

City of Las Vegas Durango Hills Community Center, Operated by the YMCA
Fitness Schedule – September 2010 3521 N. Durango Dr., Las Vegas, NV 89129



Visit www.lasvegasyymca.org and click on “Programs” then “Durango Hills Community Center YMCA” for class descriptions.

Classes subject to change without notification. Children under 13 must be accompanied in fitness classes by a parent/guardian unless otherwise stated. Proper attire and athletic shoes required. Free towel service is available during classes. Call (702) 240-9622 for more information. City of Las Vegas classes are \$3.

Fitness classes are held in the aerobics studio unless otherwise noted.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
7:30 - 8:30 a.m.	City of Las Vegas class with Mary Lou \$3	55+ Fitness with Anne (7:30 - 9)	City of Las Vegas class with Mary Lou \$3	Senior Yoga & Stretch with Anne	City of Las Vegas class with Mary Lou \$3	
8:30 - 9:30 a.m.	Boogie Line Dance with Laura		Silver & Fit with Anne	Vinyasa Yoga with Martha (Yoga Room)	Zumba Gold with Sacha	
9 - 10 a.m.		Yoga with Natasha (Yoga Room)				Yoga with Natasha (Yoga Room) NEW! Zumba with John
9:30 - 10:30 a.m.	Step It Out with Laura	Cycle & Tone with Annette (Cycle Room)	Cardio Sculpt with Natasha Senior/Beginner Yoga with Martha (Yoga Room)	Low Impact Cardio Kickboxing with Karen NEW! Pilates with Anne (Yoga Room)	20/20/20 Fusion with Colleen	Cycle with Tom (Cycle Room)
10 - 11 a.m.		Tai Chi with Andy (Rooms A&B)		Tai Chi with Andy (Rooms A&B)	NEW! Fundamentals of Tai Chi Chuan (Rooms A&B)	Cardio Kickboxing or Streetbeat
10:30 - 11:30 a.m.	Yoga with Martha (Yoga Room)		Yoga with Natasha (Yoga Room)		Yoga with Natasha (Yoga Room)	
11 a.m. - 12 p.m.						Hip Hop for Kids or Zumbatomic NEW!
11:30 a.m. - 12:30 p.m.		City of Las Vegas class with Mary Lou \$3		City of Las Vegas class with Mary Lou \$3		
12 - 12:30 p.m.			Noon Time Get to Know It with Colleen			*** Sunday ***
4 - 5 p.m.	Mikel's Dance/Hip Hop/ Breakdance (fees apply)					NEW! 2 P.M. Muscle Madness with Ken 9/12 & 9/26
5 - 6 p.m.	Step It Out with Ana	Zumba with Sacha	Yoga with Martha (Yoga Room) NEW! Zumba with John	Cycle w/Tom (Cycle Room) NEW! Step It Out with Ana	Dance Aerobics with Fred	
Y-KIDS ---->	Y-KIDS ages 6-12 with Colleen (Gym)	Y-KIDS ages 6-12 with Osman (Gym)	Y-KIDS ages 6-12 with Osman (Gym)	Y-KIDS ages 6-12 with Osman (Gym)		
6 - 7 p.m.	Sunset Cycle with Tom (Cycle Room) NEW! Dance to the Beat Level 1 with Hope	Boot Camp with Mike	Sunset Cycle with Tom (Cycle Room) NEW! 20/20/20 Fusion with Michele	Zumba with Sacha		
6:30 - 7:30 p.m.		Yoga with Marilyn (Yoga Room)		Yoga with Marilyn (Yoga Room)		
7 - 8 p.m.	NEW! Dance to the Beat Level 2 with Hope	Cardio Kickboxing with Karen	NEW! Boot Camp with Tom	Boot Camp with Mike		

TAE KWON DO CLASSES ARE HELD IN CLASSROOMS A & B

6 - 7 p.m.	Tae Kwon Do (fees apply)		Tae Kwon Do (fees apply)			
7 - 8 p.m.	Tae Kwon Do (fees apply)		Tae Kwon Do (fees apply)			

Fitness Tip of the Month: *Workout with a friend!*

GROUP EXERCISE FITNESS CLASS DESCRIPTIONS – See other page for schedule.

Classes subject to change without notification. Class cancellations based on attendance.
Questions? Contact Colleen Beck, health and wellness director, (702) 839-4916 or cbeck@lasvegasyymca.org.

