



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY Northwest Hillsborough Family YMCA

Group Exercise Schedule Classes are 55 minutes unless otherwise specified.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am / 8:15am	Gasparilla Training Run Group 8:15am Josh, L1-2 (outdoors, meet in the lobby)		Running Club 8am Nancy (meet in lobby) 8:30am starting 8/21	Gasparilla Training Run Group 8:15am Josh, L1-2 (outdoors, meet in the lobby)		Running Club 8am Nancy (meet in lobby)	12:15pm Yoga Dana, L1-3 (Ages 15 & up)
8:30am / 9am	LES MILLS BODYPUMP 8:30am Michele, L1-3 (Ages 15 & up)	Kickboxing 8:30am Mary Anne, L1-3	LES MILLS BODYPUMP 8:30am Michele, L1-3 (Ages 15 & up)	LES MILLS BODYPUMP 8:30am Marcia, L1-2 (Ages 15 & up)	Pilates 9-9:30am Carolynn, L2-3	LES MILLS BODYPUMP 8:30am Cindy, L1-3 (Ages 15 & up)	1:30pm ZUMBA 1:30pm Jen P., L1-2
9:30am	LES MILLS BODYFLOW Express 9:30-10am Michele (Ages 10 & up) HEAT 9:30am Monika, L2-3 (On basketball court)	Pilates 9:30am Mary Anne, L1,2,5	LES MILLS BODYFLOW 9:30am Michele, L1-5 (Ages 10 & up)	HEAT 9:30am Monika, L2-3 (On basketball court) ZUMBA Toning 9:30am Jen P., L1-2	Total Body Sculpting 9:30am Mary Anne, L2-3 (Ages 15 & up) Sign up at front desk. Brick (bike/run) 9:30-11am Rosa Laura/Yen (must wear helmet)	LES MILLS BODYPUMP 9:30am 1/25, 2/1, 2/22 Rosa Laura 1/4, 1/11, 1/18, 2/8, 2/15 Jill	
10:30am	Yoga 10:30am Dana H., L1,2,4,5 (Ages 10 & up)	Cardio Sculpt 10:30am Melanie, L1-2 (Ages 13 & up)	ZUMBA Intro 10:30am Linda, L1	Restorative Yoga 10:30am Laurie, L1-5 (Ages 10 & up)	ZUMBA Gold 10:30am Linda, L1,2,5 (Ages 15 & up)	Yoga 10:30am Carol, L1-3,5 (Ages 10 & up)	
11:00am					Power Yoga 11:00am Maura, L2-3 (Ages 10 & up - back classrm)		
11:30am / 12:00pm	SilverSneakers® Circuit 11:30am Dawn, L1,2,5	SilverSneakers® Classic 11:30am Shannon, L1,2,5	SilverSneakers® Circuit 11:30am Zakeia, L1,2,5	SilverSneakers® Cardio 11:30am Dawn, L1,2,5	SilverSneakers® Classic 11:30am Shannon, L1,2,5	Karate 12-2pm Bill, \$\$	
12:30pm	SilverSneakers® Yoga 12:30am Marie, L1,2,5	SilverSneakers® Classic 12:30am Shannon, L1,2,5			SilverSneakers® Yoga 12:30am Shannon, L1,2,5		
3:30pm / 4:15pm				Ballet/Tumble (Ages 3-6) 3:30-4:15pm Dana, \$\$ Ballet/Tap (Ages 3-6) 4:15-5pm Dana, \$\$			
4:30pm / 4:45pm	Core/Flexibility 4:45-5:15pm Wilda, L1	Barre Express 4:45-5:15pm Wilda, L1	Barre Strengthen and Tone 4:30-5:15pm Carol, L2-3				
5:15pm		Couch to 5K 5:15pm Josh, L1-2 (outdoors, meet in the lobby)					
5:30pm	ZUMBA 5:30pm Kat, L2-3 (Ages 13 & up)	LES MILLS BODYPUMP 5:30pm Dawn, L1-3 (Ages 15 & up)	ZUMBA 5:30pm Rachelle, L1-5 (Ages 13 & up)	LES MILLS BODYPUMP 5:30pm Jill, L1-3 (Ages 15 & up)			
6:30pm	Total Body Sculpting 6:30pm Shannon, L2-3 (Ages 15 & up)	HEAT 6:30pm Nancy, L2-3 (indoors)	Kickboxing Express 6:30-7pm Carolynn, L1	ZUMBA (Ages 13+) 6:30pm Kat, L2-3 HEAT L2-3 6:30-7:30pm Nancy (indoors)			
7:00pm / 7:30pm	Pilates 7:30pm Shannon, L1-3,5 (Ages 10 & up)	Yoga 7:30pm Maura, L1-3	Pilates 7pm Carolynn, L1-3,5 (Ages 10 & up)	LES MILLS BODYFLOW 7:30pm Vivian, L1-5 (Ages 10+)			
8:30pm		Salsa Lessons 8:30pm Kareem and Brian		Salsa Lessons 8:30pm Kareem and Brian			

Have questions or want to get on the Group Exercise email? Send an email to Dawn at dkita@tampaymca.org and you'll get on the list!

