



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BORDER VIEW FAMILY YMCA GROUP EXERCISE SCHEDULE | MAY

MORNING

AFTERNOON

MONDAY

STRENGTH 6:15-7:00
Elijah (T)

CARDIO BLAST 7:00-7:30
Elijah (I)

EXTREME FIT 8:00-8:55
Alexis (I)

EXERCISE LITE 9:00-9:45
Gladys (T)

VINYASA YOGA 10:00-10:55
Cristina (T)

CXWORX 4:25-4:55
Karla (I)

INSANITY 5:00-5:55
Lee (T)

STRENGTH 5:00-5:55
Antoinette (I)

EXTREME FIT 6:00-6:55
Erick (T)

ZUMBA SENTAO 7:00-7:55
Lydia (T)

VINYASA 8:00-8:55
Ed (T)

TUESDAY

ZUMBA 6:15-7:00
Mei (I)

CXWORX 7:00-7:30
Gladys (I)

GENTLE YOGA 8:00-8:55
Christine (T)

TRX 8:30-9:00
Erick (WC)

ZUMBA 9:00-9:55
Diadina (T & I)

TRX 9:00-9:45
TJ (WC)

CHAIR YOGA 10:00-10:55
Christine (T)

PIYO 4:00-4:55
Karla (T)

ZUMBA 5:00-5:55
Kelley (T)

TRX 5:00-5:30
Elijah (WC)

ZUMBA KIDS 5:00-5:55 (7-11)
Marissa (I)

CYCLING 6:00-6:55
Diorella (T)

POWER YOGA 7:00-7:55
Cristina (I)

ZUMBA 8:00-8:55
Lydia (T & I)

WEDNESDAY

STRENGTH 6:15-7:00
Gladys (T)

TRX 7:00-7:30
Gladys (WC)

EXTREME FIT 8:00-8:55
Alexis (I)

BODYPUMP 8:15-9:25
Cristina (T)

BALANCE & STABILITY 9:00-9:55
Maria (I)

CYCLING 9:30-10:25
Gladys (T)

ZUMBA 5:00-5:55
Leticia (T)

TRX 5:30-6:00
Antoinette (WC)

DANCE! POLYNESIAN 6:00-6:55
Antoinette (I)

INSANITY 6:00-6:55
Lee (T)

CXWORX 7:00-7:30
Karla (I)

CARDIO KICKBOXING 7:00-7:55
Gladys (T)

VINYASA YOGA 8:00-8:55
Allison (T)

THURSDAY

ZUMBA 6:15-7:00
Mei (I)

CXWORX 7:00-7:30
Mei (I)

HATHA YOGA 8:00-8:55
Christine (T)

TRX 8:30-9:00
Erick (WC)

ZUMBA 9:00-9:55
Diadina (T & I)

ADAPTIVE YOGA 10:00-10:55
Christine (T)

CYCLING 4:45-5:40
Gladys (T)

TRX 5:00-5:30
Elijah (WC)

KIDS CARDIO (5-12) 5:00-5:55
Erick (I)

BODYPUMP 5:45-6:55
Diorella (T)

POWER YOGA 6:00-6:55
Cristina (I)

CYCLING 7:00-7:55
Lorielle (T)

ZUMBA 8:00-8:55
Lydia (T & I)

FRIDAY

STRENGTH 6:15-7:00
Erick (T)

CORE FIT 7:00-7:30
Erick (T)

BODYPUMP 8:00-9:05
Gladys (T)

TRX 8:30-9:00
Alexis (WC)

CYCLING 9:10-10:05
Gladys (T)

DANCE! GOLD 9:00-9:55
Leticia (I)

ZUMBA 10:00-10:55
Leticia (I)

CXWORX 10:10-10:40
Gladys (T)

ZUMBA 5:00-5:55
Diadina (T)

PIYO 5:00-5:55
Karla (I)

SATURDAY

INSANITY 8:00-8:55
Don (I)

BODYPUMP 7:45-8:55
Cristina (T)

ZUMBA 9:00-9:55
Mei (I)

CYCLE 9:00-9:55
Lorielle (T)

POWER YOGA 10:30-11:25
Victor (T)

PASS REQUIRED. Please pick up a pass at the Welcome Center

BABY FRIENDLY. Babies in stroller or carriers are allowed

Y ACTIVE ADULT. Activities designed for older adults

GETTING STARTED. A great place to begin or restart your exercise program

INTERMEDIATE/ADVANCED. Higher intensity and advanced instruction provided

7+ Children ages 7—12 and parent/guardian must actively participate together. OR, minimum age denoted.

