



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP FITNESS

**SCHEDULE BEGINNING: April-August 15**

**DESCRIPTIONS →→→**

All group fitness classes require a reservation, no walk-ins available. Complimentary for Members

<b>CWR:</b> Child Watch Room Capacity: 6	<b>WS1:</b> Wellness Studio 1 Capacity: 9	<b>LG:</b> Large Gym Capacity: 23
<b>MPR:</b> Multi-Purpose Room Capacity: 11	<b>CS:</b> Cycle Studio Capacity: 7	<b>SG:</b> Small Gym Capacity: 12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Interval Training</b> 7:00-7:45a (Bruce) LG		<b>Boot Camp</b> 7:00a-7:45a (Bruce) LG	<b>Interval Training</b> 7:00a-7:45a (Bruce) LG		<b>Bootcamp</b> 8:15a-9:00a (Maria) LG
<b>Bootcamp Light</b> 10:15a-11:00a (Maria) SG		<b>Rise &amp; Shine Yoga (Int-Adv)</b> 9:00a- 10:00a (Anu) SG			<b>Senior Strength</b> 10:00a-11:00a (Bruce) LG	<b>Power Vinyasa Yoga (Int-Adv)</b> 9:00a-9:45a (Anu) SG
<b>Bootcamp</b> 11:15a-12:00p (Maria) SG					<b>Balance &amp; Flexibility</b> 11:00a-12:00p (Bruce) LG	<b>Bootcamp Light</b> 9:15am-10:00am (Maria) LG
		<b>Gentle Movements Yoga (Beginner)</b> 10:15a-11:15a (Anu) SG				
	<b>Tabata</b> <b>Begins May 7</b> 6:30p-7:15p (Maria) LG		<b>Tabata</b> <b>Begins May 2</b> 6:30p-7:15p (Maria) LG	<b>Intro to Vinyasa Yoga (Int-Adv)</b> 5:30p-6:30p (Anu) SG		

### FITNESS PROGRAM ADAPTATIONS:

- Group fitness capacity limited
- All equipment including mats provided; mats are available for purchase if desired
- 3 consecutive no-shows result in member reservation privileges being suspended



Download the schedule by scanning the QR Code or visit [westcookymca.org/schedules](http://westcookymca.org/schedules)

**BALANCE AND MOBILITY-**Relieve stress, increase balance, flexibility, and range of motion. Work through seated and standing balance and stretching exercises. Chair support offered. Restorative breathing and relaxation exercises incorporated throughout!

**BOOT CAMP WITH BRUCE-**This drill-oriented program is designed to increase your strength, endurance, and mobility through high intensity workouts that will maximize your fitness level. Boot Camp will help you dial up your fitness in an encouraging environment.

**BOOTCAMP WITH MARIA:** Get ready to feel a full body burn! In this 45-minute circuit style class done in timed stations, we combine strength and cardio exercises to work your body to its full potential. Expect variety and intensity! While this is a challenging class, everyone goes at their own pace. Come and let's reach those goals together! Your instructor will guide you and cheer you on. You can do this!

**BOOTCAMP LIGHT WITH MARIA:** Just like our regular BOOTCAMP class, but we turned down the intensity. Go at your own pace in this 45-minute class of timed circuits, no stations, where we combine strength and cardio exercises to work your body to its full potential. Chairs available to facilitate the exercise, if needed. Your instructor will guide you and cheer you on. Let's reach those goals!

**CYCLING:** Are you looking for a challenge both mentally and physically? Then this class is for you! You will experience a variety of class styles including drills, endurance, power, and strength. Rides will simulate varied terrain as you take on flats, rolling hills, big climbs and fast sprints motivated by great music. Whether you're a seasoned cyclist or a first timer, you'll be able to dial in the resistance to get a great workout. If it's your first time, show up a little early to get a fit on a bike. What to bring: Water bottle and a small towel. Not required but recommended: heart rate monitor to measure intensity during class.

**GENTLE MOVEMENTS:** Designed for those new to yoga or those who are interested in a gentle practice. You can expect to flow through simple sequences and slower paced movements. We will focus on tension release and mobility work that you can easily apply to your day-to-day life. This class is appropriate for any age and all levels.

**INTERVAL TRAINING:** Blast all your muscles with high-rep training intervals. Variety in each session! Using body weight and other weighted implements, this workout will challenge the whole body with functional integrated exercise. A motivating group atmosphere to get your heart rate up, make you sweat and push you to a personal best.

**INTRODUCTION TO VINYASA YOGA:** This class focuses on developing clear and safe alignment in foundational poses. The basic postures that form the Vinyasa yoga sequence will be demonstrated and guided with modifications. Meditation and breath exercises will be offered in each session to quiet the mind and awaken our senses. Introduction to Vinyasa yoga is a great way to build heat, get stronger, more flexible, and meditate through dynamic movements.

**POWER VINYASA YOGA:** Power Vinyasa offers practice that builds your endurance and strength. This energetic flow will make you move through a creative sequence exploring advanced versions of the yoga postures. You will enjoy moving in rhythmic music, breaking sweat, and challenging yourself to advance your practice. This class is for students that have basic understanding of yoga asanas. For your safety, please take the Introduction to Vinyasa Yoga class before trying Power Vinyasa.

**RISE & SHINE MORNING YOGA:** Focus on making smooth transitions between asanas that feel most natural. Designed to guide our mind and body to gradually open up through gentle movements that feel good and to awaken and energize our soul for the day ahead. Dynamic variations of each asana will be introduced in a fun and encouraging environment.

**SENIOR STRENGTH:** An exercise program especially for active older adults. Must be able to stand on both feet. A blend of great cardio and strengthening using bands, light weights, balls and more.

**STRENGTH & BALANCE (AOA):** A full-body workout for active older adults using light weights, resistance bands, and exercise balls in a low impact setting. This class will work on building strength, core, and improving balance.

**TABATA:** 45 minutes will fly by as you move through a series of exercise rounds that are done for 20 seconds at a time followed by a 10 second active rest. You'll give your heart, and every other muscle, a great workout! Keeps your mind in the workout and your body feeling the burn!

**YIN RESTORATIVE YOGA:** A slow-paced style of yoga where postures are held for longer periods of time. The sequences of postures are meant to stimulate and help in stretching connective tissue around the joints. Long hold times of this practice offers the chance to sit with our emotions and can help us become more resilient to stress. A meditative approach, its goals are awareness of inner silence and bringing to light a universal, interconnecting quality. We will incorporate various yoga props, such as blocks, straps, bolsters, and blankets to deepen our postures.