



WELLNESS ACTIVITY SCHEDULE - MAY 2012

**** KIDS GYM NOW OPEN ON SUNDAYS! ****

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

Classes are subject to change without notification. Children under 13 must be accompanied in wellness 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 \$3.

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday Classes are Saturday unless noted
7:30 - 8:30 a.m.	City of Las Vegas class TOTAL FITNESS \$3	55+ Fitness with Martha	City of Las Vegas class TOTAL FITNESS \$3	Senior Yoga Therapy with Martha	City of Las Vegas class TOTAL FITNESS \$3	
8:30 - 9:30 a.m.	Boogie Line Dance with Laura	Zumba Gold with Kat (8:30-9:15)	Silver & Fit with Michele	Hot Hula Fitness with Valerie & Teli	Zumba Gold with Sacha	
9 - 10 a.m.	Pilates Sculpt with Joan (Yoga Room)	Yoga Rejuvenation with Natasha (Yoga Room) (9:15-10:15) <hr/> Cardio Bar with Joan (9:15-10:00)	PICKELBALL In Gym 9:30 - 11:30			Zumba with Subrina <hr/> Yoga with Natasha (Yoga Room) <hr/> Cycle with Tom (Cycle Room)
9:30 - 10:30 a.m.	Step It Out with Laura <hr/> PICKELBALL In Gym 9:30 - 11:30	Cycle with Kristen (Cycle Room) <hr/> PICKELBALL In Gym 9:30 - 11:30	Multi Level Yoga with Martha <hr/> Boot Camp with Sydney/Heather (GYM 9:30-10:00)	Cycle with Michele (Cycle Room) <hr/> Low Impact Cardio Kickboxing with Karen	20/20/20 Fusion with Colleen <hr/> PICKELBALL In Gym 9:30 - 11:30	
10 - 11 a.m.		Tai Chi with Andy	Cycle with Sydney/Heather (Cycle Room) (10:00-10:30)	Tai Chi with Andy (In Gym)		Cardio Kickboxing with Karen
10:30 - 11:30 a.m.	Yoga with Martha		Vinyasa Yoga with Natasha		Fundamentals of Tai Chi Chuan (Class Room B) <hr/> Yoga with Natasha	
11:30 a.m. - 12:30 p.m.	NEW! HOME SCHOOL KIDS CLASS 1 p.m. - 2 p.m. (fees apply)	City of Las Vegas class-Total Fitness \$3	NEW! HOME SCHOOL KIDS CLASS 1 p.m. - 2 p.m. (fees apply)	City of Las Vegas class-Total Fitness \$3		*** Sunday *** Classes Below
5 - 6 p.m.	Cycle with Kristen (Cycle Room)	P90X with Brent	Cardio Kids! (5:15-6) (Families welcome!) with Crissy	Beginner Step with Ana		NEW CLASS! 12:30-1:30 PM Sunday Cycle with Kristen
6 - 7 p.m.	Sunset Cycle with Karen (Cycle Room) <hr/> Zumba	Cycle with Dave (Cycle Room) <hr/> Zumba with Subrina	Sunset Cycle with Barbara (Cycle Room) <hr/> Zumba with Subrina	Sunset Cycle with Tom (Cycle Room) <hr/> Zumba with Sacha		1:30-2:30 PM Muscle Madness with Ken (6th & 20nd)
6:30 - 7:30 p.m.		Yoga with Marilyn (Yoga Room)		Yoga with Marilyn (Yoga Room)		2:30-3:30 PM Zumba with Luis
7 - 8 p.m.	Muscle Madness with Ken (7-8:30PM)	Cardio Kickboxing with Karen	Bars, Bells & Balls with Tom	Boot Camp with Mike		

**** CHILDREN SPECIFIC WELLNESS PROGRAMS ****

4 - 5 p.m.	Mikel's Dance (fees apply)		CARDIO KIDS 5:15-6 with Crissy in aerobics studio (families welcome)			
5 - 6 p.m. & 6:15-6:45 p.m.	Mikel's Dance (fees apply)					

The best way to predict your future is to create it! ~ Peter Drucker

GROUP WELLNESS ACTIVITY 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.

Absolute Abs: Try this quick 15-minute core strengthening abdominal exercise class that includes lower back exercises for stabilization.

Bars, Bells & Balls: Fun class for all fitness levels! Build core strength using body bars, dumbbells & balls. All exercises are in 2-minute intervals.

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 Bar: A cardio workout, fusing strength training, ballet and Pilates inspired movements. Bring water and grab a towel. You'll leave feeling strong all over.

City of Las Vegas Class: Community members are invited to join this city run class for a fee of \$3. Class includes low impact cardio with resistance training for a full body workout. Beginners' welcome!

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.

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

Hot Hula Fitness: Total body workout inspired by the dances of the Pacific Islands. Easy to perform dance movements set to Polynesian drum beats fused with Reggie music resulting in a modern, hip fitness workout. No experience necessary! Join the fun and shake those hips!! (Great waist and hip toner)

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.

P90X: Various Team Beachbody® fitness programs will be introduced each week. Bring a towel, water and be ready to get fit and have fun like never before!

Pilates Sculpt: (Starting 9/12) A mat-based class using various props to optimize endurance, strength, flexibility and posture through core conditioning.

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/Beginner Step: 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.

Multi Level Yoga: Join our Yoga therapist as she guides you through traditional yoga poses with multiple variations to fit the beginner or the more advanced. If you're a beginner or want to fine-tune your skills, this is the class for you.

Senior Yoga Therapy: 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.

Yoga Rejuvenation: A restorative form of yoga designed to invigorate the senses, re-align the spine and wake-up the mind. Discover the new you!

Vinyasa Yoga: An intermediate to advanced flow yoga class that provides restoring energy and balance, plus a total body-strengthening workout.

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!

Zumbatomic®: Have your kids join the party and have some fun! Latin style dance tailored just for kids!

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

Youth Fitness

Cardio Kids (5-12 yrs.): This is "fun fitness" at its best! Y-Kids incorporates teamwork, agility and loads of good times. Mom and Dad are welcome to come!

Teen Strength: (13-15 yrs.): Fees apply \$42 per month. Wellness education and hands on experience with fitness training equipment. Led by our certified personal trainers. Teaches fundamentals of strength training, technique, weight room etiquette and nutrition. Four weeks per session. Register at front desk.

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.)