

# MAGIC VALLEY MCA

## Group Fitness Schedule

Effective September 7, 2020

Subject to change with or without advance notice

Main Studio						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		TRX (Keri)		TRX (Erika)		 <p><b>WE ARE MORE THAN JUST A GYM</b></p> <p><b>1751 Elizabeth Blvd Twin Falls ID 83301 (208) 733-4384 laura@ymcatf.com</b></p> <p><b>FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</b></p>
8:00 AM	Fit Start (Ruthie)		Fit Start (Ruthie)		Fit Start (Ruthie)	
9:00 AM	Blacklight Yoga (Amy)	Morning Bliss Yoga (Free) (Alicia)				
10:00 AM	Qigong/Tai Chi (Jimmie)	Zumba Gold® (Robin)	Qigong/Tai Chi (Jimmie)	Zumba Gold/Zumba Gold Toning® 50/50 (Robin)	Qigong/Tai Chi (Jimmie)	
11:00 AM	Silver Sneakers Classic® (Anna)	Silver Sneakers Circuit® (Deb)	Silver Sneakers Yoga® (Amy)	Silver Sneakers Classic® (Deb)	Silver Sneakers Classic® (Ruthie)	
4:30 PM	Kids Taekwondo -additional fee- (Arturo)		Kids Taekwondo -additional fee- (Arturo)			
5:30 PM	Zumba® (Aldin)			Zumba® (Aldin)		
Cycling Room						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Cycling (Pete)	Cycling (Pete)	Cycling (Pete)	Cycling (Pete)	Cycling (Pete)	
Tennis Courts						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Rev-it-up! (Keri)		Rev-it-up! (Keri)		Rev-it-up! (Keri)	<p><b>Please LIKE and follow us on Facebook Magic Valley YMCA</b></p>
9:00 AM		Y Weights (Ruthie)				

# 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® Gold Toning** -- This class blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles.

## COMBINATION CLASSES (GREEN)

**Rev-It-Up!** -- Life is hard so Rev-It-Up and come train for it with this total body training alongside a great early rising community.

**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!

**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** -- 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 and 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.

**Qigong/Tai Chi** -- Qigong practice typically involves moving meditation, coordinating slow-flowing movement, deep rhythmic breathing, and a calm meditative state of mind. Tai Chi is a gentle form of exercise that can help maintain strength, flexibility and balance, and could be the perfect activity for the rest of your life!

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