

# THE FAMILY YMCA

## Y Express

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Yoga</b> 6:00-7:00am Meghan		<b>Yoga</b> 6:00-7:00am Meghan		
<b>INSANITY®50</b> 9:00-9:50am Nalani	<b>TRX Strength and Cond.*</b> 9:00-9:45am Stacey/Christie	<b>INSANITY®50</b> 9:00-9:50am Stacey	<b>TRX Strength and Cond.*</b> 9:00-9:45am Stacey/Christie	<b>INSANITY®50</b> 9:00-9:50am Stacey
<b>Stretching</b> 10:15-11:00am Heike	<b>Vinyasa Yoga</b> 10:30-11:45am Meghan	<b>Stretching</b> 10:15-11:00am Allison	<b>Vinyasa Yoga</b> 10:30-11:45am Meghan	<b>Stretching</b> 10:15-11:00am Heike
<b>20 min.Tabata</b> 12:05-12:25pm Erin	<b>TRX HIIT 20*</b> 12:05-12:25pm Emily	<b>20 min. Tabata</b> 12:05-12:25pm Teresa	<b>TRX HIIT 20*</b> 12:05-12:25pm Emily	<b>BLAST</b> 12:00 - 12:25 Erin
<b>Yoga</b> 12:30-1:30pm Emily	<b>PowerUp</b> 12:35- 1:35 pm Emily	<b>Yoga</b> 12:30-1:30pm Emily	<b>PowerUp</b> 12:35- 1:35 pm Emily	<b>Yoga</b> 12:30-1:30pm Emily
				
<b>Step</b> 5:15-6:15pm Alina	<b>PiYo Strength</b> 5:20-6:20pm Katie	<b>Gentle Yoga</b> 4:15-5:15pm Marian	<b>PiYo Strength</b> 5:20-6:20pm Katie	
	<b>P90X Live</b> 6:30 - 7:30pm Carrie	<b>Cardio Kickboxing</b> 6:30-7:30pm Gina	<b>P90X Live</b> 6:30 - 7:30pm Carrie	

Classes on this schedule are free to members unless otherwise noted with an \*.

See main facility schedule for additional fitness classes.

(505) 662-3100    [www.laymca.org](http://www.laymca.org)

**The Family YMCA**  
Y Express  
Group Fitness Class Descriptions

**Class days/times/types/instructors are subject to change/substitution/cancellation without notice. Arrive early, class sizes are limited. Participants may not save space for others; participation is based on a first-come, first-serve basis. An average of 7 participants per class must attend on a regular basis to avoid cancellation.**

Youth ages 12 and under are not permitted to be in the Y Express unless under the direct supervision of an accompanying adult. Youth ages 10-12 (unless otherwise noted) may participate in a fitness class provided they are under the direct supervision of an accompanying adult. Youth 9 and under are not permitted to participate in adult fitness classes. Youth of all ages are not permitted to sit in aerobic room during fitness classes.

### **20 Minute Tabata**

Tabata training is the hottest trend in high-intensity, low- (or no-) equipment workouts. This structured interval workout consists of 20 seconds of all-out work, followed by 10 seconds of rest, repeated for a total of eight times on the same exercise.

**Blast** – An interval based class designed for overall physical conditioning. Use body weight, free weights, bands, bars and other equipment to strengthen the body and blast calories in only 25 minutes!

**Cardio Kickboxing Bootcamp** – is a fun and effective cardio and strength workout that engages your whole body to torch calories and tone your arms, abs, shoulders, back, and legs at the same time.

**INSANITY®** is a revolutionary cardio-based total body conditioning program based on the principles of MAX interval training. Each workout is packed with plyometric drills on top of nonstop intervals of strength, power, resistance, and ab and core training moves.

**P90X Live** – uses a predesigned workout emphasizing both strength and cardio sets to mix-ups and mash-ups of hit music that drive the workout. The workout features powerful moves that motivate class goers to push their limits while also including modifications for those just getting started.

**PiYo Strength** – This unique class combines Pilates, yoga, strength conditioning, flexibility and dynamic balance. PiYo is an up tempo, non-spiritual approach to mind/body exercise. Some Pilates and/or yoga experience recommended.

**Power<sup>hiit</sup>** – A high intensity full body conditioning class that combines strength training and cardio intervals. Build muscle and tone your body in this fast paced high energy class.

**PowerUp** – A high-volume, low weight program with an emphasis on building muscular strength and endurance. Previous lifting and strength training experience a plus. Ages 16 and up or with instructor permission.

**Stretching** – Energize, Rejuvenate, Relieve Stress and Tension, Enhance Flexibility and more. This stretching class will teach participants how to stretch effectively, safely and correctly with lasting results.

**Vinyasa Yoga** – A fast-paced, dynamic Vinyasa style class that incorporates standing and seated poses, balance sequences, core strengthening and relaxation to leave you feeling strong, flexible, calm and centered.

**Yoga** – This yoga class will build strength, improve flexibility & balance and quiet the mind. Breathing and meditation techniques will be introduced, and modifications will be offered for various levels of students. Depending on your mood and intention you can enjoy both the flow portion of classes and more relaxing opportunities in seated and reclining poses with longer held asanas.

**Zumba** – A Latin inspired fitness workout that is a fusion of Latin and international music. Dance styles include: salsa, merengue, cumbia, bachata and belly dance.

**\*The following classes require monthly registration and have an additional monthly fee associated with them.**

**Kettlebells** – In this intense class you will experience a mixture of joint mobility, kettlebell conditioning and bodyweight exercises, as well as the essential techniques for training with kettlebells safely and effectively. You must pre-register for this class. Ages 18 & up.

3x/wk – Y Members: \$35                      Program Members: \$50

**TRX Strength and Conditioning** – A ceiling mounted suspension system in which a variety of multi-planar, compound exercise movements can be performed with the aim of developing strength, balance, flexibility, and joint stability. Some strength training experience is recommended. You must pre-register for this class. Ages 16 & up.

2x/wk – Y Members: \$25                      Program Members: \$50                      Drop-ins: \$5/member (space available basis)

### **TRX HIIT 20 T/TH, 1205-12:25pm**

This fun and effective HIIT (High Intensity Interval Training) TRX class will give you a tremendous anaerobic, strength and power workout all rolled into one. TRX experience is recommended. Ages 16 & up.

2x/wk – Y Members: \$15                      Program Members: \$30                      Drop-ins: \$5/member (space available basis)