



**Bill and Lillie Heinrich YMCA**  
4141 Meadows Lane, Las Vegas, NV 89107

## HEINRICH WELLNESS SCHEDULE – **MAY 2012**

**\*Monday, May 7<sup>th</sup>-Free blood pressure check 9am-10am**

**PERSONAL TRAINING SPECIAL:** Get ready for summer with your friends!  
Sign up now for a personal training buddy package, **3** people for the price of **2!**  
Offer expires 5-31-12

Visit [www.lasvegasyymca.org](http://www.lasvegasyymca.org) and click on "Programs" then "Bill and Lillie YMCA" for class descriptions. Classes subject to change without notification. Children under 13 must be accompanied by a parent in fitness classes unless otherwise stated.

### Upstairs Aerobics Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7am	<b>Basic Step</b> with Virginia		<b>Basic Step</b> with Virginia		<b>Basic Step</b> with Virginia	
7:15-8am	<b>TNT</b> with Virginia		<b>TNT</b> with Virginia		<b>TNT</b> with Virginia	
8-9am	<b>Stretch &amp; Prep</b> with Martha	<b>~Mid-May~ PILATES</b>		<b>~Mid-May~ PILATES</b>		
9-9:45am	<b>Silver &amp; Fit</b> with Sacha		<b>Silver &amp; Fit</b> with Sacha		<b>Silver &amp; Fit</b> with Veronica	
9-10am		<b>Boogie Line Dance</b> with Michelle		<b>ZUMBA Gold</b> with Laura		<b>Morning Yoga</b> with Martha
10-11am	<b>Tai Chi</b> with Andy Pan	<b>HOT HULA FITNESS</b> with Valerie/Teli	<b>Tai Chi</b> with Andy Pan	<b>HOT HULA FITNESS</b> with Luisa	<b>Chair Yoga Therapy</b> with Martha	
10:30-11:30am	<b>Bum &amp; Belly BLASTER</b> with Shawna <b>(In Gym)</b>					<b>Coming SOON... *Ballroom Dancing!*</b>
11:30-12:00pm	<b>Toddler Time</b> with Miss Sophie	<b>Coming SOON... Ballroom Dancing</b>	<b>Momma/Papa Toddler Time</b> with Miss Sophie	<b>Coming SOON... Ballroom Dancing</b>		<b>ZUMBA</b> with Christine <b>*11am-Noon*</b>
4-5pm	<b>Yoga</b> with Martha *4:30-5:30pm*	<b>Family Tai Chi</b> with Andy Pan		<b>Family Tai Chi</b> with Andy Pan		
5:15-6:00pm	<b>STUDIO RESERVED</b>	<b>*NEW* HOT HULA FITNESS</b> with Luisa	<b>Bum &amp; Belly BLASTER</b> with Shawna	<b>BOOTCAMP</b> with Heather	<b>ZUMBA</b> with Farrah <b>*5pm-6pm*</b>	
6-7pm	<b>ZUMBA</b> with Subrina <b>*6:30-7:30*</b>	<b>ZUMBA</b> with Marixa	<b>ZUMBA</b> with Christine	<b>ZUMBA</b> with Subrina		
7:30-8:30pm	<b>TOTAL Body Conditioning</b> with Julie					

### GROUP CYCLE CLASSES

(Held in cycle studio behind fitness center)

Beginners please arrive 10 minutes early for bike set-up.

9:15-10:15am						<b>CYCLE</b> with Sherri <b>*NEW TIME*</b>
5:15-6pm	<b>CYCLE</b> with Sherri		<b>CYCLE</b> with Julie			<b>NO SATURDAY CYCLE ON 5/5 ONLY!!!</b>
6-7pm	<b>CYCLE in SPANISH</b> with Barbara	<b>CYCLE and PUMP</b> with Fred		<b>CYCLE</b> with Heather		

**Wellness classes are free and another value of your YMCA membership!**

Questions? Contact Jessica Pagel, Health and Wellness Coordinator, (702) 877-7272 or [jpapel@lasvegasymca.org](mailto:jpapel@lasvegasymca.org). Beginner, intermediate, advanced classes for all. Instructors are trained to challenge you and assist you in reaching your goals! Pick and choose your favorites. If you enjoy what you do, you are more likely to stick with it and enhance your health and wellness!

