



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTSIDE FITNESS CLASS DESCRIPTIONS

2018 Winter 2 March 5th – May 6th

Advance Athletic Training: Advance Athletic Conditioning an hour packed, total body work out designed to push you to the next level of fitness. Combining agility, plyometric drills, and unique strength challenges to bring out your inner athlete and give you the advantage in every situation. Previous experience recommended. Tuesday, or Thursday 4:40pm-5:40pm. YMCA Member \$20, Prospective Member \$58

Beginner Workout: This exercise class is designed with the beginner in mind. You will experience a warm up, easy cardio, basic core work and a wonderful stretch to get you feeling great. Tuesday 5:45-6:45pm. Member Free, Prospective Member:\$68

Circuits: Get the most out of your morning in this 45 minute circuit style class held in our Functional Fitness Area. Tuesday 6:00-6:45am, Saturday 9:45-10:30am, Member Fee: \$25, Prospective Member:\$68

Class Bundles: The YMCA is offering class bundles in Yoga/Pilates, Group Cycle classes. Unlimited classes (in the bundle) at the Westside YMCA. Classes are led by Certified Instructors!- Member Fee \$70, Prospective Members: \$170 See the Welcome Center for more information.

Climbing REACHING NEW HEIGHTS: Stuck in a workout rut, or finding yourself plateauing? This class is open to climbers and non-climbers alike. Set fitness goals, build muscle, focus efforts, and boost overall performance in every area. This class is intended as a follow up to the YMCA 'Priming for Climbing' class. Monday & Wednesday 8:00-10:00pm. YMCA Member \$35, Perspective Members \$80

Core Conditioning: Core Conditioning builds strength which focuses on the abs and back. Add this class to your aerobic workouts to achieve a balanced workout plan. No warm-up here - be ready to work! All Fitness levels welcome. Large Studio: Monday 10:30-11:00am, Wednesday 10:30-11:00am, Friday 10:30-11:00am, Monday 6:30-7:00pm, Wednesday 6:30-7:00pm, Saturday 10:00-10:30am. Small Studio: Tuesday 11:00-11:30am, Friday 6:30-7:00am. **Member Free Class**, Prospective member \$55

Enhance Fitness: Improve your strength, balance, flexibility, and cardiovascular health with this program designed for seniors. This evidence-based program is endorsed by the Michigan Department of Community Health Arthritis Program and the CDC. Monday 8:30-9:30am, Wednesday 8:30-9:30am, and Friday 8:30-9:30am. YMCA Member \$28, Prospective Member \$60

Extreme Body Makeover: Are you ready to get a complete head to toe makeover? This is the class for you. Our Extreme Body Makeover Class will push you like nothing ever has before. Join Jill Terry for an action packed hour of out of this world total body conditioning. Get ready to try extreme movements that will produce extreme results. Monday 5:45-6:45am, Wednesday 5:45-6:45am. YMCA Member \$20, prospective Member \$70

Fast and Furious: Train from the secrets of the ancient Spartans to the modern day U.S. Military Special Forces. No two workouts are ever the same - adaptable for all fitness levels. All in 60 minutes. Tuesday 5:45am-6:45am, Thursday 5:45am-6:45am. YMCA Member \$20, Prospective Member \$80



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Fit and Fabulous: This combo aerobic/strength training class offers exercises for your total body and will increase your flexibility. Whether you're new to exercise or you have been away for a while, this class provides a safe friendly atmosphere where you can achieve your goals. Recommended for those who are 40+ years of age. Beginners welcome. Tuesday 8:30-9:20, Thursday 8:30-9:20. YMCA Member \$25, Prospective Member \$70

FLEX Class: Perhaps the most undervalued component of conditioning, deep stretching can not only decrease injury and create longer muscles with an increased range of motion, but also calm the mind. Starting with a yoga style warm up and working through focused and all over flexibility we will get muscles warm and limber. 30 minutes Monday 10:30-11am, Friday 9:30-10am, Member \$17, Prospective Member \$35

