



# FITNESS SCHEDULE – MAY 2012

Visit [www.lasvegasymca.org](http://www.lasvegasymca.org) and click on "Programs" then "SkyView" for class descriptions. Children must be a minimum of 8 years old in order to participate in group exercise classes unless otherwise specified. Children under 13 must be accompanied to fitness classes by a parent/guardian.

**\*Please note that specific classes are 13+ yrs old. Body Pump is 15+ yrs old.** If a class is exceptionally large, equipment is to be used by adult members only. Proper attire and athletic shoes required.

## Aerobics Studio Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00 a.m.		*Body Pump with Jerry Get pass @ desk				
8:00-8:30 a.m.			*Postural Assessment Clinic with Laurel			
8:30-9:30 a.m.	*Fit After Fifty with Veronica	*Boogie Line Dance with Brenda	*Zumba Gold with Kat	*Boogie Line Dance with Brenda	Pilates at the Barre with Joan	
9:30-10:30 a.m.	Zumba With Falon	*Body Pump with Ticia Get pass @ desk	Zumba with Marixa	*Body Pump with Annette Get pass @ desk	Rock to Fit with Megan	*Body Pump Rotating Instructors Get pass @ desk
10:30-11:30 a.m.	Fundamentals of Yoga with/Mark	*Hot Hula with Luisa (New)	Pilates w/ Props with/Megan	*Balletone with Laurel (New)	*Body Pump with Sarah	Zumba Basic with Megan
11:30-12:30 a.m.						*Energizing Yoga With Angie
4:00-5:00 p.m.	*Tai Chi with Andy Pan	Restorative Yoga with Ann	*Tai Chi with Andy Pan	Fundamentals of Yoga with Angie	*Hot Hula with Teli (New)	
5:00-6:00 p.m.	*Body Pump with Kat Get pass @ desk	Zumba with Christine	*Body Pump with Brianna Get pass @ desk	Zumba with Christine		
6:00-7:00 p.m.	ZUMBA with Kat	*R.I.P.P.E.D with Kat	ZUMBA with Jerry	*R.I.P.P.E.D with Jerry		
7:00-8:00 p.m.	Belly Dancing with Delilah	Zumba with Christine	Fundamentals of Yoga with Mark	Zumba with Christine		

## Multipurpose Room 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30-11:30 a.m.				Gentle Yoga Therapy with/ Martha		
5:00- 5:45 p.m.		Y Kids Zumbatomic w/ Kat (Age 5-12)				
7:00-8:00 p.m.	Cycle, Core and Stretch with Ann		Cycle, Core and Stretch w/ Michelle			

## Multipurpose Room 1 Side B

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30-11:30 a.m.		Fundamentals of Yoga w/ Megan				
4:00-5:00 p.m.		Shotokan Karate 4:00- 4:50 p.m. (fees apply)				
4:45- 5:30 p.m.	Y Kids Yoga with Angie (age 5-12)	Shotokan Karate 5:00- 5:50 p.m. (fees apply)	Y Kids Kickboxing w/ Karen (Age 5-12)	Y Kids W/Angie (Age 5-12) 5:00- 5:45 p.m.	Shotokan Karate 4:30- 5:30 p.m. (fees apply)	
5:30-7:30 p.m.			Youth Drama Classes 6+yrs see desk for info (fees apply)			

## Water fitness classes are held in the pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30 a.m.	Aqua Fit w/ Adam		Aqua Fit w/ Adam		Aqua Fit w/ Julie	
9:30-10:30 a.m.	Aqua Fit w/ Adam		Aqua Fit w/ Adam		Aqua Fit w/ Julie	
4:45-5:30 p.m.					Y Kids Water Sports (ages 5-12 at Pool)	
6:30-7:30 p.m.	Aqua Fit w/ Lisa		Aqua Fit w/ Lisa			

**Remember! Fitness classes are free and included in your YMCA membership! Please scan your "Y" card at front the desk before attending a class.**



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**SKYVIEW YMCA GROUP EXERCISE FITNESS CLASS DESCRIPTIONS** – See other page for schedule. Classes and instructors subject to change without notification. Questions? Contact Jerry Johnson, Health & Wellness Coordinator at (702) 998-9107 or email [jjohnson@lasvegasyymca.org](mailto:jjohnson@lasvegasyymca.org). Remember! Fitness classes are free and included in your YMCA membership! Please scan your "Y" card at the front desk before attending a class.

