



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
<b>Monday</b>	Dance	8:30-9:15	Aerobics Room
	Core Express	9:25-9:45	Aerobics Room
	Open Ballet	10-11	Aerobics Room
	Line Dancing	10-11:30	Multipurpose Room
	Strength Express	5:05-5:25	Aerobics Room
	Fit Factory	5:30-6:15	Aerobics Room
	Yoga	6:30-7:30	Aerobics Room
	Karate**	6:45-8:50	Multipurpose Room
<b>Tuesday</b>	Cardio Mash	5:30-6:15	Aerobics Room
	Cardio Cuts	8:30-9:15	Aerobics Room
	Basic Step	9:25-9:55	Aerobics Room
	Dance	10-10:45	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
	Dance	5:30-6:15	Aerobics Room
	Tai Chi	6:30-7:30	Aerobics Room
	Karate**	7:35-8:30	Aerobics Room
<b>Wednesday</b>	Fit Factory	8:30-9:15	Aerobics Room
	Yoga	9:30-10:30	Aerobics Room
	Refit	9:30-10:30	Multipurpose Room
	Chair Pilates	10:45-11:15	Multipurpose Room
	Core Express	5:05-5:25	Aerobics Room
	Body Blitz	5:30-6:15	Aerobics Room
	Yoga	6:30-7:30	Aerobics Room
	Line Dancing**	7-8:50	Multipurpose Room
<b>Thursday</b>	Dance	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
	Glutes & Grace	5:05-5:25	Aerobics Room
	Basic/Hip Hop Step	5:30-6	Aerobics Room
	Move-It Mania	6:10-6:40	Aerobics Room
	Karate**	7:35-8:30	Aerobics 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
	Chair Pilates	10:45-11:15	Multipurpose Room
	Pilates Party	5:30-6:30	Aerobics Room
<b>Saturday</b>	Dance	8:30-9:15	Aerobics Room
	Ballet Bootcamp	9:30-10	Aerobics Room
	Pilates Mat	10:15-11	Aerobics 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**

**BALLET BOOTCAMP:** This class is focused on strength building, balance training, flexibility in movement, and pattern recognition. Benefiting both the mind and body, you will also feel your heart rate increase for that cardio kick. Bring water, a small hand towel, and socks. No shoes please.

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

**BODY BLITZ(Formerly known as HIIT):** 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.

**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.

**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.

**FIT FACTORY(Formerly known as Bootcamp):** 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.

**GLUTES & GRACE:** Express workout with a focus on glutes and other pelvic floor muscles

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

**MOVE-IT MANIA:** High intensity class challenging participants with strength training &/or cardio based movements. Break a sweat and enjoy the comradery of fellow participants.

**OPEN BALLET:** Feel like a dancer with this rhythm based class. This class will help with coordination, pattern recognition, strength, and flexibility

**PILATES MAT:** This class is perfect for the beginner, as well as the advanced Pilates advocate the class focuses on breath, balance, core strength, and flexibility. The class will be laying on your stomach, your side, or on your back. You could also be seated. You will need to be able to get down and up from the floor.

**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/CHAIR PILATES:** 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.

**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.

**DANCE:** An exhilarating, effective, easy-to-follow, calorie-burning dance fitness-party. Dance ranges from Zumba to cardio dance!

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