



Northwest Family YMCA

TRIANGLE ROOM

**Beginning
February 1,
2020**

*Fee Based

#AOA

±Special Needs

Note: we have
couple of time
changes on
Sundays.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 - 9:30am Yogalates Amanda F.						
9:45- 10:45am Flow LeAnne O.	9:30 - 10:30am BodyCombat LeAnne O.	9:30 - 10:30am BodyPump Amanda F.	9:30 - 10:30am TurboKick Live Leslie L.	9:35- 10:35am HIIT Jennifer P.		
	10:30 - 11:30am PiYo Live Suzanna P.	10:30- 11:00am Core Jennifer P.		10:45- 11:45am Flow Colette M.		
11:00 - 11:50am Barre Fit Allison S.		11:00 - 11:50am Barre Fit Allison S.	11:00 - 11:50am Cardio Dance Allison S.			
12:00 - 1:00pm BodyPump Angie M.		12:00 - 1:00pm BodyPump Angie M.		12:00 - 1:00pm BodyPump Angie M.		12:30 - 1:00pm CxWorx Julie L.
						1:10- 2:00pm TurboKick Live Leslie L.
			5:00-6:00P BodyPump Gissella T.			2:00 - 3:00p PiYo Live Suzanna P.
5:30 - 6:30pm BodyPump Julie L.	5:30 - 6:30pm Cardio Kickboxing Julie L.	5:30 - 6:30pm BodyPump Julie L.				4:00 - 5:00pm Zumba Ariel M.
			6:00-7:00p BodyCombat Gissella T.	6:30 - 7:30pm Zumba Pegg Y.		
7:00 - 8:00pm MixedFit Kayla C.	7:00 - 8:00pm BodyPump Sean M.	7:00 - 8:00pm MixedFit Kayla C.	7:00 - 8:00pm Zumba Ariel M.			



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Class Descriptions

Barre Fit: A fusion class that works with the ballet barre, this class will combine elements of Pilates, ballet, yoga and muscular endurance training to improve posture, increase balance and tighten your core.

BODYPUMP™: Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. It will burn up to 590 calories*. (**BODYPUMP™ Express:** A 30 or 45-minute version of your favorite total body barbell workout).

Cardio Kickboxing: Punch and kick your way to cardio fitness! This energetic workout incorporates boxing, karate, Taekwondo, and more; Basic enough for the beginner yet challenging enough for the experienced participant.

CXWORX®: Exercising muscles around the core, Les Mills CXWORX™ provides the vital ingredient for a stronger body. All the moves have options, so it's challenging, but achievable for your own level of fitness.

HIIT: High Intensity Interval Training (HIIT) is a training concept that revolves around alternating short periods of intense exercise with less intense recovery periods. Take on strength training, as well as improving overall cardiovascular fitness. All exercises can be modified to fit your fitness level. Our HIIT workouts will also focus on the core, allowing us to improve posture and overall stability. (**Core:** This class focuses on strengthening muscles of the abs, lower back, and torso).

MixedFit®: People-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive—all of our movements are always big, exaggerated, full-out, and our very best.

PiYo®: A dynamic fusion of sports conditioning, flexibility, and strength training with a Pilates and yoga influence. You will build lean muscle mass and sculpt every inch of your body through a low impact workout, while burning an insane number of calories set to upbeat music.

Strong: A class designed to develop muscular strength, coordination, balance, and stability. Use a variety of dumbbells, resistance tubes, stability balls, medicine balls and/or functional movements that will challenge every major muscle.

Turbo Kick LIVE®: An addictive workout combining shadow boxing, kickboxing, sports drills, dancing, and yoga in a party atmosphere. This is an interval-based workout for all levels that is fun, exciting and powerful.

Yogalates: A combination of yoga and Pilates to enhance flexibility and strengthen the core. The class

Zumba®: Fat blaster! Fuses hypnotic Latin and world rhythms for a dynamic interval workout!