



## Southwest YMCA - Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP™</b> 9:15AM - 10:15AM Group Ex Studio	<b>Total Body Strength</b> 6:30AM - 7:30AM Group Ex Studio	<b>Run Group</b> 5:45AM - 6:45AM Track	<b>BODYCOMBAT™</b> 9:15AM - 10:15AM Group Ex Studio	<b>Yoga</b> 8:30AM - 9:30AM Group Ex Studio	<b>BODYCOMBAT™</b> 8:30AM - 9:30AM Group Ex Studio	<b>VIRTUAL BODYPUMP 60 Mins</b> 8:00AM - 9:00AM Group Ex Studio
<b>Forever Fit</b> 1:00PM - 2:00PM Group Ex Studio	<b>Run Group and Walk To Run</b> 9:30AM - 10:45AM Track	<b>Chair Yoga</b> 11:00AM - 12:00PM Group Ex Studio	<b>Strength &amp; Movement</b> 12:00PM - 1:00PM Group Ex Studio	<b>Forever Fit</b> 1:00PM - 2:00PM Group Ex Studio	<b>BODYPUMP™</b> 9:30AM - 10:30AM Group Ex Studio	<b>VIRTUAL DANCE 45 Mins</b> 9:00AM - 9:45AM Group Ex Studio
<b>Yoga</b> 5:30PM - 6:45PM Multipurpose Room	<b>VIRTUAL GRIT Cardio 30 Mins</b> 9:45AM - 10:15AM Group Ex Studio	<b>Forever Fit</b> 12:00PM - 1:00PM Group Ex Studio	<b>Flex &amp; Balance</b> 1:00PM - 2:00PM Group Ex Studio			<b>VIRTUAL BODYBALANCE 60 Mins</b> 10:00AM - 11:00AM Group Ex Studio
<b>BODYCOMBAT™</b> 5:30PM - 6:30PM Group Ex Studio	<b>Yoga</b> 10:30AM - 11:30AM Group Ex Studio	<b>Zumba</b> 4:40PM - 5:15PM Group Ex Studio	<b>BODYPUMP™</b> 5:30PM - 6:30PM Group Ex Studio			<b>VIRTUAL CORE 45 Mins</b> 11:00AM - 11:45AM Group Ex Studio
	<b>Strength &amp; Movement</b> 12:00PM - 1:00PM Group Ex Studio	<b>Total Body Strength</b> 5:30PM - 6:30PM Group Ex Studio				
	<b>Strength &amp; Cardio</b> 5:30PM - 6:30PM Group Ex Studio					

**VIRTUAL CLASS**

## **LES MILLS** **BODYCOMBAT**

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

## **LES MILLS** **BODYPUMP**

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

### **Chair Yoga**

A gentle form of yoga that uses the support of a chair to stretch and strengthen your entire body. Connect your mind, body and breath while focusing on balance and coordination. Options available for all fitness levels.

### **Flex & Balance**

This class focuses on increasing your range of motion and improving your balance. Release muscular tension with stretching exercises and increasing your awareness of a healthy posture with balancing challenges. Options available for all fitness levels.

### **Forever Fit**

A low-impact class focusing on joint stability, range of motion, posture and balance. Perform exercises and movements to improve mobility and functional fitness needed to complete everyday tasks. Options available for all fitness levels.

### **Run Group**

Beginner to Intermediate Level. Ongoing 13 week session. May join at any time.

### **Strength & Cardio**

A class that gets your heart pumping & gives you a total body workout. Build cardiovascular endurance by combining strength training with cardio exercises. Class may use steps, stability balls & more. \*Option available for all fitness levels.

### **Strength & Movement**

Get Strong for everyday life with functional bodyweight strength training. This class uses a progressive approach and little to no equipment to help you build strength and endurance.

### **Total Body Strength**

A full body workout that builds power & increases muscular strength & endurance. Classes may use dumbbells, bands, body bars, stability balls, or other fitness equipment to strengthen the core, upper & lower body. \*Options available for all fitness levels.

## **LES MILLS** **BODYBALANCE**

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

## **LES MILLS** **BODYPUMP**

The original barbell workout for anyone looking to get lean, toned and fit - fast.

## **LES MILLS** **CORE**

45 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

## **LES MILLS** **DANCE**

Feel the beat, work your body, lift your heart rate and boost endurance. This 45-minute high-energy workout has been created by dancers to challenge and uplift you.

## **LES MILLS** **GRIT | CARDIO**


High-intensity interval training that improves cardiovascular fitness.

### **Yoga**

A balanced class that is both relaxing & invigorating. This practice builds strength, increases flexibility & promotes a sense of inner calm. Connect with your breath as you lengthen & strengthen your body. \*Options available for all fitness levels.



This high-energy class is a fusion of strengthening movements & easy to follow dance steps to the tune of Latin & International music. Led by a certified Zumba instructor. \*Options available for all fitness levels.



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