



# WESTSIDE YMCA GROUP FITNESS SCHEDULE

*\*Updated February 10th, 2025\**

CHILDWATCH HOURS	
M-F	8am – 11am
M-Th	5pm – 8pm
F	8am – 7pm
Sat.	8am – 12pm

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
8:30-9:30a ZUMBA TONING	Group X Claudia U	8:30-9:30a ZUMBA	Group x Claudia U	8:30-9:30a ZUMBA	Group X Eladia	8:30-9:30a ZUMBA	Group X Claudia U	8:30-9:30a ZUMBA	Group x Eladia	8:30-9:30a SPINNING	Spin Room Debbie
9:30-10:15a FUNCTIONAL STRENGTH	Queenax Theresa	9:35-10:20a ULTIMATE CARDIO & STRENGTH	Group x Randi	9:30-10:15a FUNCTIONAL HIIT	Queenax Theresa	9:35-10:25a ULTIMATE CARDIO & STRENGTH	Group x Katrina	9:30-10:30a PILATES	Group x Randi	8:30-9:15a CORE	Queenax Theresa
		10:30-11:25a YOGA FLOW	Group x Victoria	10:30-11:25a ZUMBA GOLD	Group x Julie	10:15-11:00a SENIOR FUNCTIONAL	Queenax Nora	10:30-11:30a SS CLASSIC	Group x Nora	10:00-11:00a CORE STRENGTH & TONE	Group x Debbie
11:30-12:30 SENIOR CARDIO & STRENGTH	Group x Randi	11:30a-12:30p SILVER STABILITY	Group x Nora	11:30a-12:30p SS YOGA	Group x Julie	11:30a-12:30p ZUMBA GOLD	Group x Belma	11:30a-12:30p SS YOGA	Group x Julie		
								12:30-1:15p SS ENERCHI	Group x Julie		
5:30-6:30p ZUMBA	Group x Claudia G	5:30-6:30p ZUMBA	Group x Araceli	5:30-6:30p ZUMBA	Group x Claudia G	5:30-6:30p ZUMBA TONING	Group x Ashly				
6:00-7:00 SPINNING	Spin Room										
		7:10-8:00p ZUMBA	Group x Paola			7:10-8:00p ZUMBA	Group x Paola				

## CLASS DESCRIPTIONS

### LIVE INSTRUCTOR LED CLASSES

**CORE STRENGTH & TONE:** A dynamic workout that's easy on joints without compromising intensity. This workout strengthens bodies and sculpts muscles through targeted movements and resistance training with a strong core component.

**ENERCHI:** This class is designed for seniors using modified tai chi to improve balance and energy.

**FUNCTIONAL STRENGTH:** This ultimate total body workout focuses on functional movement to perform better day to day. Come ready to work!

**FUNCTIONAL HIIT:** Intensity at its best! You will achieve your personal best in this workout of high intensity. Expect results!

**PILATES:** This pilates class offers a total body workout with emphasis on core strength, dynamic strength and flexibility. Mats provided but personal mats are encouraged.

**SILVER SNEAKERS YOGA®:** Includes a series of slow, gentle stretches using different postures to help maintain or regain range of motion throughout your entire body.

**SILVER SNEAKERS CLASSIC®:** Designed for older adults focusing on strengthening muscles and increasing range of movement for daily life.

**SILVER SNEAKERS STABILITY®:** Designed to help become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the supportive joints of the ankles, knees, and hips.

**SENIOR CARDIO & STRENGTH:** Using light weights and low repetitions this class is designed to help the classic generation maintain or regain strength and enjoy a healthy welcoming environment. repetitions will burn fat, gain strength, and quickly produce lean body muscle conditioning.

**SPINNING®:** this cycling class focuses on endurance, strength, and intervals rounding out your training. Come and enjoy a cardio intense peak training ride.

**ULTIMATE CARDIO & STRENGTH:** Take your workout to the next level. This workout will challenge your strength, stamina, and endurance. Push yourself to the max and reap the benefits!

**YOGA FLOW:** This gentle class focuses on restoration of the mind, body, and spirit. Calm the mind and the body with this balance of gentle stretches and soothing meditation.

**ZUMBA GOLD:** On the lighter side of classic zumba, designed for active older adults.

**ZUMBA TONING®:** We take the "work" out of workout, by mixing high-low-intensity moves and light weights for an interval-style, calorie-burning Latin inspired dance fitness party.

**ZUMBA®:** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning Latin inspired dance fitness party

### VIRTUAL ON DEMAND CLASSES