

MAGIC VALLEY the MCA

Group Fitness Schedule

Effective March 16 , 2020

Subject to change with or without advance notice

Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		TRX (Iziah)		TRX (Iziah)		
8:00 AM	Fit Start (Ruthie)		Fit Start (Ruthie)		Fit Start (Ruthie)	
9:00 AM	Zumba® (Alicia)	Morning Bliss Yoga (Free to the community) (Alicia)	Triple Challenge (Andrea)	<i>New!</i> TRX (Iziah)	<i>New!</i> Y-TBB (Anna)	<p>Morning Bliss Yoga (Free to the community) (Rotation)</p>  <p>WE ARE MORE THAN JUST A GYM</p>  <p>Please LIKE and follow us on Facebook YMCA of Twin Falls</p>
10:00 AM		Zumba Gold® (Robin)		Zumba Gold® (Robin)		
11:00 AM	Silver Sneakers Classic® (Donna)	Silver Sneakers Circuit® (Donna)	Silver Sneakers Yoga® (Maggie)	Silver Sneakers Classic® (Donna)	Silver Sneakers Classic® (Maggie)	
12:00 PM	ENHANCE®FITNESS (Donna) (Registration required)		ENHANCE®FITNESS (Donna) (Registration required)		ENHANCE®FITNESS (Donna) (Registration required)	
1:30 PM		<i>New!</i> Fit & Fall Proof For Cancer Survivors (Tiffany) (Registration required)		<i>New!</i> Fit & Fall Proof For Cancer Survivors (Tiffany) (Registration required)		
4:30 PM	Kids Taekwondo -additional fee- (Arturo)	Zumba® Kids (Leslie)	Kids Taekwondo -additional fee- (Arturo)		<p>FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</p>	
5:30 PM	TBC (Erika)		Blacklight Yoga (Amy)	<i>New time!</i> Zumba® (Aldin)		

Cycling Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	Cycling (Pete)	Cycling (Tiffany)	Cycling (Pete)	Cycling (Tiffany)	Cycling (Pete)	
6:00 PM	Cycling (Lisa)		Cycling (Lisa)			

Tennis Courts

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Rev-it-up! (Keri)		Rev-it-up! (Keri)		Rev-it-up! (Keri)	
9:00 AM		Y Weights (Ruthie)				Cardio Tennis (Victoria)

CLASS DESCRIPTIONS

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.

Zumba® - 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. Enjoy "exercising" in disguise.

Zumba Kids (at additional fee) - Giving children an outlet to jump, dance, shake, and swing their hips, it's the perfect recipe for fitness fun. It adds age-appropriate games and activities, helping children gain coordination, self-confidence, overcome fears, learn about teamwork, and much more.

COMBINATION CLASSES (GREEN)

ENHANCE®FITNESS - is an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements. Focusing on four key areas: low impact cardiovascular; dynamic/static balance work, strength training and stretching. Providing social stimulation as well as physical benefits. (Registration required)

Fit & Fall Proof for CANCER SURVIVORS - Developed in Idaho in 2004, is an exercise-based fall prevention program that focuses on improving strength, mobility, and balance to reduce risk of falling. Classes are lead by certified instructors who have received instruction on exercise techniques and personal safety. (Registration required)

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.

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

TBC (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!

TRX - Born in the Navy SEAL. TRX Suspension Training is a unique training tool that allows you to use your own body weight and gravity as resistance. Suspend your disbelief!

Y-TBB (YMCA-Total Body Balance) A total body workout, with a mixture of step, balance, weights/band, cardio. All to keep the body fully functional. All levels.

STRENGTHENING CLASSES (RED)

Y Weights - 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.

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