



Program Director:  
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# LET'S GET FIT TOGETHER

YMCA GROUP EXERCISE AND FITNESS CLASSES




# 2019 Winter Group Fitness Schedule\*

Effective January 2, 2019

\*(Subject to change with or without advance notice)

## Group Fitness Room Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM				Sunrise Yoga (Hattie)		
8:00 AM	Fit Start (Ruthie)		Fit Start (Ruthie)		Fit Start (Ruthie)	
9:00 AM	Zumba® (Jeaneth)	Morning Bliss Yoga (Free to the community) (Alicia)	Triple Challenge (Andrea)	Zumba Toning® (Jeaneth)	TurboKick (Missy)	Morning Bliss Yoga (Free to the community) (Rotation)
10:00 AM		Zumba Gold® (Robin)		Zumba Gold® (Robin)		<p>Please LIKE and follow us on Facebook YMCA of Twin Falls</p> 
10:15 AM	<i>It's BACK!</i> Me & Mommy (Donna)		<i>It's BACK!</i> Me & Mommy (Donna)		<i>It's BACK!</i> Me & Mommy (Donna)	
11:00 AM	Silver Sneakers Classic® (Donna)	Silver Sneakers Circuit® (Donna)	Silver Sneakers Yoga® (Donna)	Silver Sneakers Classic® (Donna)	Silver Sneakers Classic® (Missy)	
12:00 PM					<i>It's BACK!</i> Restorative Yoga (Tiffany)	
5:30 PM	TurboKick® (Missy)	Fit Start (Jeaneth)	Blacklight Yoga (Jeaneth)	TRX (Missy)	<b>6:00pm - 7:30pm</b> Zumba® Party 1st Friday of each month	
6:30 PM	Zumba® (Janessa)	<i>New!</i> F.I.T.T. Happens (Joelene)	Zumba® (Destinee)	<i>New!</i> STRONG by Zumba® (Aldin)		

## Cycling Room Schedule

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

## Tennis Court Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Rev-it-up! (Keri)	P90X Live! (Leslie)	Rev-it-up! (Keri)	P90X Live! (Leslie)	Rev-it-up! (Keri)	
9:00 AM	PiYo Live (Missy)	Y Weights (Missy)				<i>New!</i> Cardio Tennis (Victoria)

# CLASS DESCRIPTIONS

## CARDIO CLASSES (BLUE)

**Cardio Tennis** - is an engaged group fitness program featuring the heart pumping effects of tennis drills, games, and skills delivering the ultimate full body and calorie burning aerobics and anaerobic workout. Cardio Tennis is a very social activity for all ages, ability and fitness levels.

**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!

**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!

**STRONG by Zumba®** combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

## COMBINATION CLASSES (GREEN)

**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.

**F.I.T.T. Happens** - Everyday life happens, temptation happens, distraction happens and setback happens. Time to take control and make sure F.I.T.T. Happens!

**Functionally Innovative Total-body Training** is a low impact and fat scorching class. Be prepared for a fun and challenging experience.

**P90X LIVE** is a total-body workout that will keep your body guessing—and transforming—with a variety of strength-training moves, cardio conditioning, and core work.

**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!

**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!

## STRENGTHENING CLASSES (RED)

**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.

**Restorative Yoga** - is a delicious way to relax and soothe frayed nerves. This class use bolsters, blankets, and blocks to prop students in passive poses so the body can experience the benefits of a pose without having to exert any effort. It is more rejuvenating than a nap! Students of all levels are welcome.

**Sunrise Yoga** - Get up on the right side of bed. Begin your day with a yoga practice focusing on building confidence in poses and extending yoga outside of the classroom.

Me & Mommy - engage in fun activities with your little one(s), as they work on motor skills and social skills. Ages 18 months to 6 years. An adult must be with them.