

Yakima Family YMCA Group Fitness/Cycle Schedule

| Time/Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------|--------------------------------------|---------------------------------|---|---------------------------------|---|---------------------------------|--------|
| 5:00-6:00 am 6:00-6:15 ABS | Morning Fitness Jam Sue | | Morning Fitness Jam Sue | | Morning Fitness Jam Sue | | |
| *8:00-9:00 am | * Fit in the City Dana | | * Fit in the City Dana | | * Fit in the City Dana | | |
| *9:00-10:00 am | * Fit over Fifty Andrea | | * Fit over Fifty Andrea | | * Fit over Fifty Andrea | | |
| ****8:15-9:00am | | ****Zumba Gold Dana | | ****Zumba Gold Dana | | | |
| 9:00-10:00 am | | Pilates Plus Dana | | Pilates Plus Dana | | Weekend Step Lynn/Kristin | |
| 9:30-10:30 am | Step & Sculpt Danni | | | | Step & Sculpt Danni | | |
| 10:00-11:00am | | | | | | Turbo Kick Lisa | |
| 10:30-11:30am | | | R.I.P.P.E.D Tara | | R.I.P.P.E.D Kristin | | |
| 11:00-12:00pm | | | | | | ****Zumba Danni/Angie/Nathan | |
| 12:10-1:00 pm | R.I.P.P.E.D Dana | | Cardio Pump Dana | | TRX /Pump Dana | | |
| 12:20-12:55pm | | Abs Blast Tara | | Abs Blast Danielle | | | |
| 4:45-5:30 pm | Total Fitness Sue | | R.I.P.P.E.D Kristin | | | | |
| 5:40-6:00 pm | ***Gut Busters Carson Room Sue | | ***Gut Busters Carson Room Danielle | | ***Gut Busters Carson Room Danielle/Sue | | |
| 5:00- 5:45 pm | | ****Zumba Danni/Angie/Nathan | | ****Zumba Danni/Angie/Nathan | | | |
| 5:30-6:30 pm | ****Zumba Danni/Angie/Nathan | | ****Zumba Danni/Angie/Nathan | | | | |
| 5:30-6:30pm | | *** Yoga Tara | | *** Yoga Tara | | | |
| 5:45-6:45pm | | Turbo Kick Danni/Angie/Lisa | | R.I.P.P.E.D Danni | | | |
| 6:35-7:35pm | R.I.P.P.E.D Danielle | | R.I.P.P.E.D Danielle | | | | |
| 6:50-7:30 pm | | | | Pump it Up Dana | | | |
| 6:30-7:30pm | ****Zumba Toning Carson Room | | ****Zumba Toning Carson Room | | | | |
| 6:45-7:45pm | | R.I.P.P.E.D Dana | | | | | |

Group Cycling Schedule

| | | | | | | | |
|--------------|----------------------------|-------------------------------|----------------------------|-------------------------------|------------------------------|--|--|
| 5:30-6:30am | | Early Bird Cycling Antonio | | Early Bird Cycling Antonio | | | |
| 6:00-7:00am | Early Bird Cycling Tito | | Early Bird Cycling Tito | | Early Bird Cycling Nicole | | |
| 12:00-1:00pm | Hour of Power Danielle | | Hour of Power Carol | | | | |
| 5:30-6:15 pm | Evening Spin Carol | Evening Spin Dana | Evening Spin Danielle | Evening Spin Dana | | | |

Key *Class held in 4th floor gym. **Class in Shinn Gym ***Class in Carson Room ****Registration for class required.

UPDATED 12/13/2011



FITNESS CLASS DESCRIPTIONS

MORNING FITNESS JAM

A cardiovascular class incorporating step, land, athletic type drills, and using a variety of equipment for toning.

FIT IN THE CITY

Toning and stretching for active older adults. Class takes place on the 4th floor gym.

WEEKEND STEP

A variety class including step, kickboxing, and toning with an emphasis on interval training.

FIT OVER FIFTY

A class designed for the active older adult. Includes: low impact aerobics, toning and stretching. Class takes place on the 4th floor gym.

STEP AND SCULPT

A class combining step choreography, interval training, and sculpting with either weights, bars, bands, or body weight.

GUT BUSTERS/ABS BLAST

Concentrated abdominal workout.

CARDIO STEP KICK

A combination of kickboxing and basic step. This class is designed as an aerobic conditioning class that will provide a total body workout using step and kickboxing combinations.

MAT PILATES

A relaxing yet effective class that promotes flexibility, muscle strength, balance, efficiency, and core stability. Emphasis is placed on breathing.

R.I.P.P.E.D

Resistance. **I**nterval. **P**ower. **P**lyometrics. **E**ndurance. **D**iet –
Choreographed class

A workout that masterfully combines an easy, yet effective cardiovascular routine interlaced with weights and resistance.

PUMP IT UP

Pump it up is a mixture of aerobic exercise and body sculpting. Designed to help improve posture, reduce body fat and Increase muscle definition without the bulk.

ZUMBA

A fusion of Latin and International music that creates a dynamic, exciting and effective aerobic fitness party without feeling like a workout. Registration is required to participate in this class.

ZUMBA GOLD

For the beginning exerciser of any age and for active older adults.

TURBO KICK

An energetic pre-choreographed kickboxing class which combines calorie-blasting kickboxing and body sculpting with the hottest dance music.

SCULPT AND SWEAT

40 minute session of body sculpting using, weights, body bars, bands and more.

TRX Express

A combination of cardiovascular exercises and TRX suspension training. A complete total body workout.

Fitness Class Policies

1. If an aerobic class has 6 participants or fewer for three days consecutively, the class may be cancelled.
2. YMCA members may take fitness classes FREE unless otherwise stated.
3. Schedule is subject to change. Please see member service desk for revised schedules.
4. For more information call (509) 248-1202.

****PLEASE NOTE:***

Fitness classes are available for grades 6-8th; however, the participant MUST be accompanied by a parent or guardian.

Group Cycling Classes

- Group cycling is a group fitness class conducted on stationary bikes and led by a certified cycling instructor.
- The class is a self-paced class for all fitness levels and a great opportunity to enjoy a fun and challenging cardiovascular workout.
- Classes are held on the first floor next to the chapel.
- Group cycling classes are FREE to members.
- It is a good idea to bring a towel and water bottle with you to class.
- Please sign up at the Member Service Desk ½ hour prior to class time.