

YMCA of Twin Falls

Group Exercise Schedule

Canyon Rim Facility

1881 Poline Road 734-7447

Monday

5:15 AM	Spinning®
5:15 AM	Circuit Training
6:15 AM	Spinning®
9:00 AM	Step It Up
9:15 AM	Spinning®
4:15 PM	Zumba®
5:30 PM	Zumba Toning®(30 min)
6:00 PM	Zumba® (30 min.)
6:00 PM	Spinning®
6:30 PM	Zumba®
7:30 PM	"AB"solute (30 min.)

Tuesday

5:15 AM	Spinning®
5:15 AM	Step & Tone
6:15 AM	Cardio K- bells
9:00 AM	Y Weights
12:15 PM	Spinning®
4:15 PM	Spinning®
5:30 PM	Gut & Butt Plus
6:00 PM	Spinning®
6:30 PM	Zumba®
7:30 PM	Hip Hop Bootcamp
7:30 PM	Spinning®

Wednesday

5:15 AM	Spinning®
5:15 AM	Boot Camp
6:15 AM	Spinning®
9:00 AM	Kickboxing
9:15 AM	Spinning®
10:15 AM	Music & Movement
4:15 PM	Zumba®
5:30 PM	"AB"solute (30 min.)
6:00 PM	Pump Express(30 min.)
6:00 PM	Spinning®
6:30 PM	Kickboxing

Thursday

5:15 AM	Spinning®
5:15 AM	Cardio Conditioning
9:00 AM	Zumba Toning®
12:15 PM	Spinning®
5:30 PM	Kettlebells
6:00 PM	Spinning®
6:30 PM	Zumba Toning®(30 min)
7:00 PM	Zumba® (30 min.)

Friday

5:15 AM	Spinning®
5:15 AM	Power Pump
9:00 AM	Pump & Pilates
9:15 AM	Spinning®

Saturday

9:00 AM	Spinning®
9:00 AM	Zumba®
10:05 AM	"AB"solute (25 min.)

Elizabeth St. Facility

1751 Elizabeth Blvd. 733-4384

Monday

5:45 AM	Gut & Butt Plus
9:00 AM	Zumba®
10:15 AM	Kinder Drums!
11:00 AM	Silver Sneakers®
5:30 PM	Yogalates
6:30 PM	30/30
7:30 PM	Hatha Yoga

Tuesday

5:45 AM	EXTREME!
8:00 AM	Senior Stretch & Tone
9:00 AM	Zumba®
10:15 AM	Lose It!
11:00 AM	Silver Sneakers®
12:15 PM	Spa Yoga
4:15 PM	Zumba Gold®
5:30 PM	Turbokick®
6:30 PM	Drums Alive!®

Wednesday

9:00 AM	Zumba®
10:15 AM	Zumba Gold®
11:00 AM	Silver Sneakers®
12:15 PM	Flow Yoga
5:30 PM	Yogalates
6:30 PM	Zumba®
7:30 PM	Belly Dance

Thursday

5:45 AM	Turbokick®
8:00 AM	Senior Stretch & Tone
9:00 AM	Turbokick®
11:00 AM	Silver Sneakers®
4:15 PM	Zumba Gold®
5:30 PM	Zumba®
6:30 PM	Gut & Butt Plus
6:30 PM	Lose It!
7:30 PM	Hatha Yoga

Friday

5:45 AM	On the Ball
9:00 AM	Zumba®
11:00 AM	Silver Sneakers®

Saturday

9:00 AM	Circuit Training
10:05 AM	Circuit Training

Friday Nights at Canyon Rim

Club Y	Starts at:
Featuring: ZUMBA®	6:30 PM
& SPA Yoga	8:00 PM

Blue - Cardiovascular Classes

Red - Strength Classes

Green - Combination Classes

Purple - Spirit - Mind - Body

Yellow - Youth Classes

"E" St Child Watch Hours

Mon-Fri 9 AM - 1 PM

Mon-Thurs 4 PM - 8:30 PM

Fri- 4 PM - 7 PM

Sat- 9 AM - 12 PM

Canyon Rim Child Watch Hours

Mon-Fri 9 AM - 1 PM

Mon-Thurs 4 PM - 8:30 PM

Fri- 4 PM - 8:45 PM

Sat- 9 AM - 12:30 PM

WWW.YMCATF.COM

Schedule and/or Instructor subject to change without notice.

Most classes are suitable for ages 12 & up.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CARDIO CLASSES (BLUE)

Boot camp- This class will incorporate interval exercises along with circuit stations and sports drills to offer a total body workout! The use of body-weight, resistance and weight equipment, and cardio exercises will be utilized.

Cardio Conditioning- Designed to elevate your heart rate, burn calories and increase your endurance. Exercise such as step, hi/low, jumping, and other aerobic movements may be incorporated.

Drums Alive®- is the most unique fitness/wellness program extravaganza to hit the Y! This class is full of powerful and motivating music and drumming rhythms that will get your feet stomping, your brain waves flowing, and your body moving. This is a high energy class using stability balls and drumsticks.

Kickboxing - Sport specific techniques of boxing and martial arts are incorporated in this interval-based workout.

Spinning®- This class is performed on a stationary bicycle. Instructors will guide you through an all-terrain ride while focusing on proper body alignment, heart rate and proper cycling techniques.

