



**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		Dance	8:30-9:15	Aerobics Room
		Core Express	9:25-9:45	Aerobics Room
		Ballet	9:50-10:40	Aerobics Room
		Chair Pilates	10:45-11:15	Aerobics 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
Tuesday		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
		Core Express	11-11:20	Aerobics 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
Wednesday		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
		Body Blitz	5:30-6:15	Aerobics Room
		Yoga	6:30-7:30	Aerobics Room
		Line Dancing**	7-8:50	Multipurpose Room
Thursday		Dance	8:30-9:15	Aerobics Room
		Basic Step	9:25-9:55	Aerobics Room
		Mat Pilates	10-10:45	Aerobics Room
		Sr. Strength Training	10-10:45	Multipurpose Room
		Ballet	10:45-11:30	Aerobics Room
		Sr. Chair Yoga	11-11:30	Multipurpose 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
Friday		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
		Jazz Dance	6-7	Multipurpose Room
		Line Dancing**	7-8:50	Multipurpose Room
Saturday		Dance	8:30-9:15	Aerobics Room
		Mat Pilates	9:45-10:25	Aerobics Room
		Ballet	10:30-11	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

ABS & ASSETS: Focus of this class is to work the main areas that support a physically active life. Core work is paired with breath. The back evening out the strong muscle groups. The glutes to support the back, and shoulders to support the arms.

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.

CHAIR PILATES: This class is perfect for the beginner as well as the advanced Pilates advocate. The class focuses on breath, balance, core strength, and flexibility using weights, Thera bands, and gliders. Mostly performed in a chair, some work will be done standing.

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.

JAZZ DANCE: This class challenges students with Bob Fosse's signature style, including isolations, finger snaps, smooth hip rolls, and specific, detailed movements. This class combines technique and choreography from Broadway musicals and award-winning movies. It does not require singing or acting, and students can have input on choreography they would like to recreate.

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 lying on your stomach, side, back or seated. This class requires an ability to get up and down from the floor. You can bring a mat that is thicker than a normal yoga mat.

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.

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