LOCATIONS

(T) Triumph **(I)** Inspire

(WC) Wellness Center



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BORDER VIEW FAMILY YMCA GROUP EXERCISE DESCRIPTION | MAY

BALANCE & STABILITY B

Reduce the risk of falling through improved balance.

BODYPUMP® CF MS CS

A pre-choreographed full-body workout program using light to moderate weights, performing high repetitions.

CARDIO BLAST CF CS MS

A total body high intensity cardio and strength workout

CARDIO KICKBOXING CF CS B

Non-contact, high intensity boxing and kickboxing movements

CORE FIT CS MS B

Strengthen your abs, obliques, lower back and more in this core-focused class

CYCLING CF

Cardio workout to music on specially designed stationary bicycles. Workout towel required.

CXWORX CS MS B

Pre choreographed, challenging but achievable 30 minute core training workout using crunches, hovers, resistance tubes, and weight plates.

DANCE! GOLD CF B

A modified dance inspired workout. No partner or special footwear required.

DANCE! POLYNESIAN CF B

High energy dance inspired workout. No partner or special footwear required.

EXERCISE LITE CF MS CH

Low impact workout followed by strength and stretching exercises, may include floor work

EXTREME FIT CF CS MS

Rigorous boot camp circuits combining plyometrics, agility, strength, and cardio exercises.

INSANITY® CF

A challenging, group-focused athletic training, cardio conditioning, and total-body strength class

KIDS CARDIO CF

Fun cardio exercises designed for kids to play while moving. (ages 5 – 12)

PIYO® F CS MS CH

A sequence of carefully performed movements that strengthen the body, open joints and release tension

Class Benefits:

Flexibility	Cardiovascular Fitness	Core Stability	Balance	Muscular Strength	Cognitive Health
Enhances the mind/body connection, improving coordination and reducing stress. Enhances joint range of motion.	Strengthens the heart and lungs for efficiency.	Strengthens the deep abdominal muscles and improves postural alignment.	Improves proprioception and reduces the risk of falling.	Increases strength and enhances muscular development and coordination.	Enhances neuromuscular activity and helps improve mind/body connection through specified movement patterns.

STRENGTH CS MS

A full body strength and conditioning class using a variety of equipment

STEP CF MS B

High energy choreographed workout that uses adjustable step - step board optional

TRX® CS B MS

A Suspension training system that leverages gravity and your body weight to perform a variety of exercises

YOGA F CS MS B CH

ADAPTIVE- Ideal for pre and post-natal moms, injury recovery and people with mobility challenges

CHAIR- Enjoy the benefits of yoga utilizing a chair for support

GENTLE- Breathing and relaxation in postures that are gentle on the joints

HATHA- Signed to revitalize the body and energize the spirit. Please bring a blanket or towel

POWER- Dynamic and challenging high-energy workout for experienced Yogis

VINYASA- Series of poses that unite movement with breath

ZUMBA® CF

Combines unique Latin moves and rhythms to create an exciting dynamic workout.

ZUMBA SENTAO® - combines strength and resistance training with innovative dance moves, using a chair as your dance partner.

ZUMBA KIDS® - A kid-friendly routine based on original Zumba® choreography including games, activities and cultural exploration. (ages 7 - 11)

MONTHLY UPDATES:

- Monthly Hike! This month's location is in Los Penasquitos Canyon on the western approach, it is a 5.5 mile round trip to the falls out and back! God for beginners, we will be meeting on Saturday May 13th at 7:00AM, don't forget to bring the kids!

CLASS POLICIES:

- All classes, times and instructors are subject to change or cancelation. Please adhere to our group exercise etiquette. **No entry allowed after 10 minutes of posted class time.** Have fun and get to know your instructor!

FOR YOUR CONVENIENCE, WE OFFER CHILD WATCH:

Mon - Thur: 7:45am-1:00pm & 3:00pm-9:00pm

Friday: 7:45am-1:00pm & 3:00pm-7:30pm

Saturdays: 7:45am-1:00pm