

YHEALTH & WELLNESS™

We Build Strong Kids, Strong Families, Strong Communities.

Group Exercise Schedule

Group Ex Studio

TIME	MON	TUES	WED	THURS	FRI	SAT
8:00AM	Senior Step Karen	The Silver Sneakers Fitness Program Yolanda	Senior Walking Elvira	The Silver Sneakers Fitness Program Karen	The Silver Sneakers Fitness Program Yolanda	
9:00	Senior Cardio Victoria		The Silver Sneakers Fitness Program Elvira	Line Dancing Karen		
9:30						LESMILLS BODYPUMP Joseph
10:00	The Silver Sneakers Fitness Program Elvira		ZUMBA FITNESS G Elvira	ZUMBA FITNESS G Elvira (10:30)		
10:30					ZUMBA FITNESS G Elvira	
11:00	ZUMBA FITNESS G Elvira	ZUMBA FITNESS G (11:15) Elvira		(11:30) Step Elvira		ZUMBA FITNESS Elvira
12:00		BOSU® Balance Training Elvira				BODY COMBAT
5:00	Cardio & Sculpt Elvira				LESMILLS BODYPUMP *EXPRESS Joseph	
6:00	ZUMBA FITNESS Elvira	Bench Blast Liz	ZUMBA FITNESS Elvira	Power Step Liz	ZUMBA FITNESS Doris	
7:00	LESMILLS BODYPUMP Tricia	BODY COMBAT	LESMILLS BODYPUMP Louis	BODY COMBAT	BODY COMBAT	
8:00		ZUMBA FITNESS Elvira		Cardio & Sculpt Elvira		

Pool

TIME	MON	TUES	WED	THURS	FRI	SAT
9:00AM	Power Surge Martha	Arthritis Water Workout Yolanda	Deep Water Jaz Martha		Arthritis Water Workout Yolanda	
5:00PM	Full Life Fitness Irene	Full Life Fitness Irene	Full Life Fitness Irene	Full Life Fitness Irene		
7:00PM	Cardio Power Splash Liz		Cardio Power Splash Liz			



Westside Family YMCA

2900 Ruiz St. San Antonio, TX 78228

210-433-6391 / www.ymcasatx.org/westside


Financial Assistance is available through our Open Door Scholarship Program.


YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

Group Exercise Class Descriptions

Arthritis Water Workout- This class specializes in techniques to help manage and improve side effects of arthritis. This class follows the Arthritis Foundation guidelines.

Bench Blast- Feet meet the beat in this low impact, high energy step class. This workout allows students to achieve the benefits of both advanced cardiovascular fitness and rapid muscle tone, especially in the lower extremities. Medium to high impact.

 **BODYPUMP** - This 60-minute workout challenges all your major muscles groups by using the best weight-room exercises like Squats, Presses, Lift and Curls. BodyPump® is the original barbell class that strengthens your entire body and will inspire you to get the results you came for—and fast!

 **BODYCOMBAT** - This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

BOSU® Balance Training- A BOSU class can include aerobic and strength training routines, flexibility exercises, and balance training. A BOSU is a surface that is constantly changing forcing the user to maintain a center of gravity, making common exercises more difficult, yet more effective.

Full Life Fitness- The instructor will focus on building endurance, functional strength and balance.

Power Surge- Start your day off with an energetic water workout. Some class may be held in the deep end of the pool.

SilverSneakers® Cardio Circuit- Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball.

SilverSneakers® Muscular Strength and Range of Motion (MSROM)- Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand weights, elastic tubing with handles, a ball offered for resistance, and chair for seated and/or standing support.

ZUMBA®- A fusion of Latin and International music and dance themes creating a dynamic and exciting workout. It is a mixture of body sculpting movements combined with easy to follow, fun dance steps.

ZUMBA Gold®- The same great Latin rhythms and dance moves, but done at lower intensity for the active older adult, the true beginner, or those who may be limited physically.

Wellness Center Guidelines

The following guidelines have been established to create the most enjoyable atmosphere for all members.

1. Please be courteous and wipe down equipment after each use. This will keep the equipment in good condition and prevent the spread of germs and diseases.
2. Please re-rack your weights and plates after each use.
3. Please use the equipment reservation tags and remember that cardio time is limited to 30 minutes during peak times.
4. Please allow other members to “work in” with you, if you need to use a piece of equipment for extended periods of time.
5. Please use the cuffs when using the bars in the Free Weight Area. Also, use a spotter when lifting heavy weight.
6. Members must have appropriate athletic attire. This includes closed toe and closed heel athletic shoes (cros and sandals are not allowed).
7. Cell phones are not allowed in the Wellness Area and must be on silent.

YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.