



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GROUP EXERCISE SCHEDULE MARCH 2012– MAY 2012

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|---|--|------------------------------------|
| | | R.I.P.P.E.D™ 5:15–6:15 Angela | Cycle 5:15–6:00 Jo Ann | | | |
| | Abs/Core 6:00–6:15 Healthy Living Asst. | | Core 101 6:00–6:15 Jo Ann | | | |
| | Low Impact Cardio 8:15–8:45 Yolanda B. | | Tai Chi/Sword 8:00–9:00 Greg | Abs/Core 8:30–8:50 Healthy Living Asst | | |
| | | | AOA Urban Line Dancing 9:00–10:00 Addie Group Ex Room | Turbo Kick® 9:00–10:00 Yolanda | Urban Line Dancing 8:00–9:00 Addie | |
| CSI 9:00–10:00 Terrance | Step Intermediate 9:00–9:45 Angela | H.I.I.T 9:00–10:00 Terrance | Zumba® 9:00–10:00 Gym—Hannah | Abs/Core 10:00–10:15 Yolanda | Intermediate Step 9:00–10:00 Lana | |
| Core & Strength 10:00–10:15 Terrance | Abs/Core 9:45–10:15 Angela | Abs/Core 10:00–10:15 Terrance | Power Pump & 10:00–11:00 Hannah | AOA Aerobics Cardio 10:30–11:15 Gym- JO Ann | | |
| AOA Cardio 10:30–11:15 Gym - Nina AOA Cardio JO ANN Group Ex Room | Tai Chi 10:30–11:30 Dale Silers Sneakers® 10:30–11:15 Mona Pei Gym | AOA Aerobics 10:30–11:15 Gym - Cleveland AOA Cardio JO ANN Group Ex room | Silers Sneakers® 10:30–11:15 Mona Pei Gym | Tai Chi 10:30–11:30 Dale | Boot Camp 10:00–11:00 Cleveland /Yolanda | |
| Silers Sneakers® 11:15–12:00 Gym - Nina | Intermediate Yoga 12:00–1:00 Doug | Intermediate Yoga 12:00–1:00 Doug | | Intro to Yoga 12:00–1:00 Doug | Nightclub Cardio® 11:00–12:00 Robin | |
| | Low Impact Combo 4:00–4:45 Yolanda B. | Nightclub Cardio® 4:00–4:45 Robin | Low Impact Combo 4:00–4:45 Angela | | Y Kid's Fitness 12:00–1:00 Felicia | Yoga/Pilates 2:00–3:00 Trina |
| Yoga /Pilates 5:00–5:45 Trina | Zumba® 5:15–6:00 Mimi | Yoga /Pilates 5:00–5:45 Trina | Zumba® 5:15–6:00 Mimi | Family Zumba 5:00–6:00 Sabrina | | Zumba® 3:00–4:00 Trina |
| Power Pump 6:00–6:45 Felicia | Boot Camp 6:00–6:45 Cleveland | Fit Ball 6:00–7:00 Trina | Boot Camp 6:00–6:45 Cleveland | | | |
| Abs/Core 6:45–6:55 Felicia | Power Cycle 7:00–7:45 Cmt Rm—Felicia | | Power Cycle 7:00–7:45 Cmt Rm—Felicia | | | |
| R.I.P.P.E.D™ 7:00–8:00 Angela | Cardio Combo 7:00–7:45 Gym—Cleveland | R.I.P.P.E.D™ 7:00–7:45 Angela | Cardio Combo 7:00–7:45 Gym—Cleveland | | | |
| | Urban Line Dancing 7:00–7:55 Addie | | Line Dance 7:00–7:55 Addie | | | |
| | Abs/Core 7:45–8:00 Gym—Cleveland | Abs/Core 7:45–8:00 Angela | Abs/Core 7:45–8:00 Gym—Cleveland | | | |

West Orem Family YMCA

5801 West Orem, Houston, TX 77085

P 713.726.1606 F 713.726.8024 W <http://www.ymcahouston.org/west-orem/>



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GROUP EXERCISE CLASS DESCRIPTIONS

Cardio

Athletic Step: Total cardio class combines step with intervals of power moves. Sports moves, kickboxing, weights, jump rope & tubes added in for variety. Hi-energy fun for everyone.

Cardio Mix: This fun cardio conditioning class could contain: Step, hi-lo, kickboxing, running, jump rope or other innovative cross-training techniques. Get ready for the best of choreography and motivational coaching techniques set to great music. You won't be bored!

