



Altavista Area
YMCA
Group Fitness
Schedule

Schedule
subject to
change

Full Facility
Membership:
Complimentary

Basic
Membership:
\$30/20/10
punch card
options

Non-Member:
\$75/50/25
punch card
options

Play & Stay for
YMCA members
only. MUST
reserve spot
prior to class
start

**Additional Fee



QR Code for
YMCA360 App
Download

	Class	Time	Location
Monday	Zumba	8:30-9:15	Multipurpose Room
	Core Express	9:25-9:45	Multipurpose Room
	Strength Express	5:05-5:25	Multipurpose Room
	Bootcamp	5:30-6:15	Multipurpose Room
	Yoga	6:30-7:30	Multipurpose Room
Tuesday	Cardio Cuts	8:30-9:15	Multipurpose Room
	Basic Step	9:25-9:55	Multipurpose Room
	Sr. Strength Training	10-10:45	Multipurpose Room
	Sr. Chair Yoga	11-11:30	Multipurpose Room
	Cycling	12:15-12:45	Aerobics Room
	Zumba	5:30-6:15	Multipurpose Room
	Tai Chi	6:30-7:30	Multipurpose Room
Wednesday	Bootcamp	8:30-9:15	Multipurpose Room
	Yoga	9:30-10:30	Multipurpose Room
	Refit	9:30-10:30	Aerobics Room
	Strength Express	5:05-5:25	Multipurpose Room
	Bootcamp	5:30-6:15	Multipurpose Room
	Yoga	6:30-7:30	Multipurpose Room
Thursday	Zumba	8:30-9:15	Multipurpose Room
	Basic Step	9:25-9:55	Multipurpose Room
	Sr. Strength Training	10-10:45	Multipurpose Room
	Sr. Chair Yoga	11-11:30	Multipurpose Room
	Hip Hop Step	5:30-6:15	Multipurpose Room
	Line Dancing**	7-8:30	Multipurpose Room
Friday	Cardio Mash	5:30-6:15	Multipurpose Room
	Cardio Cuts	8:30-9:15	Multipurpose Room
	Yoga	9:30-10:30	Multipurpose Room
Saturday	Cycling	8:15-9:15	Aerobics Room
	Zumba	8:30-9:15	Multipurpose Room

CLASS DESCRIPTION

MINIMUM OF 3 PARTICIPANTS FOR A CLASS TO OCCUR
CONTINUOUS LOW TURNOUT WILL RESULT IN CLASS TERMINATION
SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

BASIC STEP: Class uses an elevated platform to increase the heart rate while executing basic moves on it. No fancy combinations or complicated choreography.

BOOT CAMP/HIIT: Drills, skills, power, agility, speed and old fashion exercises are incorporated in this class to challenge the body and mind. Tabata Training, Rest Base Training, AMRAP & H.I.I.T will ensure the maximum amounts of calories are used. A base-level of fitness is recommended.

CARDIO CUTS: Cardio & strength training taken to the next level. The intensity & intervals vary so you get the most out of your workout. Metabolism stays elevated for some time afterwards.

CARDIO Mash: Blend of weights, cardio, dance, & step. Each class will have a particular focus with each instructor.

CARDIO MIX: Zumba inspired cardio moves with resistance equipment for a complete workout.

CORE EXPRESS: Executing exercises using dumbbells, stability ball, BOSU, or gliders resulting in stronger abdominals/low back & obliques to increase in functional strength, and spinal stabilization.

CYCLE: Designed for all fitness levels, consists of riding intervals, hills, flats, and jumps. Participants decide how intense/fast they want to work. Beginners show up 10 min before class for set-up.

HIIT/BOOT CAMP: High Intensity Interval Training. Alternating short periods of intense anaerobic exercise with less intense recovery periods. One performs a short burst of high-intensity (or max-intensity) exercise followed by a brief low-intensity activity, repeatedly, until too exhausted to continue.

HIP HOP STEP: Class uses an elevated platform to increase the heart rate while executing basic moves on it. Combinations and choreography to today's music genre.

LINE DANCING: A dance where individuals line up without partners & follow various step patterns to country music. **Fee based.**

REFIT is a cardio-focused class with powerful moves and positive music. A workout that inspires community and positive changes from the inside out! It's perfect for beginners and challenging for fitness enthusiasts.

SR. CHAIR YOGA: A chair version of the Yoga classes that addresses mindful breathing, stretching, strengthening, balancing & relaxing the mind & body. Excellent class for beginners & individuals with medical/balance issues.

SR. CHAIR EXERCISE: A chair version of the strength training classes that addresses balance, strength, endurance, range of motion, effective breathing and other areas to help with overall health.

SR. DANCE: Similar to Zumba. Enjoy movement to music; with some strength training for a complete workout.

STRENGTH EXPRESS: increase strength, tone, definition & fat loss with this complete workout in an abbreviated format. Train every muscle group with exercises that target a lot of muscles with one movement.

TAI-CHI: An ancient practice that incorporates slow breathing, mental concentration, and constant flow of controlled movements with various postures. Helps lower stress & blood pressure & increases balance.

YOGA: Practice the basic yoga poses that stretch, relax, & improve flexibility & range of motion. Participants are encouraged to work at their comfort level. Mindful breathing will be practiced enhancing the class experience. All skill levels welcomed. Dress in layers. Mats & blocks provided.

ZUMBA: An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™

It is recommended that you see your health care provider before starting any exercise program