



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BORDER VIEW FAMILY YMCA GROUP EXERCISE SCHEDULE | JANUARY

## MORNING MONDAY

<b>ZUMBA®</b> 6:15-7:00 Luis (I) 7+ ★65
<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) ★65
<b>VINYASA YOGA</b> 10:00-10:55 Allison D. (T)

## TUESDAY

<b>ZUMBA®</b> 6:15-7:00 Luis (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 Gladys (WC) ◆
<b>ZUMBA®</b> 9:00-9:55 Eric (T & I) ★65
<b>TRX</b> 9:00-9:45 Gladys (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) ★65
<b>TRX</b> 6:00-6:30 Alexis (WC) ◆ I/A
<b>CYCLING</b> 6:00-6:55 Diorella (T) ◆ I/A
<b>HATHA YOGA</b> 6:00-6:55 Nauder (I) 7+
<b>DANCE! LATIN</b> 7:00-7:55 Luis (T) ★65
<b>ZUMBA®</b> 8:00-8:55 Lydia (T & I) ★65

## 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> 9:20-10:15 Gladys (T) ◆
<b>VINYASA YOGA</b> 10:25-11:15 Katie (T) ★65
<b>ZUMBA®</b> 5:00-5:55 Claudia (I) 7+ ★65
<b>TRX®</b> 5:30-6:00 Antoinette (WC) ◆ A
<b>CARDIO BLAST</b> 6:00-6:55 Antoinette (I) ★65
<b>ADAPTIVE YOGA</b> 6:00-6:55 Nauder (T) 7+
<b>STRONG BY ZUMBA®</b> 7:00-7:55 Luis (T & I) 7+

## THURSDAY

<b>ZUMBA®</b> 6:15-7:00 Luis (I) 7+ ★65
<b>POWER YOGA</b> 8:00-8:55 Katie (T) ★65
<b>ZUMBA</b> 9:00-9:55 Kelley (T & I) 😊 ★65
<b>TRX®</b> 10:00-10:30 Alina (WC) ◆
<b>ADAPTIVE YOGA</b> 10:00-10:55 Christine (T) 😊
<b>CYCLING</b> 5:00-5:55 Gladys (T) ◆ I/A
<b>TRX®</b> 5:00-5:30 Alexis (WC) ◆ I/A
<b>BODYPUMP</b> 6:00-7:10 Diorella (T) ◆ I/A
<b>POWER YOGA</b> 7:00-7:55 Kayla (I) I/A
<b>ZUMBA®</b> 8:00-8:55 Lydia (T & I) ★65

## FRIDAY

<b>STRENGTH</b> 6:15-7:00 Alexis (T) 7+ ★65
<b>CORE FIT</b> 7:00-7:30 Alexis (T) 😊 ★65
<b>CXWORX</b> 7:35-8:05 Gladys (T) I/A
<b>EXTREME FIT</b> 8:00-8:55 Alexis (I) I/A
<b>BODYPUMP®</b> 8:15-9:25 Gladys (T) ◆ I/A
<b>CYCLING</b> 9:35-10:30 Gladys (T) ◆
<b>DANCE!</b> 9:00-9:55 Leticia (I) ♥ ★65
<b>ZUMBA®</b> 10:00-10:55 Claudia (I)
<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 Claudia (T) 7+
<b>POWER YOGA</b> 10:00-10:55 Katie (T) 7+
<b>STEP</b> 11:00-11:55 Adriana (T)

## AFTERNOON

<b>STRENGTH</b> 5:00-5:55 Antoinette (I) I/A
<b>Cardio Kickboxing</b> 6:15-6:55 Gladys (T) 7+ I/A
<b>ZUMBA®</b> 7:00-7:55 Lydia (T)
<b>VINYASA YOGA</b> 8:00-8:55 Allison B. (T) I/A

◆ **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 | JANUARY

**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 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](mailto: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.