20/20/20 Fusion: This class includes 20 minutes each of cardio, sculpting and stretching/breathing. Get a complete workout! Join any or all sections.

Boogie Line Dance: Have a blast in a fun, stress busting, line dance type 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. Zumba included.

Boot Camp: Get in tiptop shape as our instructor leads you through a series of military drills.

Cardio Kickboxing: This high-energy class includes kickboxing techniques, punches and drills set to today's music. Low-impact option also offered.

Cardio Sculpt: Get a moderate-to-high progressive cardio/weight interval aerobic training workout.

Cycle and Tone: This traditional indoor cycle class has a bonus! We incorporate short segments of upper body toning to give you a full-body workout.

Dance Aerobics: This 50-minute workout (for the whole family!) includes dance moves. Use your abs for a core-conditioning, heart-pumping workout.

Dance To The Beat: Fun dance choreography (for the whole family!). This is a great core-conditioning, heart-pumping workout that exercises the mind! Level 1 for beginner/intermediate and Level 2 for Intermediate/advanced. Learn all the new dance moves you've always wanted to try while getting a great total body workout!

Fundamentals of Tai Chi Chuan: A beginner's class designed to give participants the basics in Tai Chi Chuan. It's ideal as a prerequisite to Tai Chi class or for those who wish to develop deeper into each movement.

Indoor Cycling: Cutting-edge bikes! Perfect for beginners, recreational or serious cyclists. Class is choreographed to motivating music, you're in control.

Muscle Madness: Join our instructor in this powerful yet fun fitness class guaranteed to make your muscles scream for more! Want results fast, this is your class! Join us every other Sunday at 2 p.m.

Noon Time Get To Know It: Each class allows you to experience different workouts with simple, easy-to-follow formats and instruction.

Silver & Fit: This low-impact class is for moderately active adults (age 55+) with optional use of chairs, bands and dumbbells. It's fun and easy to follow, with emphasis on strength, balance and endurance. **It's mandatory for Silver & Fit/Senior Dimensions/Fit for Life members to scan Y card at desk.**

Step It Out: Experience a cardio dance/step class offering a high/low impact cardio workout with high/low intensity on a platform step.

Sunset Cycle: Get a great evening workout with this powerful class. Motivating music helps you reach your potential while burning away unwanted fat.

Tai Chi: Improve your relaxation, circulation, balance and coordination while discovering your inner peace.

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. No joint impact – a spirit, mind and body experience.

Beginner/Senior Yoga: Join our Yoga therapist as she guides you through traditional yoga poses with added care. If you're a first timer or want to fine tune your skills, this is the class for you.

Senior Yoga & Stretch: Join our Yoga instructor as she guides you through traditional yoga poses with added care. If you're a first timer or just need a gentle stretching class, this is the class for you.

Vinyasa Yoga: Experience a high sweat, level 2-3 power flow yoga class. New participants are welcome.

Zumba: Join the party! Learn Latin-style dance routines in the latest workout. Get your heart pumping, burn calories, have fun! Great for the entire family.

Zumba Gold: This Silver & Fit dance powered by Zumba Gold is a fun-filled, safe and easy-to-follow Latin dance program created for active older adults and appropriate for all fitness levels. We simplify the merengue, salsa, cha-cha, belly dance, cumbia, flamenco, tango and rock & roll so you get a total body workout that is inspiring and fun!

55+ Fitness: Looking for the lighter side of yoga plus muscle conditioning? This is for you. Join us in a comfortable, non-competitive setting.

Family & Youth Fitness

Family Streetbeat: Every member of your family, regardless of age or fitness level, will benefit from this cardiovascular workout that includes simple hip-hop moves choreographed to today's music.

Hip Hop for Kids (6-12 yrs.): Kids learn street beat, hip hop and break dance moves.

Y-Kids (6-12 yrs.) This is "fun fitness" at its best! Kids participate in different activities each day. Y-Kids incorporates teamwork, agility and loads of good times. It's free with your membership, no registration required.

Zumbatomic: Bringing health, fitness and fun to children ages 4-7 (Little Stars) and 8-12 (Big Stars). Join the party and have some fun! (45 minutes)

Specialty Classes

Mikel's YMCA Dance Academy (3 yrs. - teen): Your dancer will receive training in ballet, tap, jazz, hip hop and combo. Dancers can also join the dance team and perform at events. Call 592-8747 for information. Registration required. (Mondays, 4-5 p.m., \$40/month plus fee for costume and pom poms.)