



City of Las Vegas Centennial Hills Community Center, Operated by the YMCA
6601 N. Buffalo Dr., Las Vegas, NV 89131

HEALTH AND WELLNESS - FITNESS SCHEDULE - MAY 2012

Questions/comments? Contact Sandy Doherty, Senior Health and Wellness Director, 702.476.6742

Visit www.lasvegasyymca.org and click on "Programs" then "Centennial Hills Community Center YMCA" for class descriptions.

Fitness classes are free to YMCA members! Scan Y card at front desk. Classes subject to change without notification. Children 8-12 must be accompanied in fitness classes by a parent/guardian. *Restrictions apply. Call 702-478-9622 for details. Consult your physician before beginning any exercise program.

These classes below are held in Studio 1 unless otherwise noted.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:15 a.m.		Tai Chi with Andy Pan		Tai Chi with Andy Pan	Beginner Tai Chi with Tamalyn	Studio Reserved 8 a.m.-2:30 p.m.
9-9:45 a.m.	Silver&Fit with Andrea (Scan Y card)		Zumba Gold with Jessie (Scan Y card)		Silver&Fit with Andrea (Scan Y card)	
9:30-10:20 a.m.		Balletone® with Jessie		Balletone® with Jessie		
10:30-11:20 a.m.	Vinyasa Yoga with Natasha	Pilates with Jeanette	Pilates with Props with Jessie	Vinyasa Yoga with Natasha	Yoga with Patti	
4-4:40 p.m.		NEW! Y KIDS BOOTCAMP w/Mark Ages 8-12	Studio Reserved			
Evening Yoga 6-6:50 p.m.	Sunset Vinyasa Yoga with Patricia (Rm. 3)		Yoga for Rejuvenation with Natasha			
7:10-7:55 p.m.		Yogalates with Karen		Gentle Yoga with Patricia		

These classes below are held in Studio 2/3 unless otherwise noted.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:20 a.m.						CYCLE with Becca Yoga with Tina
9:30-10:20 a.m. Y KIDS (Sat)	STEP UP with Becca*13 & up CYCLE with Rachel	BOOTCAMP with Rachel 13 & up	STEP UP with Sarah *13 & up CYCLE with Rachel	BOOTCAMP with Rachel 13 & up	"Boogie" Line Dance with Sandy	Y KIDS Hip Hop with Fred
10:30-11:20 a.m.	Ultimate Body Burn with Heather *13 & up	ZUMBA® with Amie CYCLE with Becca	Ultimate Body Burn with Annette *13 & Up	HOT HULA FITNESS ® with Teli or Val CYCLE with Sarah	T.G.I.F. CYCLE with Annette	Basic ZUMBA ® with Ly (30 minutes)
11-11:30 a.m.						Core Power with Ly
11:30 a.m.- 12:20 p.m.	ZUMBA® with Marixa	Basic ZUMBA® with Kim	ZUMBA® with Marixa	ZUMBA® with Ly		ZUMBA® with Ly (75-90 minutes)
4-4:50 p.m.	LATIN HIP HOP with Taylor	Studio Reserved	Studio Reserved			
4:45-5:45 p.m.					4:45pm ZUMBA® with Ly	
5-5:50 p.m.	Cardio Body Burn with Annette *13+up	Studio Reserved	Studio Reserved	Y-Kids ZUMBATOMIC® with Marixa		
6-6:50 p.m.	CYCLE w/Annette "Smash The Bag!" with Karen *13 & up	ZUMBA® with Ly	R.I.P.P.E.D.® with Kat *13 & up	ZUMBA® with Marixa (5-3, 5-17,5-31) with Ly (5-10,5-24)		
7-7:50 p.m.	ZUMBA® with Amie	HOT HULA FITNESS ® with Teli or Val	ZUMBA® with Kat	HOT HULA FITNESS® with Isa		

Water fitness classes are held in the indoor pools.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8-8:45 a.m.		Aqua Flow w/Linda		Aqua Flow w/Linda	
9:30-10:30 a.m.	Aquafit with April		Aquafit with Andrea		Power Aquafit with Kennedy
12:30-1:15 p.m.	Arthritic Splash with Marsha		Arthritic Splash with Marsha		

GROUP EXERCISE CLASS DESCRIPTIONS – See other page for schedule.

