



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BORDER VIEW FAMILY YMCA GROUP EXERCISE SCHEDULE | APRIL

## MORNING MONDAY

<b>EXTREME FIT</b> 8:00-8:55 Alexis (I) I/A
<b>ZUMBA BURST®</b> 9:00-9:30 Kelley (I)
<b>ZUMBA CORE®</b> 9:35-10:05 Kelley (I)
<b>EXERCISE LITE</b> 9:00-9:45 Gladys (T) ♥
<b>VINYASA YOGA</b> 10:00-10:55 Kimberly (T) ★65

## TUESDAY

<b>ZUMBA®</b> 6:15-7:00 Leticia (I) 7+ ★65
<b>CXWORX</b> 7:00-7:30 Gladys (I) I/A
<b>GENTLE YOGA</b> 8:00-8:55 Christine (T) 😊 ★65
<b>TRX®</b> 8:30-9:00 Erick (WC) ◆
<b>ZUMBA®</b> 9:00-9:55 Eric (T & I) ★65
<b>TRX</b> 9:00-9:45 Erick (WC) ♥ ★65
<b>CHAIR YOGA</b> 10:00-10:55 Christine (T) 😊 ★65
<b>MEDITATION</b> 11:15-12:00 Christine (T) 😊 ★65
<b>PIYO®</b> 4:00-4:55 Karla (T) 😊 ★65
<b>ZUMBA®</b> 5:00-5:55 Kelley (T) 7+
<b>TRX®</b> 5:00-5:30 Alexis (WC) ◆ I/A
<b>Kids Only Fit (5-12)</b> 5:00-5:55 Marissa (I)
<b>CYCLING</b> 6:00-6:55 Diorella (T) ◆
<b>POWER YOGA</b> 6:00-6:55 Katie (I) 7+
<b>DANCE! LATIN</b> 7:00-7:55 Luis (I) ★65
<b>ZUMBA®</b> 8:00-8:55 Lydia (T & I) 7+

## WEDNESDAY

<b>STRENGTH</b> 6:15-7:00 Gladys (T) 7+ ★65
<b>TRX®</b> 7:00-7:30 Gladys (WC) ◆
<b>EXTREME FIT</b> 8:00-8:55 Alexis (I) I/A
<b>BODYPUMP®</b> 8:15-9:25 Gladys (T) I/A
<b>BALANCE</b> 9:00-9:55 Maria (I) ♥ ★65
<b>CYCLING</b> 9:25-10:20 Gladys (T) ◆
<b>KUNDALINI YOGA</b> 10:15-11:10 Micaela (I) ★65
<b>CXWORX</b> 4:25-4:55 Karla (T) I/A
<b>ZUMBA®</b> 5:00-5:55 Leticia (T) 7+ ★65
<b>TRX®</b> 5:30-6:00 Antoinette (WC) ◆ I/A
<b>DANCE! POLYNESIAN</b> 6:00-6:55 Antoinette (I) ★65
<b>INSANITY®</b> 6:00-6:55 Lee (T) 7+
<b>CARDIO KICKBOXING</b> 7:00-7:55 Gladys (T) 7+
<b>STRONG BY ZUMBA®</b> 7:00-7:55 Luis (I) 7+
<b>VINYASA YOGA</b> 8:00-8:55 Allison (T) 7+

## THURSDAY

<b>ZUMBA®</b> 6:15-7:00 Mei (I) 7+ ★65
<b>CXWORX</b> 7:00-7:30 Gladys (I) I/A
<b>POWER YOGA</b> 8:00-8:55 Katie (T) 😊 ★65
<b>TRX®</b> 8:30-9:00 Erick (WC) ◆
<b>ZUMBA</b> 9:00-9:55 Kelley (T & I) ★65
<b>ADAPTIVE YOGA</b> 10:00-10:55 Christine (T) 😊 ★65
<b>PIYO®</b> 3:40-4:40 Karla (T) 😊
<b>CYCLING</b> 4:45-5:40 Gladys (T) ◆
<b>TRX®</b> 5:00-5:30 Alexis (WC) ◆ I/A
<b>ZUMBA KIDS® (7-11)</b> 5:00-5:55 Marissa (I)
<b>BODYPUMP®</b> 5:45-6:55 Diorella (T) ◆ I/A
<b>KUNDALINI YOGA</b> 6:00-6:55 Micaela (I) ★65
<b>ZUMBA®</b> 8:00-8:55 Karen (T & I) 7+

## FRIDAY

<b>STRENGTH</b> 6:15-7:00 Erick (T) 7+ ★65
<b>CORE FIT</b> 7:00-7:30 Erick (T) 😊 ★65
<b>BODYPUMP®</b> 8:00-9:05 Gladys (T) I/A
<b>TRX®</b> 8:30-9:00 Alexis (WC) ◆
<b>CYCLING</b> 9:10-10:05 Gladys (T) ◆
<b>DANCE!</b> 9:00-9:55 Leticia (I) ♥ ★65
<b>ZUMBA®</b> 10:00-10:55 Leticia (I)
<b>CXWORX</b> 10:10-10:40 Gladys (T) I/A
<b>CORE DE FORCE®</b> 5:00-5:55 Karla (T)
<b>ZUMBA® BURST</b> 5:00-5:30 Kelley (I)
<b>ZUMBA® GLUTES</b> 5:30-6:00 Kelley (I)

