



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

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