Forever Young: This class will battle the enemies of aging, e.g., age related muscle loss, balance problems, decreased flexibility and falling. Utilizing a variety of equipment and training techniques Forever Young will emphasize core and lower body strengthening as well as balance and flexibility enhancement. Led by personal trainer John Helrigel. Participants must be able to get up from and down onto the floor. Minimum age to enroll is 60 years old. Monday 9:40am-10:30am, Wednesday 9:40am -10:30am. YMCA Member \$25, Perspective Member Fee \$70

Get Ripped: Ripped stands for Resistance, Interval, Power, Plyometric, Endurance and Diet! Get it all and maximum results in the 1 hour class. Saturday 8:55-9:55am. ***Member Free Class***, Prospective Member \$70

Group Cycling: Using a studio cycle with a weighted flywheel, this heart pounding workout uses pacing and sets. Beginners: Make sure you work at your own pace! Monday 5:30-6:15am, 9:30-10am, 6:00-6:45pm, 7:10-7:55pm Wednesday 5:30-6:15am, 5:45-6:30pm, Friday 5:15am-6:30am, 8:45-9:30am, Saturday 8:00-8:45am, 9:00-9:45am, YMCA Member \$28, Prospective Member \$80

Group Cycle Power Ride: Come get your cardio blast in this 30 minute power ride. Beginners: Make sure you work at your own pace! Individual rides may be purchased at the Member Service desk, space permitting. Wednesday 9:30-10:00am. Member Fee: \$28, Prospective Member:\$80

Group Cycle Bootcamp: Using a studio cycle with a weighted flywheel, this heart pounding workout uses pacing and sets. Beginners: Make sure you work at your own pace! Please arrive at least 5 minutes before class to set-up your bike. Experience recommended. Wednesday 7:00pm-8:30pm. YMCA Member \$40, Prospective Member \$95

GUTS & BUTTS: Spend one full hour using all the tools of the trade including dumbbells, stability balls, and body weight. Class will also include target training for your glutes, guns (biceps) and guts! Modifications offered. Tuesday 8:15am-9:15am. YMCA Member \$20, Prospective Member \$70

HIIT: This form of interval training is an exercise strategy alternating short periods of intense anaerobic exercise with less-intense recovery periods. HIIT will give you the most out of a workout in the least amount of time! Tuesday 6:00-6:30pm, Friday 6:00 - 6:30am, Member \$17, Prospective Member \$35

KETTLEBELL: A high intensity interval kettle bell class that will get you using muscles you didn't know you had all in 30 minutes! Tuesday 9:30-10:00am Member \$17, Prospective Member \$35



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Karate: Students will gain confidence & self-discipline in this well rounded system. Each student progresses at his/her own rate. Fees do not include testing or professional organization registration. Uniforms optional and available through the instructor. Youth 1: (6+) Monday & Wednesday 6:00-6:30pm, Youth 2: (6-16) Monday & Wednesday 6:30-7:00, Adult (16+): Monday & Wednesday 7:05-8:05pm. YMCA Member \$15, Prospective Member \$40

Muscle Fit: Come and work those muscles. This class utilizes dumbbells, stability balls, kettlebells, body bars and gliders. Get a full body workout and strengthen your whole body. Recommended for the intermediate + exerciser. Monday 8:20-9:20am, Wednesday 8:20-9:20am. YMCA Member \$25, Prospective Member \$70

Pilates Mat work: Based on the systematic approach to exercise of Joseph Pilates, this class is designed to develop and execute and physically challenge you with a powerful system of mat exercises that target the core. Overall improving dynamic postural balance and engraining proper movement patterns. Saturday 9:10am-9:55am. YMCA Member \$28, Prospective Member \$80

POUND: POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometric and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique all while rocking out to your favorite music! Wednesday 7:00-7:45 pm. YMCA Member \$20, Prospective Member \$70

Priming for Climbing: Try out our Rock Climbing wall with Climbing Coach Cory Lowery in this 1 day per week class. Learn climbing technique and become a confident climber all while challenging yourself physically and mentally. Tuesday 8:00-9:00pm. YMCA Member \$20, Prospective Members \$70

