



# Magic Valley YMCA 2017 Class Schedule\* (Effective January 1, 2017)



## Group Fitness Room Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM			<del>New!</del> TRX (Eric)			
9:00 AM	Zumba® (Jeaneth)	<del>New!</del> Morning Bliss Yoga (FREE class)	Triple Challenge (Andrea)	Zumba Toning® (Jeaneth)	Zumba (Alicia)	<del>New!</del> Morning Bliss Yoga (FREE class)
10:00AM		Zumba Gold® (Pam)		Zumba Gold® (Pam)		
10:15AM	Pre-school Fitness (Donna B)		Pre-school Fitness (Donna B)		Pre-school Fitness (Donna B)	
11:00AM	Silver Sneakers Classic® (Donna)	Silver Sneakers Circuit® (Donna)	Silver Sneakers Yoga® (Donna)	Silver Sneakers Classic® (Donna)	Silver Sneakers Classic® (Missy)	
12:15PM	Mid-day Yoga (Tiffany)	<del>New!</del> TRX (Keri)	Mid-day Yoga (Tiffany)	<del>New!</del> TRX (Keri)	<del>New!</del> Restorative Yoga (Tiffany)	
4:30 PM	Kids Taekwondo* (Arturo)		Kids Taekwondo* (Arturo)			
5:30 PM	TurboKick® (Missy)	3-2-1 Drench (Ruthie)	Blacklight Yoga (Jeaneth)	PiYo Live (Jeaneth)	6:30pm - 8:00pm	
6:30 PM	Zumba® (Leslie)	Zumba® (Alicia)	Zumba® (Destinee)	Zumba® (Lorena)	Zumba Party 1st Friday of each month	

## Cycling Room

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

## Tennis Court Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Circuit Training (Jaclyn)		Instructor's choice (Jaclyn)		
6:00 AM	Rev-it-up! (Keri)		Rev-it-up! (Keri)		Rev-it-up! (Keri)	
9:00 AM	<del>New!</del> PiYo Live (Missy)	Y Weights (Missy)	Kickboxing (Darla)	<b>R.I.P.P.E.D WEIGHTS</b> (Jeanne)	<del>New!</del> At the Barre (Darla)	Circuit (Rotation)
10:00AM	Fit Start (Ruthie)		Fit Start (Ruthie)		Fit Start (Ruthie)	
5:30 PM	Barre Connect (Tiffany)	Fit Start (Jeaneth)	Gut & Butt Plus (Ruthie)	Fit Start (Donna)		
6:00 PM						
6:30 PM	Muscle Madness (Ruthie)	H.E.A.T. (Joelene)	Adult Taekwondo*	Total Body Conditioning (Erika)		

# CLASS DESCRIPTIONS

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

## What's new?

**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.

**Mid-day Yoga** - Warm up-Work- Effective Deep Stretch- Relaxation. It got it all! It is a great way to sneak in a workout if you are having "one of those days". It can get you back on a positive track and "kick start" your mind to focus on the future afternoon tasks at hand.

**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!

**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!

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

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## 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.

**Kickboxing** - Sport specific techniques of boxing and martial arts are incorporated in this interval-based workout.

**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

## 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!

**Circuit Training**- The instructor will set up different types of circuits to push both cardio and strength limits.

**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!

**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!

**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.

**R.I.P.P.E.D** - Resistance, Intervals, Power, Plyometrics and Endurance (Core bonus) as the workout portion along with Diet suggestions. A "Plateau Proof Fitness Formula" stimulating different energy systems and muscles in each workout segment, changing the focus and activities every 6 to 9 minutes.

**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, including dumbbells, bands, medicine balls, and more. 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 or dumbbells.

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 the black lights for a fun, relaxing and adventurous effect! This is a hatha type class where we will focus on bringing peace to the mind and body, through different yoga poses, some flow work, stretches and deep relaxation. Feel free to wear glow in the dark apparel! Props may be used. (All levels)

**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 moment. All levels.

**Youth / 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.