



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

West Group Fitness Classes

West YMCA

April 3rd - June 11th

3700 Silver Lake Rd.
Traverse City, MI 49684
(231) 486-6357

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	Strength Train Together Studio A Angie S. 6am - 7am	Cycling Studio C Angela H. 6am - 7am	Strength Train Together Studio A Martha V. 6am - 7am	Cycling Studio C Angela H. 6am - 7am	Mat Pilates Studio C Holli H. 6am - 7am		
	Cycling Studio C Lisa P. 6am - 7am		Cycle Together Studio C Jami H. 6am - 7am	Vin-Hatha Yoga Studio A - Low Impact Kelly S. 6am - 6:45am	Active Together Studio A - Low Impact Martha V. 6am - 7am		
7am	Barre Studio A Martha V. 7:15am - 8am			Active Together Studio A - Low Impact Martha V. 7am - 8am		Cycle 30 Together Studio C Stephanie C. 7:15am - 7:45am	
						Shockwave Studio B Diana H. 7:30am - 8:30am	
8am	Strength Train Together Studio A Martha V. 8:10am - 9:10am	Mat Pilates Studio A Holli H. 8:15am - 9:15am	Kickboxing Studio A Martha V. 8:10am - 9:05am	Strength Circuit Studio B Angie S. 8:30am - 9:30am	Shockwave Studio B Angie S. 8:15am - 9:15am	Cycling Studio C Lisa P. 8am - 9am	
	Whittle Your Middle Studio B - Low Impact Angie S. 8:30am - 9:15am	Strength Circuit Studio B Angie S. 8:30am - 9:30am	Whittle Your Middle Studio B - Low Impact Angie S. 8:30am - 9:15am	Strength & Stretch Yoga Studio A Lesley K. 8:30am - 9:25am	Cycle Together Studio C Jami H. 8:30am - 9:30am	STRONG by Zumba® Studio A Angelyn P. 8am - 8:55am	
					Fitness Fusion Studio A Brittany T. 8:30am - 9:10am		
9am	Flex & Stretch Studio A - Low Impact Lesley K. 9:15am - 10am	Totally Toned Studio A Martha V. 9:30am - 10:30am	Flex & Stretch Studio A - Low Impact Lesley K. 9:15am - 10am	Totally Toned Studio A Martha V. 9:30am - 10:30am	Flex-Move/Pilat-ease Studio A - Low Impact Martha V. 9:15am - 10am	Flex & Stretch Studio B Diana H. 9am - 9:45am	
	Shockwave Studio B Martha V. 9:30am - 10:30am	Cycle Together Studio C Stephanie C. 9:30am - 10:30am	Synergized Studio B Angie S. 9:30am - 10:30am	Cycle and Core Studio C Hannah B. 9:30am - 10:30am	Higher Intensity Studio A Brittany T. 9:30am - 10:25am	Strength Train Together Studio A Martha V. 9am - 10am	
10am	Enhance Fitness (Active Older) Studio A - Low Impact Lesley K. 10:05am - 11:05am	Step Fit Studio A - Low Impact Martha V. 10:45am - 11:15am	Enhance Fitness (Active Older) Studio A - Low Impact Lesley K. 10:05am - 11:05am	Step Fit Studio A - Low Impact Martha V. 10:45am - 11:15am	Enhance Fitness (Active Older) Studio A - Low Impact Lesley K. 10:05am - 11:05am	Vinyasa Slow Flow Yoga Studio A Katie N. 10:05am - 11:05am	
11am	Gentle Yoga Studio A - Low Impact Lesley K. 11:10am - 12:10pm	Flexible Movement Studio A - Low Impact Martha V. 11:15am - 11:45am	Strength Train Together Studio A Laura H. 11:10am - 12:10pm	Flexible Movement Studio A - Low Impact Martha V. 11:15am - 11:45am	Yin/Yang Yoga Studio A Lesley K. 11:10am - 12:10pm		
		Lunch Express Studio B Rebecca G. 11:30am - 12:30pm		Lunch Express Studio B Rebecca G. 11:30am - 12:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

