



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BORDER VIEW FAMILY YMCA GROUP EXERCISE SCHEDULE | AUGUST

MORNING MONDAY

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| ZUMBA® 6:15-7:00 Luis (I) 7+ ★ 65 |
| EXTREME FIT 8:00-8:55 Alexis (I) I/A |
| ZUMBA BURST® 9:00-9:30 Kelley (I) |
| ZUMBA CORE® 9:35-10:05 Kelley (I) ♥ |
| EXERCISE LITE 9:00-9:45 Gladys (T) ★ 65 |
| VINYASA YOGA 11:30-12:25 Allison B. (T) |

TUESDAY

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|----------------------------------------------------------|
| ZUMBA® 6:15-7:00 Luis (I) 7+ ★ 65 |
| CXWORX 7:00-7:30 Gladys (I) I/A |
| GENTLE YOGA 8:00-8:55 Christine (T) 😊 ★ 65 |
| TRX® 8:30-9:00 Erick (WC) ◆ |
| ZUMBA® 9:00-9:55 Eric (T & I) ★ 65 |
| TRX 9:00-9:45 Erick (WC) ♥ ★ 65 |
| CHAIR YOGA 10:00-10:55 Christine (T) 😊 ★ 65 |
| MEDITATION 11:15-12:00 Christine (T) 😊 ★ 65 |

WEDNESDAY

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| STRENGTH 6:15-7:00 Gladys (T) 7+ ★ 65 |
| TRX® 7:00-7:30 Gladys (WC) ◆ |
| EXTREME FIT 8:00-8:55 Alexis (I) I/A |
| BODYPUMP® 8:15-9:25 Gladys (T) ◆ I/A |
| BALANCE 9:00-9:55 Maria (I) ♥ ★ 65 |
| CYCLING 9:20-10:15 Gladys (T) ◆ |
| VINYASA YOGA 10:25-11:15 Katie (T) ★ 65 |
| ZUMBA® 5:00-5:55 Claudia (I) 7+ ★ 65 |

THURSDAY

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|-------------------------------------------------------------|
| ZUMBA® 6:15-7:00 Luis (I) 7+ ★ 65 |
| CXWORX 7:00-7:30 Gladys (I) I/A |
| POWER YOGA 8:00-8:55 Katie (T) 😊 ★ 65 |
| TRX® 8:30-9:00 Erick (WC) ◆ |
| ZUMBA 9:00-9:55 Kelley (T & I) ★ 65 |
| ADAPTIVE YOGA 10:00-10:55 Christine (T) 😊 ★ 65 |

FRIDAY

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|---------------------------------------------------|
| STRENGTH 6:15-7:00 Erick (T) 7+ ★ 65 |
| CORE FIT 7:00-7:30 Erick (T) 😊 ★ 65 |
| CXWORX 7:35-8:05 Gladys (T) I/A |
| EXTREME FIT 8:00-8:55 Alexis (I) I/A |
| BODYPUMP® 8:15-9:25 Gladys (T) ◆ I/A |
| CYCLING 9:35-10:30 Gladys (T) ◆ |
| DANCE! 9:00-9:55 Claudia (I) ♥ ★ 65 |
| ZUMBA® 10:00-10:55 Claudia (I) |

SATURDAY

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| INSANITY® 8:00-8:55 Don (I & T) I/A |
| ZUMBA® 9:00-9:55 Claudia (T) 7+ |
| POWER YOGA 10:00-10:55 Katie (T) 7+ |

AFTERNOON

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|---------------------------------------------------------|
| CXWORX 4:25-4:55 Karla (T) I/A |
| INSANITY® 5:00-5:55 Lee (T) 7+ |
| STRENGTH 5:00-5:55 Antoinette (I) I/A |
| ZUMBA® 6:00-6:55 Marissa (T) 7+ |
| ZUMBA SENTAO® 7:00-7:55 Lydia (T) ◆ 7+ |
| VINYASA YOGA 8:00-8:55 Allison B. (T) ★ 65 |

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|---------------------------------------------------------|
| PIYO® 4:00-4:55 Karla (T) 😊 ★ 65 |
| ZUMBA® 5:00-5:55 Kelley (T) 7+ |
| TRX® 5:00-5:30 Alexis (WC) ◆ I/A |
| Kids Only Fit (5-12) 5:00-5:55 Marissa (I) |
| CYCLING 6:00-6:55 Diorella (T) ◆ |
| POWER YOGA 6:00-6:55 Kayla (I) 7+ |
| DANCE! LATIN 7:00-7:55 Luis (I) ★ 65 |
| ZUMBA® 8:00-8:55 Lydia (T & I) 7+ |

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|--------------------------------------------------------------|
| TRX® 5:30-6:00 Antoinette (WC) A |
| DANCE! POLYNESIAN 6:00-6:55 Antoinette (I) ★ 65 |
| INSANITY® 6:00-6:55 Lee (T) 7+ |
| STRONG BY ZUMBA® 7:00-7:55 Luis (T & I) 7+ |
| VINYASA YOGA 8:00-8:55 Amy (T) 7+ |

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|-------------------------------------------------------|
| PIYO® 4:00-4:55 Karla (T) 😊 ★ 65 |
| CYCLING 5:00-5:55 Gladys (T) ◆ |
| TRX® 5:00-5:30 Alexis (WC) ◆ |
| ZUMBA KIDS® (7-11) 5:00-5:55 Marissa (I) |
| BODYPUMP® 6:00-7:10 Diorella (T) ◆ I/A |
| POWER YOGA 6:00-6:55 Kayla (I) I/A |
| ZUMBA® 8:00-8:55 Lydia (T & I) ★ 65 |

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|-------------------------------------------------|
| CORE DE FORCE® 5:00-5:55 Karla (T) |
| ZUMBA® BURST 5:00-5:30 Kelley (I) |
| ZUMBA® GLUTES 5:30-6:00 Kelley (I) |

◆ **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

★ **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 | AUGUST

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

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

VINYASA- Series of poses that unite movement with breath

ZUMBA®
 Combines unique Latin moves and rhythms to create an exciting dynamic workout.
ZUMBA SEAO® - 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 Karla for a monthly hike! Every month is a new experience! E-mail aamaro@ymca.org for more information!

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:

| Flexibility | Cardiovascular Fitness | Core Stability | Balance | Muscular Strength | Cognitive Health |
|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------|-------------------------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| Enhances the mind/body connection, improving coordination and reducing stress. Enhances joint range of motion. | Strengthens the heart and lungs for efficiency. | Strengthens the deep abdominal muscles and improves postural alignment. | Improves proprioception and reduces the risk of falling. | Increases strength and enhances muscular development and coordination. | Enhances neuromuscular activity and helps improve mind/body connection through specified movement patterns. |