Cycling (Mo)	Cycling (Pete)	Cycling (Greg)	Cycling (Pete)	
9:00 AM		Cycling (Laura)		Cycling (Laura)		Cycling (Rotation)
6:00 PM	Cycling (Mo)	Cycling (Lisa)	Cycling (Mo)	Cycling (Lisa)		

### TENNIS COURT FITNESS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Rev-it-up! (Keri)	Circuit Training (Jaclyn)	Rev-it-up! (Keri)	Instructor's Choice (Jaclyn)	Rev-it-up! (Keri)	
9:00 AM	PiYo Live (Missy)	Y Weights (Missy)	TurboKick (Missy)	Y Weights (Erika)	At the Barre (Darla)	Circuit (Rotation)
5:30 PM	Barre Connect (Tiffany)	Fit Start (Jeaneth)	Gut & Butt Plus (Ruthie)			
6:30 PM	Muscle Madness (Ruthie)					

\*subject to change without advance notice

For current news and schedule changes, please follow our facebook page (YMCA of Twin Falls).

# CLASS DESCRIPTIONS

(Classes/Instructors are subject to change without advance notice)

## CARDIO CLASSES (BLUE)

**Cycling** – This class is performed on a stationary bicycle. Instructors will guide you through an all-terrain ride while focusing on proper body alignment, heart rate and proper cycling techniques.

**Turbokick**® – Choreographed sport-specific techniques of boxing and martial arts are incorporated in this interval-based workout. Punching, kicking, footwork, and jump ropes may be utilized.

**Zumba**® – It is a Latin-inspired dance fitness party. It will have you moving, shaking, and burning calories in no time! Fusing hypnotic Latin and other world rhythms, you'll love every minute of this cardio dance party in disguise!

**Zumba Gold**® – The same fun class as Zumba but designed for the de-conditioned, prenatal, beginning, and active older adult participants. Come enjoy "exercising" in disguise.

**Zumba® Party** – party with us every 1st Friday of each month. Come dressed up for the theme of the night or not, but be sure to put your "party face on". It will be a BLAST!

## COMBINATION CLASSES (GREEN)

**3-2-1 Drench** – In this class, the heart rate is ramp up through strength training for 3 min, peak it through cardio training for 2 min & take an active rest recovery through core training for 1 min. Repeat!

**At the Barre** – This fun and unique class combines the fluidity of ballet, the flexibility of yoga and the core strengthening of Pilates. It is non-impact, designed to burn calories and to produce lean, sculpted bodies. No dance experience is required and available to all fitness level.

**Barre Connect** – Total body conditioning workout that integrates work across 4 primary training methods (ballet technique, yoga, functional strength, cardio bursts) using complimentary movement principles and performance variables to develop well-designed connection cycles

**Circuit Training** – The instructor will set up different types of circuits to push both cardio and strength limits. Be ready to be challenged & have fun!

**Fit Start** – A low impact class with basic cardio, strength, flexibility and balance exercises. Perfect for those new to group fitness or needing a low impact class.

**H.E.A.T. (High Energy Advanced Training)** – This intermediate/advances class combines high intensity interval training with muscle conditioning. Come prepared to work hard and be pushed to your highest potential!

**Instructor's Choice** – No two classes are alike. Get ready for a mixture of interval, strength and cardio to push you to your limit and leave you wanting more! All fitness levels are welcome!

**Muscle Madness** – Focusing the entire body from head to toe. Hitting all major muscle groups with weights, cardio and other various exercises to get you swimsuit ready year round!

**Rev-it-up!** – It is a group personalized training system devoted to functional strength. It is a fun and challenging workout that covers both strength training and cardio conditioning. All levels.

**Silver Sneakers**® – A Healthways fitness program customized for senior adults designed to increase strength, flexibility, balance, and endurance. Fitness, Fun, and Friends!

**Total Body Conditioning** – participants will feel stronger, leaner, and even more confident than before! Various resistance training tools may be used. No need to fear of "bulking up," as we will not be lifting with that purpose in this class. Some cardio may also be added to create a positive metabolic effect.

**Triple Challenge** – Three dynamite formats packed into one intense class. Cardio bursts may include dynamic step routines, mixed with segments of pure strength training and core strengthening for the total cross training effect. This fun class is something everyone can look forward to!

**Zumba Toning**® – Zumba Toning takes the original Zumba dance-fitness class to the next level utilizing muscle training protocol and the addition of lightweight toning sticks. Created to emphasize muscle work along with the rhythms of Zumba!

## STRENGTHENING CLASSES (RED)

**Gut & Butt, Plus** – A conditioning program to firm and strengthen muscles of the entire body, especially focusing on the gut and the butt. Utilizing various equipments & body weight for maximum results

**Y Weights** – Firm and strengthen muscles of the entire body. This class uses exercises to develop muscle strength and endurance. Utilizing hand weights, bands, balls, bench, and your own body weight

## SPIRIT-MIND-BODY CLASSES (PURPLE)

**Black Light Yoga** – Yoga poses practiced under black lights for a fun and adventurous effect! This class is a mixture of hatha & vinyasa (flow) – poses that link together to work the entire body. Feel free to wear neon or white apparel...to GLOW IN THE DARK! Props may be used.

**Morning Bliss Yoga** – FREE to the community. This yoga class can get the "juices" flowing! It stretches and strengthens the muscles with a strong focus on breath and body alignment. Get your "workout" in early, connect with your breath, be mindful and find what feels good for your body. This practice can work as a natural stimulant to set you up for a productive day!

**PiYo Live** – a music-driven, athletic workout inspired by the mind-body practices of Pilates and Yoga that includes flexibility training, strength, conditioning and dynamic movement.

**Kids / Adult Taekwondo (\*at additional fee)** – A Korean martial art. It combines combat and self-defense techniques with sport and exercise.

**PRESCHOOL FITNESS (YELLOW)** Physically and socially developmental classes designed for 18 mo.-6 yrs. and their caregivers.