West Group Fitness Classes

West YMCA

April 3rd - June 11th

3700 Silver Lake Rd.
Traverse City, MI 49684
(231) 486-6357

	MON	TUE	WED	THU	FRI	SAT	SUN
12pm	Cycle 30 Together Studio C Jami H. 12:15pm - 12:45pm	Zumba® Gold (Active Older) Studio A - Low Impact Laura H. 12pm - 1pm	Cycle 30 Together Studio C Stephanie C. 12:15pm - 12:45pm	Zumba® Gold (Active Older) Studio A - Low Impact Laura H. 12pm - 1pm	Cycle 30 Together Studio C Stephanie C. 12:15pm - 12:45pm		
	Enhance Fitness (Active Older) Studio A - Low Impact Holli H. 12:15pm - 1:15pm		Enhance Fitness (Active Older) Studio A - Low Impact Holli H. 12:15pm - 1:15pm		Enhance Fitness (Active Older) Studio A - Low Impact Holli H. 12:15pm - 1:15pm		
			Cycle 30 Together Studio C Stephanie C. 12:15pm - 12:45pm				
1pm	Active Together Studio A - Low Impact Jami H. 1:30pm - 2:30pm			Active Together Studio A - Low Impact Laura H. 1:30pm - 2:30pm			
4pm	Strength Train Together Studio A Angie S. 4:15pm - 5:15pm	Active Together Studio A - Low Impact Martha V. 4:30pm - 5:30pm	Strength Train Together Studio A Martha V. 4:15pm - 5:15pm	Active Together Studio A - Low Impact Brittany T. 4:30pm - 5:30pm			
			Mat Pilates Studio C - Low Impact Holli H. 4:20pm - 5:20pm				
5pm	Strength Train Together Studio A Brittany T. 5:30pm - 6:30pm	Shockwave Studio B Stephanie C. 5:30pm - 6:30pm	Strength Train Together Studio A Brittany T. 5:30pm - 6:30pm	Shockwave Studio B Stephanie C. 5:30pm - 6:30pm			
		Mat Pilates Studio A - Low Impact Martha V. 5:45pm - 6:30pm		Barre Studio A Martha V. 5:45pm - 6:30pm			
6pm	Shockwave Studio B Diana H. 6pm - 7pm	Zumba® Studio A Nicole B. 6:45pm - 7:45pm	Shockwave Studio B Diana H. 6pm - 7pm	Zumba® Studio A Angelyn P. 6:45pm - 7:45pm			
	Cycle Together Studio C Stephanie C. 6:30pm - 7:30pm		Cycle Together Studio C Jami H. 6:30pm - 7:30pm				
7pm	Yin/Yang Yoga Studio A Kelly S 7pm - 7:45pm		Vinyasa Slow Flow Yoga Studio A Kelly S 7pm - 7:45pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

Active Together - A simple and athletic program drawing from all four elements of fitness: cardio, strength, balance, and flexibility. Get stronger and fitter with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements.

Barre - A blend of pilates, yoga, aerobics and elements of strength training that dancers do. You'll see improvements in your posture, flexibility, overall body strength and balance. This class is a challenge for all fitness levels.

Cycle 30 Together - Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush.

Cycle Together - Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training.

Cycling - This class focuses on using stationary bikes to simulate an outdoor ride experience. We challenge our bodies by using resistance and speed on a bike while listening to great music and having fun!

Enhance Fitness (Active Older) - Includes a warm-up, low impact cardio, strength and stretching. This class uses wrist and ankle weights for upper and lower body strength exercises. Everyone has a chair and all of the exercises can be done from a standing or sitting position.

Fitness Fusion - This class will blend a variety of strength training techniques to challenge muscle strength and develop muscle endurance. The class format will utilize kettlebells, hand weights, resistance bands and more to accomplish your strength training goals.