Classes subject to change without notification. Class cancellations based on attendance. Subs happen!

Questions? Contact Sandy Doherty, Senior Health and Wellness Director, 702.476.6742 or sdoherty@lasvegasyymca.org.

Beginner, intermediate, advanced classes for all. Our Group Exercise Instructors are trained to assist you in reaching YOUR fitness level! No expertise required. Pick and choose your favorites!

If you enjoy what you do, you are more likely to stick with it and attain your health and wellness goals. We are here for you!

Policies/safety rules are announced at the beginning of each class. Please be courteous and arrive on time.

Proper footwear required! No opened-toes, 'toning' shoes, or street shoes permitted.

***Please note specific classes are ages 13 & up.**

All Cycle Classes Held in Classroom 1

ARTHRITIS SPLASH: This 'zero-impact' workout for ambulatory individuals with arthritis focuses on sustaining and/or improving muscle and joint mobility while promoting overall fitness. **Held in the Therapy Pool.**

AQUAFIT: This low-impact water workout focuses on cardio, strength training, flexibility. Held in deep/shallow water. Great for all ages/levels! **Power** is higher impact circuit training using Speedo equipment. Updated water fitness equipment provided.

AQUA FLOW: promotes flexibility and helps tone the body. This class includes a small portion of aerobics to help build stamina and allows you to work at your own pace; as you are the one most knowledgeable of your own body's abilities. Warm 'flowing' waters will help you alleviate stress on joints and promotes mental relaxation while toning and increasing flexibility. **Held in Therapy pool.**

"BOOGIE" LINE DANCE: Have a blast in a fun, stress busting, dance workout! Join in this exciting class and learn moves to get your heart rate up and help you drop a pants size. It's an alternative class for those who love to dance. Electric Slide, Zumba®, Modern Pop music along with classic boogie and rock 'n roll included. Fat burning workout!

BOOTCAMP: Ready for a tough workout? Not for the beginner, though you can work your way up! Test your bootcamp drill abilities! **SMALL GYM**

HOT HULA FITNESS®: Get hip fit, have fun and experience the islands together in this exciting new class! Waist and hip toning isolated movements inspired by the dances of the Pacific Islands, set to Polynesian drum beats fused with Reggae music. No experience necessary!

INDOOR CYCLE CLASS: Cutting-edge bikes! Perfect for beginners starters, recreational or serious cyclists. Choreographed to motivating music, you're in control.

LATIN HIP HOP: Looking for a mid-afternoon dance class that will be exciting and fun?? Please join us in this energetic, high energy new class! Get into the rhythm of 'the beginning of your week' a little early!

R.I.P.P.E.D. – It stands for Resistance. Intervals. Power. Plyometrics. Endurance. It includes bodyweight trainings, sports drills, MMA techniques and more rolled into one dynamic class. This is a 'plateau proof fitness formula' and the only lifestyle program with all the components of wellness. This safe, fun, effective athletic-based program is set to music...perfect for any age and fitness level.

SILVER&FIT (Level 2): This social, upbeat class is for active older adults who want to improve agility and core strength. Class alternates cardio and strength exercises using bands, dumbbells. **Mandatory for Humana Silver&Fit /Senior Dimensions/Fit for Life YMCA members to scan Y card at the front desk.**

***SMASH THE BAG!** This moderate intensity workout is designed to improve wellness. It includes impact training on bags, striking, kicking and self-defense combinations; strength and ab conditioning and concludes with cool down/stretching. Gloves recommended. All levels welcome. **Ages 13 & up**

***STEP UP:** This is a challenging, **advanced** level step class that offers a **high** impact cardio workout on a platform step, which may include multiple step platforms at times for the elite stepper. **Ages 13 & up**

ULTIMATE BODY BURN: This high-level full body class uses free weights, body bars, mats and steps to help you tone, build muscle. Classes will vary to include some cardio **Ages 13 & up**

ZUMBA®: **"Ditch the workout, join the party!"** Learn Latin-style dance routines with exciting licensed Zumba® instructors.