- AQUAFIT:** This low-impact water workout focuses on cardiovascular conditioning, strength training and flexibility. Held in deep/shallow water. Great for all ages and levels!
- BALLETONE:** This class offers a challenging mix of strength and flexibility movements designed after classical ballet principles. Achieve elegant results and a dancer's body while improving posture, balance and core strength. "Something for Everybody."
- BELLY DANCING:** involves isolating different parts of the body (hips, shoulders, chest, stomach, etc.) which appear similar to the isolations used in jazz ballet, but are often driven differently. Correct posture and muscle control is as important in belly dancing as it is in other fields of dance.
- BODYPUMP:** is the original barbell class that's strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! Like all the LES MILLS™ programs, a new BODYPUMP™ class is released every three months with new music and choreography.
- 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. Fat burning workout!
- CYCLE, CORE & STRETCH:** 30 minutes of cardiovascular exercise on the stationary bikes and 30 minutes of core strengthening and flexibility training.
- DANCE IT OUT:** is a 45 minute FUN, and Easy to Follow dance class featuring the latest Hit Music, and awesome moves that will make you forget you are even exercising!! Benefits include: Improved coordination, Averaged 500+ calorie burning zone, increased cardio endurance, and the ability to release that Inner Rock star!!!!
- FIT AFTER FIFTY:** 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.
- FUNDAMENTALS OF YOGA:** Yoga is a physical discipline consisting of thousands of postures called asanas. Each asane is practiced together, combining the body with the mind and breath. The purpose is to increase strength, endurance, and flexibility, improve posture and release tension. Be comfortable or comfortably challenged in a perfect workout for everyone. No joint impact – a spirit, mind and body experience!
- GENTLE 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. The majority of the class takes place in a chair with an emphasis on modification of traditional yoga postures and poses. The modification of positions allows participants to experience the benefits of yoga including increased flexibility, circulation, and mobility, in a safe and effective manner. The class is great for the senior or active older adult population.
- HOT HULA FITNESS:** This new, fun and exciting dance workout combines easy-to-perform dance movements set to the sounds of traditional Polynesian drumbeats, fused with funky reggae music.
- PILATES:** The philosophy of Pilates is to train from the inside out focusing on the intrinsic muscles that support the spinal column, shoulder, and pelvic girdle. This mat-based class uses breath with movement thru a variety of exercises and/or props to optimize strength, endurance, flexibility and posture. Pilates often incorporates the use of props to assist with modifications for those in need of assistance in certain postures and/or to increase the intensity, therefore enhancing the experience.
- PILATES AT THE BARRE:** Begin this class with a challenging workout at the ballet barre. Ballet-inspired moves will help to tone your upper and lower body, while increasing your strength and flexibility. The last part of this class will move to the mat for focus on your core, using traditional Pilate's exercises.
- POSTURAL ASSESSMENT CLINIC:** You will learn a few simple tools that will help you: feel better, look better, appear younger, relieve pain in back, neck, shoulders & knees, strengthen your entire body in each workout, gain better results from Zumba, Pilates, Yoga, Body Pump & More!
- RESTORITIVE YOGA:** This is an invigorating yoga class for beginners to intermediate; utilizing a variety of styles and a combination to help the body and mind de-stress, and improves strength, balance and flexibility.
- R.I.P.P.E.D.:** It stands for Resistance. Intervals. Power. Plyometrics. Endurance. Diet & Nutrition. It includes bodyweight training, 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.
- ROCK TO FIT:** Perfect for members who wish to learn how to blend body-sculpting techniques and specific dance moves into one calorie-burning, strength-training class. You'll learn how to use weights to enhance rhythm, build strength and tone all the target zones.
- 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.
- ZUMBA:** Join the party! Learn Latin-style dance routines to the latest, hottest fitness workout. Gets your heart pumping and burn calories while 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 and beginner students. We break down merengue, salsa, cha cha, belly dance, cumbia, flamenco, tango and rock to create a motivating, inspiring workout!
- Y-KIDS FITNESS CLASSES: Ages 5-12**
- Y-KIDS YOGA:** Kids learn yoga poses, have fun and enter into the tranquil world of yoga.
- Y-KIDS KICKBOXING:** This is a low intensity, beginner aerobics class designed for youngsters. Kids will have fun learning basic kickboxing techniques, while using all the major muscle groups.
- Y-KIDS WATER SPORTS:** Kids have an opportunity to explore the exciting world of aquatics while building their cardiovascular system in the pool! It is recommended, but not required, that children be able to swim 25 yards across the pool. Need lessons? Contact the front desk.
- Y- KIDS ZUMBATOMIC:** Have your kids join the party and have some fun! Latin style dance tailored just for kids!