Kickboxing: This class focuses on the whole body and incorporates punches and kicks found in traditional kickboxing.

Line Dancing: Line Dancing isn't just country/western any more! It's modern, urban sophistication, swing syncopations, flowing waltz and nightclub rhythms, and Latin flavor. We still dance choreography in lines — but with the look and feel of ensemble dancing. It's a fun exercise, and it will free the dancer in you! No partners needed — perfect for singles!

Nightclub Cardio: A fusion of exercise and dance set to the hottest hits across musical genres such as hip hop, pop, latin, free-style, swing and more. Come out for a total body workout that is fun and easy to follow.

Power Cycle: Enjoy a fantastic cardiovascular workout on stationary bikes. Our popular indoor cycling class "geared" for fun and fitness. Simulates riding positions and terrain used in outdoor cycling. Great calorie burner and cardio conditioning.

Step: Ideal for those who enjoy a variety of moves and want a cardio challenge. Some classes include muscle conditioning and abs. May also include **Multi-Step** which uses 2 or more benches per person.

Turbo Kick®: a revolutionary group exercise program that has changed the direction of kickboxing. Inspired by dance, Tae Kwon Do, Boxing, Tai-Chi, and funk this workout creates a party atmosphere that will have you lining up for more.

ZUMBA®: 50 min. Cardio-Latin fusion class featuring aerobic interval training to maximize fat burning and total body toning, all to incredible music and moves that are easy to learn!

Mind & Body

Flex: A class designed to improve range of motion and performance. Stretching helps to reduce the risk of injury and also provides anti-aging benefits.

Tai Chi: a Chinese system of slow meditative physical exercise designed for relaxation, strength, coordination, balance and health.

Tai Chi Sword: Combines the movements of Tai Chi with the Chinese sword.

Yoga/Pilates: Come enjoy our non-purist approach to today's popular mind/body workout and get the best of both worlds. This class is designed for the mainstream fitness population. Improve your balance, flexibility and range of motion while strengthening your core muscles. Also try, PILATES ABS. and learn to target the Abs. with effective Pilates movements.

Strength

Abs, Ab Lab & Serious ABS: An intense 15 or 30 min. ab routine focused on conditioning the core muscles in the abs and lower back.

Body Sculpt: Increase strength and metabolism by working all the major muscle groups using weights, tubing and swiss balls. A great complement to aerobic workouts. All fitness levels welcome!

C. S. I. (Cardio/ Strength Intervals): This class uses fitness balls, bands, rings and weights to help you shape up! Enjoy an intense cardiovascular workout featuring aerobic endurance intervals, anaerobic threshold intervals and weight training. This class will give you the results you have been looking for.

Fit Ball: Increase strength by working all the major muscle groups using weights, using the fit balls. A great complement to aerobic workouts. All fitness levels welcome!

Power Pump: Challenge yourself with an advanced resistance training class formatted to use weighted barbells, dumbbells and more. You will use every major muscle group in your body and walk away with a full-body workout that will give you results!

R.I.P.P.E.D.— A total body workout with a variety of formats including resistance, interval, power, plyometrics and endurance.

X Camp - Are you ready to give it your all? Come enjoy this high intensity, athletic-based, military style workout. This class integrates cardiovascular & strength exercise training to allow individuals to achieve results. Come prepared to be challenged and discover muscles you didn't know you had! Please be prepared to go outside weather permitting.

Specialty

AOA Aerobics: Class designed for individuals 55 or older. Come and enjoy music that will touch your heart. Chair based and standing exercises will improve your flexibility, strength and cardiovascular capacity. Also try AOA LINE DANCE for dance movements.

Family Fitness and Family Zumba: Bring your children for a fun family version of these great classes.

SILVERS SNEAKERS®: Adults 55 or older enjoy a class that combines a variety of exercises to increase your cardiovascular capacity, muscular strength and range of movement. This class will improve the quality of life by making every day activities easier. Come and enjoy the fun!

Y Kid's Fitness: Now is the time to teach your child to make health and wellness a part of their daily lives. This class combines games and fitness activities in a fun-filled workout that will increase cardiovascular and strength endurance.

All classes are FREE to members and have a maximum capacity of 35 participants except for **Water Aerobics** which has a 25 person limit.

Children 12 and under are not permitted in group exercise classes unless class is specifically labeled for kids or families.

The Wednesday evening Water Aerobics class ends on August 31, 2011.

Schedule and instructors are subject to change.

All classes meet in the Group Exercise Room unless noted otherwise.

The West Orem YMCA welcomes your feedback.

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