



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BORDER VIEW FAMILY YMCA GROUP EXERCISE SCHEDULE | NOVEMBER

MORNING MONDAY

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 10:00-10:55 Allison D. (T)

TUESDAY

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 Gladys (WC) ◆
ZUMBA® 9:00-9:55 Eric (T & I) ★65
TRX 9:00-9:45 Gladys (WC) ♥ ★65
CHAIR YOGA 10:00-10:55 Christine (T) 😊 ★65
MEDITATION 11:15-12:00 Christine (T) 😊 ★65
ZUMBA® 5:00-5:55 Kelley (T) ★65
TRX® 5:00-5:30 Alexis (WC) ◆ I/A
CYCLING 6:00-6:55 Diorella (T) ◆ I/A
POWER YOGA 7:00-7:55 Kayla (I) 7+
DANCE! LATIN 7:00-7:55 Luis (T) ★65
ZUMBA® 8:00-8:55 Lydia (T & I) ★65

WEDNESDAY

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

THURSDAY

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

FRIDAY

STRENGTH 6:15-7:00 Alexis (T) 7+ ★65
CORE FIT 7:00-7:30 Alexis (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 Leticia (I) ♥ ★65
ZUMBA® 10:00-10:55 Claudia (I)
ZUMBA® BURST 5:00-5:30 Kelley (I)
ZUMBA® GLUTES 5:30-6:00 Kelley (I)

SATURDAY

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+
STEP 11:00-11:55 Adriana (T)

AFTERNOON

STRENGTH 5:00-5:55 Antoinette (I) I/A
Cardio Kickboxing 6:15-6:55 Gladys (T) 7+ I/A
ZUMBA® 7:00-7:55 Lydia (T)
VINYASA YOGA 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 | NOVEMBER

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.