


THE FAMILY YMCA Y Express

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Kettlebell* 6:00-7:00am Shannan	PowerFlow 6:00-7:00am Shannan	Kettlebell* 6:00-7:00am Shannan	PowerFlow 6:00-7:00am Shannan	Kettlebell* 6:00-7:00am Shannan
INSANITY®50 9:00-9:50am Nalani/Erin	TRX Strength and Cond.* 9:00-9:45am Stacey	INSANITY®30 9:00-9:30am Stacey	TRX Strength and Cond.* 9:00-9:45am Stacey	INSANITY®50 9:00-9:50am Stacey
	Zumba 10:00-10:55am Vera	Lower Body & Core Cond. 9:35-10:05am Christie	Zumba 10:00-10:55am Natalie	
Stretching 10:15-11:00am Heike	PiYo Strength 11:00-11:50am Nalani	Stretching 10:15-11:00am Allison	PiYo Strength 11:00-11:50am Nalani	Stretching 10:15-11:00am Heike
TRX Strength* 11:30am-12:15pm Ann	TRX CC-Core and Cardio* 12:00-12:30pm Emily	TRX Strength* 11:30am-12:15pm Ann	TRX CC-Core and Cardio* 12:00-12:30pm Emily	
Yoga 12:30-1:30pm Emily	Power Up 12:35-1:30pm Emily	Yoga 12:30-1:30pm Emily	Power Up 12:35-1:30pm Emily	Yoga 12:30-1:30pm Emily
	<i>New!</i> Teen Power Up 3:30-4:30pm Emily		<i>New!</i> Teen Power Up 3:30-4:30pm Emily	
Zumba 5:15-6:15pm Reanna	PiYo Strength 5:20-6:20pm Laura	Zumba 5:15-6:15pm Reanna	PiYo Strength 5:20-6:20pm Laura	
	Barre-lates 6:30-7:30pm Erin		Barre-lates 6:30-7:30pm Erin	

Classes on this schedule are free to members unless otherwise noted with an *.

See main 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
Y Express
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 Y Express 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 to participate in adult fitness classes. Youth of all ages are not permitted to sit in aerobic 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.

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.

Lower Body and Core-Tone and strengthen your lower body using a variety of equipment and body weight exercises. This class will also incorporate core strength while toning the lower body.

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.

PowerFlow - A challenging workout inspired by Yoga, Pilates and Tai Chi to build flexibility and strength and improve range of motion, leaving you feeling centered and calm.

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.

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.

***The following classes require monthly registration and have an additional monthly fee associated with them.**

Kettlebells - In this intense class you will experience a mixture of joint mobility, kettlebell conditioning and bodyweight exercises, as well as the essential techniques for training with kettlebells safely and effectively. You must pre-register for this class. Ages 18 & up.

3x/wk - Y Members: \$40 Program Members: \$85

TRX - A system of ropes and webbing in which a variety of multi-planar, compound exercise movements can be performed with the aim of developing strength, balance, flexibility, and joint stability simultaneously. Some strength training experience is recommended. You must pre-register for this class. Ages 16 & up.

2x/wk - Y Members: \$28 Program Members: \$73

TRX CC (Core and Cardio) - Combines the use of the TRX suspension trainer with non-stop intense intervals designed to burn calories, while sculpting and strengthening your midsection to improve core stability.

2x/wk - Y Members: \$20 Program Members: \$65