



Northwest Family YMCA

WILLIAMS ROOM

**Beginning
Feb 1, 2020**

*Fee Based

#AOA

± Special Needs

Δ Outdoor Pool
Area

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00am BodyPump Julie L.		6:00-7:00am BodyPump Julie L.		6:00 - 7:15am BodyPump/CxWorx Julie L.		
8:15 - 9:30am BodyPump/CX LeAnne O.	8:15 - 9:15am Strong Michelle L.	8:15-9:15am Flow LeAnne O.	8:15 - 9:15am Strong Michelle L.	8:15 -9:30am BodyPump/CxWorx LeAnne O.	8:15 - 9:00am Step Aerobics Julie L.	
9:35 - 10:35am Δ Cardio Agility Lisa H.		9:35-10:35am Δ Cardio Agility Jennifer P.			9:00 - 9:35am CxWorx Julie L.	
9:35 - 10:35am Zumba Kelly K.	9:35 - 10:35am Step Aerobics Monica V.	9:35-10:35am Dance Cardio Colette M.	9:35 - 10:35am Step Aerobics Advanced Monica V.	9:35 - 10:35am Dance Cardio Colette M.	9:35 - 10:35am BodyPump Julie L.	
10:50 - 11:50am #Silver Sneakers Classic Dave B.		10:50 - 11:50am #Strong Alice F.	10:50 - 11:50am #Strong Jennifer P.	10:50 - 11:50am #Strong Jennifer P.	10:40 - 11:40am Zumba Peggy Y.	
	11:10 - 12:10pm #Strong Tina R.					11:30 - 12:30pm BodyPump Sean M.
12:00 - 1:00pm #Strong Alice F.	12:10 - 1:10pm #Zumba Gold Tina R.	12:00-1:00pm #Strong Alice F.	12:00 - 1:00pm #Zumba Gold Diana S.	12:00 -1:00pm #Strong Diana T.		1:10-5:40pm *Tae Kwan Do Master Owens
4:15-5:15pm *Tae Kwan Do Stephanie		4:15-5:15pm *Tae Kwan Do Stephanie				
5:00-5:30pm *Youth Dance Y-Staff	5:00-6:20pm *Tae Kwan Do Private Lessons Stephanie	5:00-5:30pm *Youth Dance Y-Staff				
			5:30-6:30pm STRONG Julie L.			
6:20-7:40pm *Tae Kwan Do Master Owens	6:20-7:40pm *Tae Kwan Do Master Owens	6:20-7:40pm *Tae Kwan Do Master Owens		6:30-8:00pm *Aikido Harry		
7:15-8:00pm *Aikido Harry		7:15-8:00pm *Aikido Harry	7:00-8:00pm BodyPump Sean M.			
	8:10-9:10pm Zumba Kelly K.					



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Class Descriptions

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.

BODYCOMBAT™: A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

Cardio Agility: This class utilizes creative and sporty exercises to help you build all-around fitness, with intervals of body weight or dumbbell exercises.

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.

Senior Strong: Senior Strong is designed for seniors, but is appropriate all people starting and exercise program, or returning to

SilverSneakers® Classic: SilverSneakers® Classic focuses on strengthening muscles and increases range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers® ball. Often a chair is used for seated exercises or standing support.

Step Aerobics: A cardiovascular workout that utilizes the step in varying speeds, directions and positions. This workout strengthens and shapes the lower body, one step at a time.

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.

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

Zumba® Gold: Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class focuses on balance, range of motion and coordination.