



## \*Magic Valley YMCA SUMMER Class Schedule\* (Effective June 4, 2018)



### Group Fitness Room Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM	Fit Start (Ruthie)		Fit Start (Ruthie)		Fit Start (Ruthie)	
9:00 AM	Zumba® (Jeaneth)	Morning Bliss Yoga (Tiffany)	Triple Challenge (Andrea)	Zumba Toning® (Jeaneth)	TurboKick (Missy)	Morning Bliss Yoga (Rotation)
10:00AM		Zumba Gold® (Pam)		Zumba Gold® (Pam)		
11:00AM	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)	Fit Start (Jeaneth)	Blacklight Yoga (Jeaneth)	PiYo Live (Shawnee)	<b>6:00pm - 7:30pm</b> Zumba® Party 1st Friday of each month	
6:30 PM	Zumba® (Leslie)	H.I.I.T (Erika)	Zumba® (Leslie)	Fit Start (Leslie)		

### Cycling Room

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

### Tennis Court Fitness Schedule

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	PiYo Live (Missy)	Y Weights (Missy)				Circuit (Rotation)

\*Subject to change with or 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 with or 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)

**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.I.I.T. ( High Intensity Interval Training)** This type of training involves repeated bouts of intensity followed by varies recovery times.

**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!

**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 equipment & body weight for maximum results

## 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.