**Basic Step:** Enjoy fun, easy combos and upbeat music in this modern step class!

**Bum & Belly Blaster:** This class will include training of prime target areas such as abs, hips, butt and upper thigh and will be led by two certified Personal trainers. All levels are welcome!

**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. Electric Slide, Zumba, Modern Pop music along with classic boogie and rock n roll included. Fat burning workout!

**BOOTCAMP:** Ready to challenge yourself? Get in tip top shape as your instructor leads you through a variety of drills to upbeat music.

**Circuit Training:** A fast-paced workout that trains the entire body with bodyweight activities, cardio interval drills and strength training. Get in & get it done in 45 minutes!

**CYCLE & PUMP:** This 60-minute class emphasizes cardio health with interval training on stationary bikes. The second half of class focuses on strength training to hit all major muscle groups.

**Hot Hula Fitness:** This new, fun and exciting dance workout combines easy-to-perform dance movements set to the sounds of traditional Polynesian drum beats, fused with funky reggae music.

**Indoor Cycle Class:** Whether you're a beginner, recreational cyclist or serious racer, this class on cutting-edge indoor stationary bikes provides an excellent workout with no joint impact. It's set to motivating, fun music that puts you in control of your own workout. Beginners, please arrive early to set up your bike!

**Momma/Papa Toddler Time:** A class that will give parents and their toddlers time to interact with one another in a fun and exciting environment. This class will involve a variety of dance exercise movements and routines for both the parents and little ones.

**Saturday Rotation Class:** Want some variety in your workout? Join us for a different group exercise class every Saturday from 10 a.m.- 11 a.m. Change up your exercise routine and meet a new YMCA group exercise instructor!!

**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. **It is mandatory for Humana Silver&Fit /Senior Dimensions/Fit for Life members to scan card at front desk before entering class.**

**Tai Chi:** This mind-body practice originated in China as a martial art. Movements are slow and gentle, with low impact to joints. Health benefits include increased strength, flexibility, and balance. Research indicates that the practice of Tai Chi improves immune function and promotes well-being. Beginners can arrive 15 minutes early for an informal introduction to Tai Chi. Practice swords are available for purchase.

**Toddler Time:** Time for your toddler to learn some basic dance skills. They will interact with other toddlers while dancing away to their favorite songs and rhymes!

**TOTAL Body Conditioning (TBC):** Combine full-body resistance training with cardio training and you get TOTAL CONDITIONING. You'll build and tone muscle, FAST!

**TNT (Tighten 'n' Tone):** Isolate targeted areas to improve muscle strength and tone. Includes stretching.

**Yoga: A SPIRIT, MIND AND BODY EXPERIENCE: ALL fitness levels welcome.** 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.

**Chair Yoga Therapy:** This class is perfect for anyone with range of motion or mobility challenges, back or joint pain/injuries, and/or anyone who is new to Yoga. A chair is used for most of the class for stability and to help build strength.

**ZUMBA: "Ditch the workout, join the party!"** Learn Latin-style dance routines with exciting Zumba-certified instructors. Get your heart pumping and burn calories while you're having fun! Great for the whole family!

**ZUMBA GOLD:** 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!

**Water Aerobics Schedule-Location: Pool**

**Water Exercise Classes:** A safe and fun way to exercise! The buoyancy in the water allows you to work out without stressing joints or muscles. Water exercise has been proven to be low impact on your body but beneficial to your health.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8-8:45 am	Water fitness with Walter	Water fitness with Walter	Water fitness with Walter	Water fitness with Walter	Water fitness with Walter
9-10 am		Arthritis Splash with Camille		Arthritis Splash with Leonor	
10-10:50 am	Post Stroke with Marcus		Post Stroke with Marcus		Post Stroke with Marcus
10:55-11:40am	Water fitness with Kathleen		Water fitness with Kathleen		Water Fitness with Kathleen
4:00-5:00 pm					Water Fitness with Wanda
5:30-7pm		Aqua Fit with Julie		Aqua fit with Julie	
6-7 pm	Water fitness with Babs		Water fitness with Babs		