



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Heart of the Valley YMCA Fitness Schedule December 18-24, 2017

Monday, December 18, 2017

Morning Classes

5:15-6:00 AM Group Cycling
5:15-6:15 AM Boot Camp
8:00-8:50 AM Strength and Resistance
9:00-9:45 AM Group Cycling
9:00-9:45 AM Simply Fit
9:00-9:50 AM Slow Flow Yoga
9:00-9:50 AM BollyX
9:00-10:00 AM Boot Camp
10:00-10:30 AM Cycle Lite
10:00-11:00 AM Zumba
10:00-11:00 AM Chair Yoga
11:15-12:15 PM Chair Yoga

Afternoon/Evening Classes

12:05-12:50 PM Group Cycling
4:30-5:15 PM Kettlebells
6:00-6:45 PM Group Cycling
6:30-7:30 PM Strength and Resistance

Tuesday, December 19, 2017

Morning Classes

5:15-6:00 AM Kettlebell
5:15-6:15 AM Max Intervals
7:00-7:45 AM Awakening Yoga
8:00-8:45 AM Silver Sneakers
8:00-8:45 AM Simply Fit
9:00-9:45 AM Group Cycling
9:00-9:45 AM Pilates/Yoga Fusion
9:00-9:45 AM Silver Sneakers
9:00-10:00 AM Zumba
10:00-10:45 AM Foam Roller

Evening Classes

5:20-6:20 PM Zumba
5:30-6:15 PM Pilates
5:30-6:30 PM Cycle 360
6:30-7:30 PM Hatha Yoga
7:45-8:45 PM Meditative Yoga

Wednesday, December 20, 2017

Morning Classes

5:15-6:00 AM Group Cycle
5:15-6:00 AM Step Interval
8:00-8:45 AM Simply Stretch
8:00-8:50 AM Strength and Resistance
9:00-9:45 AM Slow Flow Yoga
9:00-9:45 AM Tabata Cardio
9:00-9:45 AM Step
9:00-9:45 AM Group Cycling
9:00-9:45 AM Simply Fit
10:00-10:45 AM Zumba
10:20-11:00 AM No Equipment Endurance
11:15-12:15 PM Chair Yoga

Afternoon/Evening Class

12:05-12:50 PM Group Cycling
4:15-5:05 PM BollyX
5:15-6:15 PM Tabata Cardio
6:00-6:45 PM Group Cycling
6:30-7:30 PM Strength and Resistance

Thursday, December 21, 2017

Morning Classes

5:10-5:55 AM Core/Strength
5:15-6:15 AM BOSU Cardio/Conditioning
8:00-8:45 AM Silver Sneakers
9:00-9:45 AM Pilates/Yoga Fusion
9:00-9:50 AM Cardio Funk
9:00-10:00 AM Silver Sneakers
10:15-10:50 AM Interval Body Quick Fix (FOD)

Evening Classes

4:15-5:00 PM Transform
5:20-6:20 PM Zumba
5:30-6:15 PM Pilates
6:00-6:45 PM Group Cycling
6:30-7:30 PM Hatha Yoga
7:45-8:45 PM Meditative Yoga



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Friday, December 22, 2017

Morning Classes

5:15-6:00 AM Cycle 360
5:15-6:15 AM Boot Camp
8:00-8:45 AM Strength and Resistance
9:00-9:45 AM Group Cycling
9:00-9:50 AM BollyX
9:00-10:00 AM Max Intervals
10:00-11:00 AM Zumba
10:30-11:30 AM Chair Yoga

Afternoon Class

12:05-1:05 AM BollyX

Saturday, December 23, 2017

6:15-7:30 AM Tabata/Core
6:30-7:30 AM Boot Camp
7:00-8:30 AM Group Cycling
9:00-9:35 AM Interval Total Body Quick Fix (FOD)

Sunday, December 24, 2017

Christmas Eve

9:30-10:30 AM Zumba

*FOD-Fitness On Demand-This is a video based class offered in the aerobics studio

Members may bring a friend to try a class – but the member MUST be present.



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Heart of the Valley YMCA Fitness Schedule December 25-January 1, 2018

Monday, December 25, 2017
Christmas Day-Closed

Tuesday, December 26, 2017

Morning Classes

9:00-9:50 AM Cardio Funk
10:15-10:50 AM Interval Total Body (FOD)

Evening Classes

5:20-6:20 PM Zumba
5:30-6:30 PM Cycle 360

Wednesday, December 27, 2017

Morning Classes

5:15-6:00 AM Step Interval
5:15-6:00 AM Group Cycle
8:00-8:45 AM Simply Stretch
9:00-9:45 AM Tabata Cardio
9:00-9:45 AM Yoga Basics (FOD)

Evening Class

5:15-6:15 PM Tabata Cardio
6:00-6:45 PM Group Cycling

Thursday, December 28, 2017

Morning Classes

5:15-6:00 AM Cycle 360
5:15-6:15 AM BOSU Cardio/Conditioning
8:00-8:45 AM Silver Sneakers
9:00-9:45 AM Silver Sneakers
9:00-9:50 AM Cardio Funk

Evening Class

5:20-6:20 PM Zumba
6:00-6:45 PM Group Cycling
6:30-7:30 PM Hatha Yoga
7:45-8:45 PM Meditative Yoga

Friday, December 29, 2017

Morning Classes

5:15-6:00 AM Plyoga (FOD)
8:00-8:45 AM Strength and Resistance
9:00-9:45 AM Group Cycling
9:00-9:50 AM BollyX
9:00-10:00 AM Slow Flow Yoga
10:30-11:30 AM Chair Yoga

Saturday, December 30, 2017

6:30-7:30 AM Boot Camp
7:00-8:30 AM Group Cycling
8:30-9:30 AM Cardio Followed by Strength(FOD)
9:00-10:00 AM Hatha Yoga

Sunday, December 31, 2017

9:30-10:30 AM Zumba

Monday, January 1, 2018

New Year's Day

8:30-9:30 AM Triple Cardio (FOD)
10:00-11:00 AM Zumba
11:15-12:15 AM Yoga Basics (FOD)

**Fitness Classes will resume their full
Winter 1 schedule on Tuesday,
January 2, 2018.**

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the member MUST be present.**