Group Exercise Class Descriptions

CARDIO

Basic Step – For anyone that thought about stepping, but thought it would be too hard. Cardiovascular workout using steps & choreography designed to build cardiovascular endurance, burn fat, and blast calories while strengthening the quadriceps, hamstrings, hips and buttocks.

Beginner Spinning – For those who have never tried cycling or have ridden before will learn how to set up the bike, warm up and ride at a pace set for beginners for a thirty minute ride.

Brick – This outdoor “class” starts with a bike ride on the upper bay trail and teaches a fast transition into jogging on the trail. This is excellent prep work for those who are training for a triathlon. This format is also great for those members who want to exercise outside, but like the company of other exercisers.

Kickboxing – A high energy class using boxing moves, kicks and punches to work the total body. Class may also include plyometrics, and sports drills.

Running Club/Gasparilla Training/Couch to 5K – These are outdoor exercise opportunities for various levels! Exercising with the Y, but not indoors- what a new way to go!

Spinning/Cycling – Looking for a cardio challenge unlike the rest? Indoor cycling is just that. Whether it is an endurance climb or a series of short strength intervals, Indoor Cycling classes are designed to add a great cardiovascular challenge to anyone’s weekly workouts. Instructors choose the course each class session takes and provide 45-50 minutes of on the cycle training followed by another 10-15 minutes of strength and flexibility work. Indoor Cycling naturally challenges the core due to the demand of the various positions. Cross-training shoes with flat bottoms, towels, and water bottles are highly encouraged. No one leaves this class without sweating!

Zumba – Dance away your worries with motivating, high energy music and unique Latin style choreography.

MUSCLE CONDITIONING

BODYPUMP – A muscular endurance class using resistance equipment to challenge your muscles with high repetitions for endurance purposes.

MUSCLE CONDITIONING/CARDIO

Barre Express – This class is for beginners and uses common ballet exercises to strengthen and lengthen muscles.

Barre Strengthen and Tone – This is modeled after many ballet exercises to increase strength, tone the muscles and improve balance Designed for intermediate participant.

HEAT – High energy cardio and strength class using drills common to sports that require little or no use of weights as body weight is the main form of resistance.

C.S.I. (Cardio Strength Intervals) – Non-stop interval class alternating between cardio segments (kickboxing, hi/lo, drills, etc) and muscle toning/strengthening segments.

Fit Fun 40+ – a cardio and strength workout designed for active adults who want a challenge but without the high impact that can be hard on the joints.

Surge – This quick workout includes a 5 minute warm-up, followed by 20-30 second fast exercises alternating with 20-30 second breaks. The total workout time is about 6 minutes plus the warm-up and cool down.

Total Body Sculpting – Strength training class that includes some cardio intervals (calisthenics, plyometrics, sprints, or use of the step) to increase the heart rate for an added cardio benefit.

Zumba Toning – dance and tone away by combining body sculpting exercises and high energy cardio work with latin infused ZUMBA.

YOUTH

Kids in Motion – A fun class where kids can be active by exercising and participating in games.

SENIORS

SilverSneakers Classic – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers Circuit – Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

SilverSneakers Cardio – Get Up & Go with an aerobics class that’s safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

SilverSneakers Yoga – SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSneakers® YogaStretch – Designed to challenge you physically and mentally with a variety of simple and safe yoga exercises that you’ll do at your own pace. Using a chair for support, you’ll increase flexibility, build endurance and learn how to relax and think more clearly.

Zumba Gold – All the fun of our regular Zumba but designed as a beginner, low impact workout!

SPIRIT, MIND & BODY

BODYFLOW – the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

Pilates – An exercise system that focuses on improving flexibility and strength for the total body.

Yoga – A great, stress-free workout using a fluid movement of Yoga postures that increases flexibility and strength while utilizing all muscle groups as well as calming your mind.

Core/Flexibility – A beginner’s class to strengthen your midsection and lengthen your muscles.

Facility Hours

Monday–Thursday:
5:30am–10pm
Friday: 5:30am–9pm
Saturday: 8am–6pm
Sunday: Noon–5pm

Kids Zone Hours

Monday–Saturday:
8am–12:30pm
Monday–Thursday:
4pm–8:30pm

Class Levels

Level 1 – (L1) No experience required
Level 2 – (L2) Intermediate
Level 3 – (L3) Advanced
Level 4 – (L4) Family Friendly
Level 5 – (L5) LIVESTRONG
\$\$ – Indicates a paid class

» For classes with a call ahead, please arrive 10 minutes prior to class time to keep your reserved spot. Five minutes before class we will allow people on the wait list to take spots.



WE’RE MOBILE! Be sure to view your exercise schedule on our mobile app.