Basic Zumba is a beginner class. Learn step-by-step Latin moves!

ZUMBA GOLD®: **Mandatory to show Y bar card to instructor before entering class.** Silver&Fit Dance powered by Zumba Gold is a fun, easy-to-follow Latin dance program for active older adults. We break down Merengue, Salsa, Cha Cha, Belly Dance, Cumbia, Flamenco, Tango & Rock to create a motivating, inspiring workout!

BALLETONE®, CORE, PILATES, TAI CHI AND YOGA---Mind, Body, Spirit --- live the 'aha!' moment EXPERIENCE! All levels welcome!!

BALLETONE®: "When barefoot training meets strength, cardio and flexibility in one workout, fitness takes on a whole new meaning. No fancy moves here; a proactive workout rooted in functional training that will leave you strong, centered, and actively flexible from the ground up." There's something for everybody."

CORE POWER: A quick, energizing takin' care of business workout for the mid-section, mixing pilates with traditional abdominal exercises for core strength.

PILATES: This mat-based class uses a variety of props to optimize strength, endurance, flexibility and posture through core conditioning. Class teaches you to strengthen the back/abdominal muscles!

TAI CHI: This martial art improves circulation, balance, coordination, and relaxes. Move body parts in a choreographed pattern with little joint impact. **SMALL GYM**

YOGA: Be comfortable or comfortably challenged in a perfect workout for everyone. Improve strength, endurance and flexibility as you're led through traditional poses, flowing sun salutations, gentle stretches and relaxation.

YOGA FOR REJUVENATION: Restore your positive energy, feel enlightened after a day's work while toning and relaxing your body.

YOGALATES: Experience the workout everyone is raving about! It's a yoga fusion class that combines yoga with some elements of pilates.

GENTLE YOGA: Is a gentle approach to traditional yoga postures, emphasis is on breathing, stretching and relaxing. Suitable for beginners/intermediate.

SUNSET YOGA: A traditional yoga class combined with vinyasa yoga to help build strength and endurance.

VINYASA YOGA: An intermediate to advanced flow yoga class that provides restoring energy & balance along with toning body strength.

Y-KIDS CO-ED FITNESS CLASSES: Recommended for kids ages 5 and up. Parent/guardian supervision is required for kids under 6.

These classes are developed to enhance muscular strength and motor skill performance, cardio co-ordination to carry over to adulthood! We enforce positive, good health habits to contribute to a kid's healthy lifestyle.

ZUMBATIC®: A custom-designed kids program that blends dance-fitness routines with fun games and high-energy music.

What a great way to release all the day's energy!

Y KIDS BOOTCAMP: Ages 8-12 years old. Elementary basic drills to get your kids in tip-top cardio/muscle development shape! This class will enhance muscular strength and motor skill performance!

Y KIDS HIP HOP: It's a fun, easy-to-follow Saturday morning dance class designed just for kids.

SPECIALTY CLASSES. Fees apply. Please sign up at the front desk.

IRON KIDS: (ages 9-12) \$112 per month. First class begins first week of the month. Mondays 5pm-6 p.m.; Wednesdays 5pm-6pm; Saturdays 11a.m.-Noon. Held in weight room, gym and pool. Includes timed cycling, treadmill, boot camp endurance drills. Swim training techniques taught by certified swim instructor. **Please meet coach at the front desk with a paid receipt. Roster attendance is taken.**

MIKEL'S YMCA DANCE: \$41 per month. Tue. 5-6 yrs., 4-5 p.m.; Tue., 3-4 yrs., 5-6 p.m.; Wed., 9 - teen, 4-5 p.m.; Wed., 7-8 yrs., 5-6 p.m.; Break dancing/hip hop Wed., 5-6 p.m. Boys/girls welcome! **Sign up at desk or call professional instructor Mikel, 592-8747 Registration MUST take place before attending dance class. Please give paid receipt copy to Mikel or dancer will not be allowed to participate. Dancer must be on the roster before attending first session.**