## SATURDAY

<b>INSANITY®</b> 8:00-8:55 Don (I & T) I/A
<b>ZUMBA®</b> 9:00-9:55 Karen (T) 7+
<b>POWER YOGA</b> 10:00-10:55 Katie (T) 7+

## AFTERNOON

<b>CXWORX</b> 4:25-4:55 Karla (T) I/A
<b>INSANITY®</b> 5:00-5:55 Lee (T) 7+
<b>STRENGTH</b> 5:00-5:55 Antoinette (WC) I/A
<b>ZUMBA®</b> 6:00-6:55 Karen (T) 7+
<b>ZUMBA SENTAO®</b> 7:00-7:55 Lydia (T) ◆ 7+
<b>VINYASA YOGA</b> 8:00-8:55 Micaela (T) ★65

◆ **PASS REQUIRED.** Please pick up a pass at the Welcome Center

😊 **BABY FRIENDLY.** Babies in stroller or carriers are allowed

♥ **Y ACTIVE ADULT.** Activities designed for older adults

★65 **GETTING STARTED.** A great place to begin or restart your exercise program

I/A **INTERMEDIATE/ADVANCED.** Higher intensity and advanced instruction provided

7+ **7+** Children ages 7—12 and parent/guardian must actively participate together. OR, minimum age denoted.

### LOCATIONS

(T) Triumph (I) Inspire  
(WC) Wellness Center

# BORDER VIEW FAMILY YMCA GROUP EXERCISE DESCRIPTION | APRIL

**BALANCE** **B**  
 Reduce the risk of falling through improved balance.

**BODYPUMP®** **CF MS CS**  
 A pre-choreographed full-body workout program using light to moderate weights, performing high repetitions.

**CARDIO BLAST** **CF CS MS**  
 A total body high intensity cardio and strength workout

**CARDIO KICKBOXING** **CF CS B**  
 Non-contact, high intensity boxing and kickboxing movements

**CORE FIT** **CS MS B**  
 Strengthen your abs, obliques, lower back and more in this core-focused class

**CYCLING** **CF**  
 Cardio workout to music on specially designed stationary bicycles. Workout towel required.

**CXWORX** **CS MS B**  
 Pre choreographed, challenging but achievable 30 minute core training workout using crunches, hovers, resistance tubes, and weight plates.

**DANCE! & DANCE! LATIN & DANCE! POLYNESIAN** **CF B**  
 A dance inspired workout. No partner or special footwear required.

**EXERCISE LITE** **CF MS CH**  
 Low impact workout followed by strength and stretching exercises, may include floor work.

**EXTREME FIT** **CF CS MS**  
 Rigorous boot camp circuits combining plyometrics, agility, strength, and cardio exercises.

**INSANITY®** **CF**  
 A challenging, group-focused athletic training, cardio conditioning, and total-body strength class

**KIDS ONLY FIT** **CF**  
 age appropriate exercises parent/guardian must remain in facility and sign-in is required

**CORE DE FORCE** **CF CS**  
 Pre choreographed ab blasing workout with MMA, Muay Thai, and boxing moves

**PIYO®** **F CS MS CH**  
 A sequence of carefully performed movements that strengthen the body, open joints and release tension

**STRENGTH** **CS MS**  
 A full body strength and conditioning class using a variety of equipment

**TRX®** **CS B MS**  
 A Suspension training system that leverages gravity and your body weight to perform a variety of exercises

**YOGA** **F CS MS B CH**  
**ADAPTIVE-** Ideal for pre and post-natal moms, injury recovery and people with mobility challenges

**CHAIR-** Enjoy the benefits of yoga utilizing a chair for support

**GENTLE-** Breathing and relaxation in postures that are gentle on the joints

**KUNDALINI** - Consolidates physical and meditative techniques through mantras, breathing, and asana

**POWER-** Dynamic and challenging high-energy workout for experienced Yogis

**VINYASA-** Series of poses that unite movement with breath

**ZUMBA®** **CF**  
 Combines unique Latin moves and rhythms to create an exciting dynamic workout.  
**ZUMBA SENTAOL®** - combines strength and resistance training with innovative dance moves, using a chair as your dance partner.  
**ZUMBA KIDS®** - A kid-friendly routine based on original Zumba® choreography including games, activities and cultural exploration. (ages 7 - 11)

**ZUMBA® Burst** - High intensity interval training with well known Zumba Fitness exercises.

**ZUMBA® Core** - Dynamic vertical core movements with red-hot midsection exercises. To strengthen core muscles, enhance balance and stability, and improve posture and alignment.

**ZUMBA GLUTES®** - Focus on strengthening the lower body with fun and creative dance moves

**STRONG BY ZUMBA®** - Strengthen your body with this full body dance inspired workout

**MONTHLY UPDATES:**

Come join us for healthy kids day on April 21st at 10:00am at Border view YMCA!

**CLASS POLICIES:**

All classes, times and instructors are subject to change or cancelation. Please adhere to our group exercise etiquette. **No entry allowed after 10 minutes of posted class time.** Have fun and get to know your instructor!

**FOR YOUR CONVENIENCE, WE OFFER CHILD WATCH:**

**Mon - Thur:** 7:45am-1:00pm & 3:00pm-9:00pm

**Friday:** 7:45am-1:00pm & 3:00pm-7:30pm

**Saturdays:** 7:45am-1:00pm

**Class Benefits:**