Flex & Stretch - Half strength, half stretch class will improve balance, posture, and flexibility. Learn how to use your own body, plus light weights and bands. Appropriate for all levels.

Flex-Move/Pilat-ease - This class blends 20 minutes of flexible movement patterns in 3 planes of motion and 20 minutes of pilates mat floor work. Through gentle movement patterns you will develop strength and flexibility. Just enough to feel rejuvenated before the weekend!

Flexible Movement - Functional movement patterns in 3 planes of motion encourage stability, mobility and balance while in gentle motion.

Gentle Yoga - A softer, nurturing, slow-paced, well-supported and relaxing practice. Chairs and mats will be used, eliminating floor work. Practice restorative movements that improve range of motion and joint mobility, reduce pain and the effects of stress.

Higher Intensity - A full body cardio workout and involves alternating short bursts of super intense work with a low intensity recovery.

Kickboxing - This class delivers a cardio component through jab, punch, kick patterns and drills. Don't miss out on the opportunity to feel empowered and strong while developing strength, flexibility and agility.

Lunch Express - Power up your lunch break with this total body, circuit based class that will be sure to "empty your tank" using a variety of equipment for a fun, and effective workout on your lunch break!

Mat Pilates - Using a yoga mat, students practice controlled breathing during body weight resisted movement to build core strength. This is a good place to start your pilates experience before moving on to more advanced techniques or equipment.

Shockwave - Cross-training at its best. Using the WaterRower GX rowing machine to provide bursts of high intensity intervals while functional strength stations are designed to sculpt the legs, core and arms.

Step Fit - The perfect mix of choreography and conditioning. Easy-to-follow step patterns will increase your heart rate while simple body conditioning patterns will compliment your workout. All fitness levels are encouraged to attend.

Strength & Stretch Yoga - For advanced yogis, this class uses flow style yoga starting with a warm-up, followed by strength poses or power yoga. The second half of the class is slowed down and we use yoga poses for stretching, sometimes holding for a minute or more.

Strength Circuit - This class offers a variety of fitness challenges for upper body, lower body and core. Be the first to discover your personal strengths through resistance and total body weight exercises. You'll be amazed with your accomplishments and results.

Strength Train Together - Using and adjustable barbell, weight plates and body weight, Group Power combines squats, lunges, presses and curls with functional integrated exercises.

STRONG by Zumba® - A High Intensity Interval Training (HIIT) class using traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition.

Synergized - This class is based around our Life Fitness Synergy360 machine used in a circuit format! The machine offers endless functional and strength exercises that will keep your workout interesting and fun!

Totally Toned - Full body workout, starting with large muscle groups and working to smaller muscles. Mixture of strength, cardio, flexibility and balance. Use free weight, body weight, bands, balls. "Fun"ctional fitness using challenges to motivate participants.

Vin-Hatha Yoga - This is a 45-min class that blends Hatha and Vinyasa yoga. It builds heat and energizes the body for the rest of the day.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Class Descriptions

West YMCA

3700 Silver Lake Rd.
Traverse City, MI 49684
(231) 486-6357

Vinyasa Slow Flow Yoga - Each class will be guided through Sun Salutations, standing poses and seated poses. There will always be options to take a gentler or more challenging approach to each pose.

Whittle Your Middle - Your core is key! These 30 minute packed workouts focus on everything from your shoulders to waist, front to back, and side to side to strengthen your abs, core, back, and obliques. Hit the entire abdominal area to help you whittle your middle.

Yin/Yang Yoga - First, we focus on a release of connective tissues as we surrender into postures for longer periods of time. Then we move into a short, gentle flow that helps move us into a sense of steadiness and alignment. All levels welcome!

Zumba® - Burn up to 1,000 calories while having the best time ever. It takes the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Zumba® Gold (Active Older) - A modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.