



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Heart of the Valley YMCA Fitness Schedule November 20-26, 2017

Monday, November 20, 2017

Morning Classes

5:15-6:00 AM Group Cycling
5:15-6:10 AM Transform (FOD)
5:15-6:15 AM Total Body Boot Camp
8:00-8:45 AM Strength and Resistance
9:00-9:45 AM BollyX
9:00-9:45 AM Simply Fit
9:00-9:50 AM Slow Flow Yoga
9:00-10:00 AM Total Body Boot Camp
10:00-11:00 AM Chair Yoga
11:15-12:15 PM Chair Yoga

Evening Classes

4:30-5:15 PM Kettlebells
5:15-6:05 PM Yoga for Beginners (FOD)
6:00-6:45 PM Group Cycling
6:30-7:30 PM Strength and Resistance

Tuesday, November 21, 2017

Morning Classes

5:15-6:00 AM Kettlebell
5:15-5:45 AM HIIT30 (FOD)
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

Afternoon/Evening Classes

12:15-1:00 PM Tai Chi
5:00-5:55 PM Yoga Basics (FOD)
5:30-6:15 PM Pilates
5:30-6:30 PM Cycle 360

Wednesday, November 22, 2017

Morning Classes

5:15-6:00 AM Group Cycle
5:15-6:00 AM Step Interval
8:00-8:45 AM Strength and Resistance
8:00-8:45 AM Gentle Stretch
9:00-9:45 AM Slow Flow Yoga
9:00-9:45 AM Tabata Cardio
9:00-10:00 AM Cardio Funk
11:15-12:15 PM Chair Yoga

Evening Class

4:15-5:00 PM BollyX
5:15-5:45 PM Axis (FOD)
6:00-6:45 PM Group Cycling

Thursday, November 23, 2017

Thanksgiving Day

Morning Classes

6:30-7:30 AM Strength and Resistance
9:00-9:45 AM Pilates/Yoga Fusion
9:00-10:00 AM Group Cycling
9:00-10:00 AM Cardio Funk

Friday, November 24, 2017

Morning Classes

5:15-6:00 AM Cycle 360
8:30-9:30 AM Cardio and Strength (FOD)

*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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Saturday, November 25, 2017

6:30-7:30 AM	Total Body Boot Camp
6:45-7:30 AM	H2O Fusion
7:00-8:30 AM	Group Cycling
8:00-8:45 AM	Step
9:00-10:00 AM	Hatha Yoga

Sunday, November 26, 2017

9:30-10:30 AM	Zumba
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Members may bring a friend to try a class – but the member MUST be present.