Silver Sneakers: This class is geared for the mature body. You will gain and maintain heart health, range of motion, flexibility and strength. Meets in studio on main floor and is appropriate for seated exercise. Monday 11:15-12:15pm, Tuesday 11:15-12:15pm, Wednesday 11:15-12:15pm, Thursday 11:15-12:15pm. **Member Free Class**, Prospective Member \$60

Silver Sneakers Yoga: This class is geared for the mature body. You will gain and maintain heart health, range of motion, flexibility and strength. Meets in studio on main floor and is appropriate for seated exercise. Tuesday and Thursday 12:20pm-12:50pm. **Member Free Class**, Prospective Member \$50

Strength Train Together: Strength Train Together will blast all your muscles with a high rep weight training workout. Using adjustable barbell weight plates and bodyweight this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating atmosphere will get your heart rate up, make you sweat and push you to a personal best. Monday 4:30-5:30pm, Tuesday 5:45-6:45pm, Thursday 5:15-6:15am or 5:45-6:45pm, Friday 6:00-7:00am or 8:20-9:20am. **Y Member only Free class**

Step Aerobics: Ever popular step aerobics! Control the intensity of your workout by adding arm movements and adjusting the step height. Monday, Wednesday, Friday (step & sculpt) 9:30-10:30am. **Member Free Class**, Prospective Member \$68



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Step and Sculpt: Get the best of both worlds by combining Step Aerobics and Weight Works. Basic step patterns will alternate with strength segments for a total workout. Monday, Wednesday 6:00-6:45am, Monday & Wednesday 5:40-6:30pm. **Member Free Class**, Prospective Member \$68

Strength and Flexibility: This fitness class offers a total body workout using dynabands and physioballs. Beginners welcome. Tuesday 5:45am-6:45am, Thursday 5:45-6:45am, Saturday 7:05-8:05am. **Member Free Class**, Prospective Member \$68

Suspension Training: Using straps suspended from the wall, gravity, and the leverage of your own body weight, this 1/2 hour class is designed to give you an intense full body workout and develop strength, balance, flexibility and joint stability. Modifications offered. Saturday 8:25-9:05am and 10:00-10:30am. YMCA Member \$25, Prospective Member \$68

Suspension Training Beginner: Using straps suspended from the wall, gravity, and the leverage of your own body weight for your workout - for beginners. Develop strength, balance, flexibility and joint stability. Modifications offered. Monday 5:15-6:00pm Member Fee:\$25, Prospective Member: \$68

Tabata Bootcamp: Tabata Bootcamp is for all fitness levels. Since the workout philosophy is based on short durations of microburst intervals, you'll pick the intensity level that is right for you. You'll be able to determine what your individual "hard", "harder", and "hardest" effort is, to apply to each workout. Tabata Bootcamp was created not just for the fit to get fitter, but for the unfit to get fit. Monday 6:30-7:30pm, Member Fee:\$25, Prospective Member:\$70

Tae Kwon Do Adult Karate: Black Belt Instructors. Each Student progresses at his/her own rate. Fees do not include testing or professional organization registration. Uniforms optional and available through the instructor. Class meets Saturday morning at 11:20am. **Member Free Class**, Prospective Member \$70

Tae Kwon Do Youth Karate: Black Belt Instructors. Each Student progresses at his/her own rate. Fees do not include testing or professional organization registration. Uniforms optional and available through the instructor. Class meets Saturday morning at 10:35am. **Member Free Class**, Prospective Member \$70

Tai Chi: Tai chi is taught as a zero impact exercise system utilizing fluid movement and constant balance. The focus is on self-control and mindfulness of body as you move from one form to the next. Develop strength, power, suppleness, and total relaxation. Thursday 9:00-10:00am. **Member Free Class**, Prospective Member \$70

Turning Point: For Breast Cancer Survivors! This supportive class utilizes exercise to help decrease stress in a format designed specifically for breast cancer patients and survivors. Increase your ROM, & strength. Tuesday & Thursday 10:00-11:00am, Turning Point Advance class Monday 10-11am, FREE first year.

