

**Group Fitness Schedule**  
CYCLE CLASSES ON SEPARATE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:45a Erika (Studio 3)		5:45a Erika (Studio 3)		5:45a Erika (Studio 3)	8:00a Shan (Studio 3)		
ABS/CORE 6:00a Fiona (Great Room)	<b>NEW!</b> 8:30a Monica (Studio 2)	ABS/CORE 6:00a Fiona (Great Room)	<b>NEW!</b> 8:30a Shan (Studio 2)	ZUMBA GOLD 8:30a Mimi B (Multi-Purpose)	BEGINNER YOGA 8:00a - 9:15a Duane/Katherine (Great Room)		
<b>NEW!</b> CARDIO COMBO 8:15a-9:30a Chris J (Studio 3)	STEP 8:30a Tracy D (Studio 3)	CARDIO COMBO 8:15a - 9:30a Chris J (Studio 3)	STEP 8:30a Tracy D (Studio 3)	CARDIO DANCE 8:30a Tracy D (Studio 3)	9:00a Shan (Studio 3)		
LOW IMPACT CARDIO 8:30a Cindy (Great Room)	ABS/CORE 8:30a Fiona (Great Room)	LOW IMPACT CARDIO 8:30a Cindy (Great Room)	ABS/CORE 8:30a Fiona (Great Room)	LOW IMPACT CARDIO 8:30a Cindy (Great Room)	CARDIO DANCE 9:00a Chris J/Debi (Studio 2)		
9:30a Noelle (Great Room)	9:30a Stacie (Great Room)	9:30a Shan (Great Room)	9:30a Charles (Great Room)	9:30a Noelle (Great Room)	INTERMEDIATE YOGA 9:30a Duane/Katherine (Multi-Purpose)		
SILVER SNEAKERS 9:30a Cindy (Multi-Purpose)	INTERMEDIATE YOGA 9:00a Nicole H (Multi-Purpose)	SILVER SNEAKERS 9:30a Norma (Multi-Purpose)	BEGINNER YOGA 9:00a Nicole H (Multi-Purpose)	SILVER SNEAKERS 9:30a Deborah (Multi-Purpose)	10:00a Monica (Studio 3)		
9:30a Tracy D (Studio 3)	9:30a Tracy D (Studio 3)	CARDIO STRENGTH 9:30a Tracy D (Studio 3)	9:30a Tracy D (Studio 3)	9:30a Tracy D (Studio 3)	10:00a Shan (Studio 2)		
ACTIVE OLDER ADULTS CARDIO 9:30a Chris J (Studio 2)	LOW IMPACT CARDIO 9:30a Chris J (Studio 2)	ACTIVE OLDER ADULTS CARDIO 9:30a Cindy W (Studio 2)	LOW IMPACT CARDIO 9:30a Chris J (Studio 2)	ACTIVE OLDER ADULTS CARDIO 9:30a Cindy W (Studio 2)	11:00a Tracy B. (Studio 2)		
10:30 - 11:00a Shan (Multi-Purpose)	YOGA (Hatha) 10:00a Nicole H (Multi-Purpose)	10:30 - 11:00a Shan (Multi-Purpose)	YOGA (Hatha) 10:00a Nicole H (Multi-Purpose)		ZUMBA 11:00a Norma (Studio 3)	YOGA (Hatha) 10:15a - 11:30a C.J. (Great Room)	
ZUMBA 10:30a Mimi B (Studio 3)	10:30a-11:15a Stacie (Great Room)	ZUMBA 10:30a Mimi B (Studio 3)	10:30a-11:15a Stacie (Great Room)	ZUMBA 10:30a Alba (Studio 3)	12:00p Clifford (Studio 3)	<b>NEW!</b> YOGA (Hatha) 11:45a-1:00p Mary Ro (Great Room)	