Step It Up- This class speaks for itself. We use the steps to increase cardiovascular health. The use of multiple steps, interval drills, choreography, and/or BPM may be used in order to increase intensity.

Step & Tone- The use of steps to boost cardio and weights will also be added to help tone muscles.

Turbokick®- Choreographed sport specific techniques of boxing and martial arts are incorporated in this interval-based workout. Punching, kicking, footwork, and jump ropes may be utilized.

Zumba®- Zumba classes fuse Latin rhythms and easy to follow moves to create a dynamic fitness party atmosphere. The routines incorporate Latin & International dances such as salsa, mambo, cha cha, meringue, samba, belly dance, hip hop and more. "It's a party, not a workout!"

Zumba Gold®- The same fun class as Zumba but designed for the de-conditioned, prenatal, beginning, and active older adult participants. Come enjoy "exercising in disguise"!

COMBINATION CLASSES (GREEN)

Circuit Training- The instructor will set up different types of circuits to push both cardio and strength limits.

Cardio K-Bells- This class will boost your cardio workout with the use of kettlebells. Great way to start your morning off!

EXTREME!- Get ready to work! This challenging class is a combination of functional cardio and strength training, circuit work, intervals, and even some heavy bag work. Be prepared for a little bit of everything (including the **elements**). *gloves/hand wraps may be beneficial, but not necessary, for class.

Hip Hop Bootcamp- Over all body conditioning along with great music and awesome dance moves! No dancing experience required.

Kettlebells- Come experience a full body workout using new dynamic exercises using the kettlebells, incorporating core work that works the muscles in the back, abdomen, and oblique areas. You can utilize 65-75% of your muscle mass during this class.

30/30- These classes generally follow a circuit or interval training format, alternating cardio and strength training exercises.

On the Ball- Work the entire body using our stability balls, bender balls, and more! Come try it, you will have a "BALL"!

Pump & Pilates- Utilization of the core along with balance challenges and the use of weights will be the foundation in this class for an all over great workout.

PUMP X- Traditional strength training taken up a notch. A demanding class that incorporates full body strength training as well as challenging and dynamic bodyweight/plyometric exercises. If you're ready for the next step, this class is for you.

Senior Stretch and Tone- This outstanding strength and flexibility class is perfectly suited for seniors. It is time to get together, socialize, and at the same time benefit from strength moves.

Silver Sneakers®- A Healthways fitness program customized for senior adults designed to increase strength, flexibility, balance, and endurance. Fitness, Fun, and Friends!

Zumba Toning®- Zumba Toning takes the original Zumba dance-fitness class to the next level utilizing muscle training protocol and the addition of lightweight toning sticks or dumbbells. Created to emphasize muscle work along with the rhythms of Zumba!

STRENGTHENING CLASSES (RED)

"Ab"solute- The name says it all... work your abs (CORE) all in one compact class. Great addition to any and all workouts!

Gut & Butt, Plus- A conditioning program to firm and strengthen muscles of the entire body, especially focusing on the gut and the butt. Hand weights, bands, balls, a bench, and your own body weight may be utilized during class.

Power Pump- A strengthening class that incorporates traditional weight training exercises such as squats, presses, lifts, and curls. All major muscle groups are worked using barbells. Dumbbells and other equipment may be utilized.

Y Weight- Firm and strengthen muscles of the entire body. This class uses exercises to develop muscle strength and endurance. Hand weights, bands, balls, bench, and/or body weight may be used.

SPIRIT-MIND-BODY CLASSES (PURPLE)

Belly Dance- Come work your abs and thighs! One of the most ancient, feminine, and beautiful forms of dance in the world. Belly scarves are available to purchase, but not required.

Hatha Yoga- This class promotes the values of Hatha style yoga with an emphasis on alignment, breathing, and relaxation. Postures are held slightly longer to establish core strength. All levels are welcomed. Individuals with special needs are also encouraged to attend. The class incorporates beginning, intermediate, and advanced postures. Teachers are trained in Iyengar style.

Flow Yoga- Warm up-WORK- Effective Deep Stretch- Relaxation. It's got it all! "A process and a journey, not a destination."

Spa Yoga- Therapeutic yoga postures enhanced with aromatherapy essential oils. Energizing and relaxing sequences to rejuvenate and de-stress you at mid-day.

Yogalates- This class is a yoga fusion class that combines yoga and Pilates. Some light weights may be used.

YOUTH CLASSES (YELLOW)

Kinder Drums!- This class is designed to bring the great rhythmic class of Drums Alive! but designed for your younger ones. 18 mo.-6 yrs. Come experience a fun class with your pre-schooler.

Music & Movement - Musical class that nurtures a child's cognitive, emotional, social, language, and physical development. For children ages 18 mo.-6yrs., and their parents (caregivers).

*****Please see our full schedule of Kid's fitness ages 6-12!**

Kid's Club Hours (CR): Mon.-Thurs. 4:00-8:30 p.m. Fri. 6:00-8:45 p.m. Sat. 8:30a.m.- 12:30 p.m.

XR Zone Hours (E): Mon.-Thurs. 4:00-8:00 p.m. Fri. 4:00-7:00 p.m. Sat. 9:00 a.m.-12:00 p.m.

Lose It! This class will give participants the knowledge and tools to help them on their weight loss journey through dynamic weekly classes and support groups. Fuel your body and mind with nutritional advice and tips that will help you make those positive behavior changes that will bring long term success! Visit our blog at www.lose-it-ymca.blogspot.com.