



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

WESTSIDE FAMILY YMCA

Winter

MONDAY		
8:00-9:00 am	Zumba®	Claudia
9:00-10:00 am	Spinning®	Katrina
9:15-10:00 am	Queenax *	Theresa
10:15-11:15 am	Butts & Guts	Mando
11:30-12:30 pm	Silver Sneakers Classic®	Randi
5:30-6:30 pm	Zumba®	Araceli
6:00-6:45 pm	Queenax	Theresa
TUESDAY		
5:30-6:30 am	Spinning®	Debbie
8:00-9:00 am	Zumba®	Claudia
9:30-10:15 am	Muscle Max Plus	Randi
10:20 -11:20 pm	Power (stretch) Yoga	Alberto
11:30 -12:30	Silver Stability	Nora
5:30-6:30 pm	Zumba®	Genesis
6:00-7:00 pm	Spinning®	Sara
7:00-8:00 pm	Salsa Aerobics	Paola
WEDNESDAY		
8:30-9:30 am	Zumba®	Jose
9:30-10:15 am	Queenax *	Randi
10:40 -11:25 am	Queenax Suspension training *	Julie
11:30-12:30 pm	Silver Sneakers Yoga®	Julie
5:30-6:30 pm	Zumba®	Genesis
6:00-7:00 pm	Spinning®	Cesar
6:30-7:15 pm	Queenax	Mando

THURSDAY		
5:30-6:30 am	Spinning®	Debbie
8:00-9:00 am	Zumba®	Claudia
9:15-10:15 am	Muscle Max	Katrina
10:15 -11:15	Power (stretch) Yoga	Alberto
10:30 - 11:15 am	Queenax *	Nora
11:30 - 12:30 pm	Zumba Gold®	Louisa
12:30 - 1:30 pm	Silver Sneakers Ener-Chi®	Julie *starts Jan
5:30 - 6:30 pm	Zumba®	Ashley
6:00 - 7:00 pm	Spinning®	Cesar
7:00-8:00 pm	Salsa Aerobics	Paola
FRIDAY		
8:30-9:30 am	Zumba®	Jose
9:30-10:30 am	Pilates	Randi
10:30 - 11:15 am	Queenax *	Mando
10:30 - 11:30 am	Silver Sneakers Classic®	Nora
11:30 - 12:30 pm	Silver Yoga Toning	Victoria P.
5:30- 6:30 pm	Kickboxing	Mando
SATURDAY		
8:30-9:30 am	Zumba	Jose
8:30-9:15 am	Queenax *	Theresa
8:30-9:30 am	Spinning®	Debbie
10:00 -11:00 am	Total Abs/Kickboxing	Debbie

GROUP EXERCISE CLASS INFORMATION
Detailed class descriptions are available on the back of this schedule or online at www.elpasoyymca.org.

- Classes are suitable for all fitness levels. Instructors will show options and modifications to meet your needs.
- Cell phones must be on silent and not answered while in class. This is for your safety as well as not to disturb those taking class.
- Y Play is available during most group exercise classes. Please check the schedule at the front desk for hours.

- PLEASE NOTE- Queenax not included in membership; Registration and payment required.

WESTSIDE FAMILY YMCA
7145 N Mesa St, El Paso, TX 79912
915-584-9622 • www.elpasoyymca.org

ALL CLASSES EXCEPT SPINNING & QUEENAX HELD IN OUR



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GROUP EXERCISE SCHEDULE WESTSIDE FAMILY YMCA

Class Descriptions:

Body Blast: This class is designed to build strength and tone every muscle from head to toe using a variety of equipment including dumbbells, resistance bands, body bars and stability balls.

Body Sculpting: This strength training class will sculpt and tone your entire body. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle.

Flexibility/Stretch: This class is designed to improve your balance, flexibility and range of motion while strengthening your core muscles. Relaxation and flexibility techniques with special emphasis on stretching will be used.

HIIT: This intense 60 minute interval training class combines short burst cardiovascular exercise with intense anaerobic exercise and less intense recovery periods, until too exhausted to continue.

Muscle Max: An effective strength training workout that targets all muscles of the body and improves muscular strength cardio vascular endurance. The routines vary weekly and incorporate strength training equipment. This class is intense!

PiYo: PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. A high intensity speed delivers a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Piloxing: A groundbreaking and unique blend of lengthening Pilates, strengthening boxing, and dance moves that keep your pulse high!

Power Yoga: Yoga builds a strong body, mind and spirit. This class incorporates Yoga postures, breathing exercises, and a mind focus to improved balance, strength and flexibility. Yoga props are offered to safely perform exercises. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Salsa Aerobics: Burn calories while you shake up your workout through Latin-fused dance moves from Merengue, Hip Hop, Salsa and more. It is a great way to get those sculpted hips, legs and abdomen.

Senior Fitness: This class works the whole body, while you sit, stand or both. It works on muscle strength and balance.

SilverSneakers Classic: Combine fun with fitness to increase your cardiovascular and muscle endurance power without a standing circuit workout. Upper-body strength workout with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support and relaxation exercises.

SilverSneakers Enerchi: SilverSneakers EnerChi is an intermediate class that uses modified tai chi movements in a slow, flowing, sequence to improve balance.

SilverSneakers Yoga: This class will move your whole body through a complete series of seated and standing Yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Spinning: Get an aerobic workout that is easy on your joints. Our in class simulates outdoor riding with sprinting, hill climbing and other techniques. Classes may include core work to strengthen you abdomen and lower back. All levels are welcome and workouts can be adapted to fit your goals and needs.

Strong Nation: This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

Spin 'n Sculpt: This class an incredible combination of an intense cardio blast on the spin bikes and a full body workout with weights. Get the best of both with in this amazing workout!

Cardio Kick: A combination of intense kickboxing paired with dance moves set to the latest music cre-