FIT BALL 10:30a Norma (Studio 2)	10:30a Dena (Studio 2)	FIT BALL 10:30a Norma (Studio 2)	10:30a Noelle (Studio 2)		12:00p-12:45p Deb A (Studio 2)	MAT PILATES 3:00p Jenifer (Studio 3)	
INTERMEDIATE YOGA 10:45a Polly (Great Room)		INTERMEDIATE YOGA 10:45a Polly (Great Room)		INTERMEDIATE YOGA 10:45a Polly (Great Room)	MUSCLE CONDITIONING 12p (Great Room)		
YOGA 11:45a Polly (Multi-purpose)	YOGA (Hatha) 12:00p Leah (Great Room)	BEGINNER YOGA 11:45a Mary Ro (Multi-purpose)	YOGA (Hatha) 12:00p Leah (Great Room)	YOGA 11:45a Andrea (Multi-Purpose)	<p>Unless otherwise noted as an Intermediate and Advanced level class, our classes are suitable for all fitness levels.</p> <p>Instructors will show options and modifications to meet your needs.</p> <p>For safety of children, only 13+ are permitted in studios.</p> <p>Any class that consistently falls under 15 participants will be evaluated. Format could be changed or class dropped from the schedule.</p>		
12p-12:45p Shan (Studio 3)	30/30 12:00p Deborah R (Studio 3)	12p-12:45p Monica (Studio 3)	30/30 12:00p Deborah R (Studio 3)	30/30 12:00p Sally (Studio 3)			
MAT PILATES 5:00p Norma (Studio 2)	5:00p Deb A (Studio 2)	MAT PILATES 5:00p Norma (Studio 2)	5:00p Nicole S (Studio 2)				
5:30p Chris H (Studio 3)	5:30 - 6:00p Chris H (Studio 3)	5:30p Paula A (Studio 3)	5:30 - 6:00p Deb A (Studio 3)	5:30p Paula A/Chris H (Studio 3)			
YOGA (Hatha) 5:45p Penney (Multi-purpose)	INTERMEDIATE YOGA 5:45p Sharon (Multi-Purpose)	BEGINNER YOGA 5:45p Penney (Multi-purpose)	BEGINNER YOGA 5:45p Amy G (Multi-purpose)				3:00p Deb A/Kim (Great Room)
6:30p Chris H (Studio 3)	6:00p Chris H (Studio 3)	6:30p Paula A (Studio 3)	6:00p Chris H (Studio 2)	6:30-7p Paula A/Chris H (Studio 3)			4:00p Deb A (Studio 3)
<b>NEW TIME!</b> ZUMBA 6:00p Vanessa (Studio 2)	6:00p Traci A (Studio 2)	<b>NEW TIME!</b> ZUMBA 6:00p Mimi B (Studio 2)	6:00p Nicole S (Studio 2)	ZUMBA 6:30p Vanessa (Studio 2)			
	7:00p Tracy B (Studio 3)		7:00p Clifford (Studio 3)				
MAT PILATES 7:00p Norma (Multi-purpose)	INTERMEDIATE YOGA 6:45p Mary Ro (Multi-purpose)	MAT PILATES 7:00p Norma (Multi-purpose)	BEGINNER YOGA 6:45p Sanita (Multi-purpose)				