Turning Point Yoga: For Breast Cancer Survivors! Traditional Yoga postures designed specifically for breast cancer patients and survivors to increase your ROM, strength & flexibility. Yoga blocks, straps and mats will be used. Friday 10:00-11:00am **Member Free Class**, Survivors FREE first year

W.A.K.S.: Weights, Abs, Kickbox and Step all in one class. Everyone welcome. Tuesday & Thursday 4:30-5:30pm. **Member Free Class**, Prospective Member \$70



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Weight Works: This non-aerobic workout is studio based strength training using hand weights and barbells. All levels welcome; options will be given for beginners and diehards alike. Saturday 7:45-8:45am, Wednesday 4:30-5:30pm. **Member Free Class, Prospective Member \$70**

Y-BARRE: The fitness craze sweeping the Nation! Class utilizes a ballet style barre, mat and props, for a workout that will lift, tone and tighten your legs, glutes, and core! Incorporates Ballet, Pilates, and Yoga exercises to great music! Get ready to feel your muscles shake into shape, while burning calories! Tuesdays 10:00-11:00 am, YMCA Member \$25, Prospective Member \$70

Yoga – POWER YOGA: This power yoga class is a more challenging vinyasa flow class that combines the alignment and deep focus of Iyengar with the fluidity and energy of Ashtanga (eight limbs of yoga), using breath as the vehicle. Meena Park will guide you through a challenging sequence that creates detoxifying heat in your body and helps you build inner and outer strength. Using powerful poses to tone your body, this class will help you develop your practice around total strength and flexibility. This form of yoga challenges the mind, the body, and the spirit to work as one, as well as detox, heal, and open students physically, emotionally and spiritually. This is an intermediate to advanced level class – **1 year + yoga experience recommended.** Wednesday 6:00 to 7:30pm, \$56 YMCA Member, Prospective member: \$120. (Note: this class is NOT part of the Yoga Bundle)

Yoga Flow: Yoga Flow is an intermediate Yoga Class for those who are ready for more than the "Ease into Yoga" class. Traditional Yoga postures linked together in a flowing format will increase your strength & flexibility. A relaxation segment will be included. Thursday 10:15-11:15am, Saturday 11:00am-12:00pm. YMCA Member \$28, Prospective Member \$80

Yoga Flow Vinyasa: Vinyasa style class, poses described in detail, the teacher will move around the room verbally instructing and giving hands-on adjustments to get students into alignment. There is a focus on breath, this class provides a safe and non-judgmental space for all students to grow and learn about yoga, Namaste! Sunday 3:10—4:10pm. YMCA Member \$28, Prospective Member \$80

Yogalates: Get the best of Yoga and Pilates all in one class. Focus the mind and body with the power of a deep core workout and develop strength and flexibility with Yoga postures, Monday 11:00-12:00pm, Thursday 8:00am-9:00am. YMCA Member \$28, Prospective Member \$80

Yoga Stretch: This is the gentle way to experience Yoga and stretching combined. For Breathing techniques along with modified poses will build muscle strength, flexibility, and balance. A relaxation segment will be included. Friday 5:45am- 6:45am. YMCA Member \$28, Prospective Member \$70

Yoga VIN RESTORTATIVE: This class encourages the use of props to create comfortable seated or reclined postures for total relaxation during practice. Students typically hold these postures longer in order to lengthen the connective tissue that surrounds the joints and increase its elasticity. This technique prevents injury, promotes joint health, and is especially beneficial if you are experiencing stress or exhaustion and anxiety. Thursday 6-7:30pm, YMCA Member \$45, Prospective Member \$115

Zumba: Experience an absolute blast of exhilarating caloric burning, muscle pumping, and energizing movements meant to engage the entire body. Tuesday 6:50-7:50pm, Sunday 2:00-3:00pm. YMCA Member \$28, Prospective Member \$80

Zumba Toning: Similar to Zumba, Zumba Toning is a fusion of Latin and International music using weighted sticks for increased muscle tone. Thursday 6:50-7:50pm, Member Fee:\$28, Prospective Member:\$80