


THE FAMILY YMCA Main Facility

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|--|---|---|---|--|------------------------------------|---|--------------------------------------|--|--|---|--|--|--|
| Y-Ride 6-7am Christina | Cardio & Cond. Fusion 6:00-7:00am Diana | INSANITY@50 6:00-6:50am Partha | Cardio & Condition Fusion 6:00-7:00am Diana | Y-Ride 6:00-7:00am Christina | INSANITY@ 6:00-6:50am Partha | Cardio & Condition Fusion 6:00-7:00am Diana/Renae | Y-Ride 8:15-9:30am Lynn/Teresa | Step 9:30-10:45am Raj | | | | | |
| Zumba Kids (ages 6-12) 9-10am Annie | | PowerUp 8:45-10am Nalani | | Zumba Kids (ages 6-12) 9-10am Annie | | PowerUp 8:45-10am Nalani | | | | Zumba 8:30-9:30am Zumba Instructors | | PiYo Strength 11:30am-12:30pm Laura/Nalani | |
| Y-Ride Cycle + Core 8:45-9:45am Esther | | Vinyasa Yoga 10:30-11:45am Stephanie | | Y-Ride Cycle + Core 8:45-9:45am Esther | | Vinyasa Yoga 10:30-11:45am Stephanie | | Y-Ride 8:45-9:45am Kristin | | Yoga 10-11am Linda | | | |
| SilverSneakers-LA 10:30-11:15am Nalani | | SilverSneakers-WRSC* 10:30-11:30am Mary | | SilverSneakers-LA 10:30-11:15am Nalani | | SilverSneakers-WRSC* 10:30-11:15am Marian | | SilverSneakers-LA 10:30-11:30am Mary | | <p>White Rock Classes:</p> <p>106-A Longview (behind Smiths) Evening Yoga Mon., 5:30-6:30pm</p> <p>Evening PiYo T/TH, 5:30-6:30pm</p> <p>*White Rock Senior Center SilverSneakers Tues., 10:30-11:30am Thurs., 10:30-11:15am</p>  | | | |
| Step 12:05-12:55pm Warapha | | Full Body Conditioning 12:05-12:55pm Lynn | | Step 12:05-12:55pm Raj | | Full Body Conditioning 12:05-12:55pm Lynn | | Step 12:05-12:55pm Alina | | | | | |
| PowerUp 1:05-2:05pm Stacey | | | | PowerUp 1:05-2:05pm Stacey | | | | PowerUp 1:05-2:05pm Laura | | | | | |
| Y-Ride 5:15-6:15pm Laura | | | | Gentle Yoga 4:30-5:30pm Kristin | | | | | | | | | |
| Step 5:15-6:15pm Alina | | Step 5:15-6:15pm Raj | | Y-Ride 5:15-6:15pm Laura | | Step 5:15-6:15pm Raj | | | | | | | |
| | | Barre-lates 6:30-7:30pm Erin | | | | Barre-lates 6:30-7:30pm Erin | | | | | | | |

Classes on this schedule are free to members.
 See Y Express facility schedule for additional fitness classes.
 (505) 662-3100 www.laymca.org

The Family YMCA is a 501c3 organization serving Los Alamos and Española

Financial assistance available thanks to United Way of Northern New Mexico and the YMCA Annual Strong Kids Campaign

The Family YMCA
Main Facility
Group Fitness Class Descriptions

Class days/times/types/instructors are subject to change/substitution/cancellation without notice. Arrive early, class sizes are limited. Participants may not save space for others; participation is based on a first-come, first-serve basis. An average of 7 participants per class must attend on a regular basis to avoid cancellation.

Youth ages 12 and under are not permitted to be in the aerobic room unless under the direct supervision of an accompanying adult. Youth ages 10-12 (unless otherwise noted) may participate in a fitness class provided they are under the direct supervision of an accompanying adult. Youth 9 and under are not permitted in the aerobic room during fitness classes. Youth of all ages are not permitted to sit in room during fitness classes.

Barre-lates—Barre-lates is a unique combination of the Barre Method and a traditional Pilates class that will create strength and flexibility throughout the entire body. A variety of equipment such as the Body Bar Flex, Bender Balls, exercise bands, and foam rollers will be used.

Cardio & Conditioning Fusion - A high-energy class that combines floor aerobics, step, boot camp exercises, and strength/conditioning exercises.

Full Body Conditioning - Improve muscular strength and endurance using weights, mat work, resistance bands, step work, balls and other techniques to provide a full-body workout.

Gentle Yoga - For both the beginning yoga student and the seasoned veteran. You will be gently guided through yoga postures using an individualized approach. This class is great for pre/post natal woman, and anyone with injuries or disabilities.

INSANITY® is a revolutionary cardio-based total body conditioning program based on the principles of MAX interval training. Each workout is packed with plyometric drills on top of nonstop intervals of strength, power, resistance, and ab and core training moves. Each INSANITY workout keeps you constantly challenged as you alternate between aerobic and anaerobic intervals performed at your MAX.

PiYo Strength - This unique class combines Pilates, yoga, strength conditioning, flexibility and dynamic balance. PiYo is an up tempo, non-spiritual approach to mind/body exercise. Some Pilates and/or yoga experience recommended.

PowerUp- A high-volume, low weight program with an emphasis on building muscular strength and endurance. Previous lifting and strength training experience a plus. Ages 16 and up or with instructor permission.

SilverSneakers® Classic - Muscular Strength and Range of Motion. Fitness class for older adults. Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of movement and activity for daily living skills. Weights, elastic tubing w/handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. Offered in Los Alamos at YMCA and the White Rock Senior Center.

Step - Our step classes provide a cardiovascular workout and includes a short conditioning segment.

Stretching - Energize, Rejuvenate, Relieve Stress and Tension, Enhance Flexibility and more. This stretching class uses the Placement Method and will teach participants how to stretch effectively, safely and correctly with lasting results.

Y-Ride - A fun and invigorating group cycling class that will lead you through a variety of routines with classes to suit all levels, from recreational to performance. 13 and up; must fit bike correctly.

Y-Ride Cycle/Core – Same as Y-Ride but with an additional 20 minutes of core conditioning and stretching to follow the 40 minute cycling segment.

Vinyasa Yoga - A fast-paced, dynamic Vinyasa style class that incorporates standing and seated poses, balance sequences, core strengthening and relaxation to leave you feeling strong, flexible, calm and centered.

Yoga - This yoga class will build strength, improve flexibility & balance and quiet the mind. Breathing and meditation techniques will be introduced, and modifications will be offered for various levels of students. Depending on your mood and intention you can enjoy both the flow portion of classes and more relaxing opportunities in seated and reclining poses with longer held asanas.

Zumba - A Latin inspired fitness workout that is a fusion of Latin and international music. Dance styles include: salsa, merengue, cumbia, bachata and belly dance.

Zumba Kids - Zumba for boys and girls ages 6-12.