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE CLASS DESCRIPTIONS

## Cardio

**BODY ATTACK™** is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!

**BODY COMBAT™** The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

**BODY JAM™** The you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So grab a friend, get front and center, and get high on the feeling of dance!

**BODY STEP™** The energizing step workout that makes you feel liberated and alive! Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body!

**BODY VIVE™** is the low-impact, whole body group fitness workout that uses VIVE™ balls, VIVE™ tubes and body weight to boost fitness and core strength. There are inspirational instructors and music to motivate you.

**CARDIO DANCE** This is a mix of hi-lo, aerobic dance and toning to challenge or accommodate various fitness levels.

**CARDIO COMBO** A combination of high & low impact aerobics which will include intervals of weight training and muscular conditioning.

**LOW IMPACT** An upbeat cardiovascular workout without any high impact moves. This workout is geared for those wanting variable intensity with little impact. Weights and resistance work will be included.

**STEP** Shape and tone your legs! Great cardio workout with simple choreography!

**SH'BAM!™** Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance challenged. Set to a soundtrack of chart-topping popular hits, dance music that is heard in the hottest nightclubs around the world, familiar classics remixed and modernized Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise. Each 45-minute SH'BAM™ class is vibrant, unique and varied! 45 minute format.

**ZUMBA** Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. A workout fun and great for the body and mind!

## Senior Focused

**SILVER SNEAKERS –CHAIR AEROBICS** Muscular Strength & Range of Movement is a trademarked group exercise class designed for older adults. Exercises include work for all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance, coordination, agility, speed and power.

**ACTIVE OLDER ADULTS CARDIO** A class designed with our Senior members in mind. It will emphasize stretching and toning at a slower pace. Care will be taken to the specific exercises chosen to prevent stress to the joints. Abdominal and low back strengthening will also be incorporated.

**ZUMBA GOLD** Zumba Gold is designed for any age, any fitness level, or anyone who may have a physical limitation. A safe and effective total body workout with a party atmosphere! Learn your favorite dance moves and rhythms from the Salsa to the Cha-Cha! Join the ZUMBA Party!

TROTTER FAMILY YMCA  
1331 Augusta Dr | Houston, TX 77057  
713.781.1061 [www.ymcahouston.org/trotter-family](http://www.ymcahouston.org/trotter-family)

## Mind & Body

**POWER YOGA** Builds on Beg/Int Yoga with an introduction of more challenging sequences and poses. Proper alignment remains a dominant focus. Challenging with advanced posture sequences. Patterns will differ from week to week. Movements may include inversions, backbends, twists & pranayama (regulation of breath).

**BEGINNER YOGA** An introductory sequence of basic postures, poses & the principles of yoga. Focus given to proper alignment. Tone the body and tune the mind. Learn calmness, focus energy, and regain inner peace while improving physical strength.

**BODYFLOW™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

**FIT BALL (PILATES)** Using techniques developed by Joseph Pilates this class will strengthen your core muscles, improve your flexibility, posture and balance and enhance your overall sense of well being.

**YOGA (Hatha)** Focuses on breathing, stretching, strength & relaxation.

**INTERMEDIATE YOGA** Builds on Beginner Yoga with an introduction of more challenging sequences and poses. Proper alignment remains a dominant focus.

**MAT PILATES** A conditioning program that improves muscle control, flexibility, coordination, strength, and tone. Appropriate for all individuals regardless of physical condition or age. Mat-bas

**YOGA** Tone the body and tune the mind. Learn calmness, focus energy, and regain inner peace while improving physical strength.

## Strength

**BODY PUMP™ REAL RESULTS, REAL FAST!** The original barbell class. Designed for all fitness levels, BODYPUMP delivers real results, real fast. This athletic-based workout uses barbells with adjustable weights to work every major muscle group in the body. With motivating music, BODYPUMP strengthens, tones, and defines the body as nothing else can.

**MUSCLE CONDITIONING** Body Resistance Strength Training, Cardio Mix, Power Stretching & More. Be prepared to sweat!

**ABS/CORE** Intense focus on your Core, Thighs, Abs, Buttocks, Arms, Chest and Back! Emphasis on correct breathing and form. Define, strengthen and tone your entire body. Classes taught in 3 week cycles, each week building in intensity.

**CXWORX™** A 30 min. sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your core. This class combines the best of personal training with the energy of a group fitness class. CX30™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. It'll help you run faster ... play harder ... stand stronger! (PREVIOUSLY KNOWN AS CX30)

**CARDIO COMBO** A combination of cardio and strength that takes you from aerobic to anaerobic conditioning using various fitness equipment such as hand weights, jump ropes, bands, slides, balls and the TKO Body Bars. Challenging!

**NEW!**

**30/30 Formats** 30/30 Formats combine 2 classes into one hour.

For more information on Healthy Living programs and events, contact: Deborah Anderson - Healthy Living Coordinator [deborah.anderson@ymcahouston.org](mailto:deborah.anderson@ymcahouston.org)