



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ADULT GROUP EXERCISE SCHEDULE

Benbrook Community Center YMCA

Effective March 1, 2019

## MONDAY

TIME	CLASS	INSTR.	LOCATION
5:15-6:15	BODYPUMP™	Lana	Wellness Studio
8:00-8:50	RPM™	Holly	Multipurpose
8:00-8:55	POUND@	Cy Ann	Wellness Studio
9:00-10:00	Y-Warrior	Jim	Fitness Floor
9:05-10:00	Yoga	Shani	Multipurpose
9:00-9:55	BODYCOMBAT™	Lauren	Wellness Studio
10:05-10:55	SilverSneakers Circuit@	Shani	Multipurpose
10:05-11:00	BODYPUMP™	Susan	Wellness Studio
11:00-11:55	SilverSneakers Classic@	Shani	Multipurpose
11:05-11:55	LM Tone™	Lauren	Wellness Studio
4:30-5:25	BODYCOMBAT™	Karen	Wellness Studio
5:30-6:00	CXWORX™	Holly	Wellness Studio
6:00-7:00	Y-Warrior	Steve	Fitness Floor
6:00-7:00	Zumba@	Gracie	Wellness Studio
6:15-7:10	BODYFLOW™	Holly	Multipurpose
7:00-7:50	Power Yoga	Holly A.	Wellness Studio

## TUESDAY

TIME	CLASS	INSTR.	LOCATION
5:15-6:15	RPM™	Lana	Multipurpose
5:30-6:30	SHRED™/Pop Pilates	Lora	Wellness Studio
8:00-8:55	SilverSneakers Classic@	Samantha	Multipurpose
8:15-9:00	Pilates	Ginger	Wellness Studio
9:00-10:00	Y-Warrior	Jim	Fitness Floor
9:05-9:55	SilverSneakers Circuit@	Pam	Multipurpose
9:05-10:00	BODYFLOW™	Carissa	Wellness Studio
10:00-10:55	SilverSneakers Yoga@	Pam	Multipurpose
10:15-11:10	Barre	Lauren	Wellness Studio
11:05-12:00	RPM™	Holly	Multipurpose
11:15-12.10	Zumba@	Carolina	Wellness Studio
12:05-12:55	Tai Chi	Justin	Multipurpose
12:15-12:45	CXWORX™	Holly	Wellness Studio
5:00-5:55	Power Yoga	Mike	Wellness Studio
5:30-6:30	RPM™	Kathy	Multipurpose
6:00-7:00	Y-Warrior	Rotating	Fitness Floor
6:00-6:55	BODYCOMBAT™	Carissa	Wellness Studio
7:00-7:55	BODYPUMP™	Kathy	Wellness Studio

## WEDNESDAY

TIME	CLASS	INSTR.	LOCATION
5:15-6:15	BODYPUMP™	Lana	Wellness Studio
8:00-8:50	RPM™	Holly	Multipurpose
8:30-9:00	CXWORX™	Cat	Wellness Studio
9:00-10:00	Y-Warrior	Jim	Fitness Floor
9:05-9:50	SilverSneakers Circuit@	Shani	Multipurpose
9:05-9:55	LM Tone™	Lauren	Wellness Studio
10:00-10:45	Yoga	Shani	Multipurpose
10:05-11:00	BODYPUMP™	Susan	Wellness Studio
11:00-11:50	SilverSneakers Classic@	Shani	Multipurpose
11:05-11:55	MASHUP@	Lauren	Wellness Studio
12:00-12:50	Zumba	Claudia	Wellness Studio
4:30-5:25	BODYCOMBAT™	Kristi	Wellness Studio
5:30-6:00	CXWORX™	Holly/Susan	Wellness Studio
6:00-7:00	Y-Warrior	Steve	Fitness Floor
6:05-6:55	Yoga	Ginger	Wellness Studio
7:05-8:00	Zumba@	Bianca	Wellness Studio

## THURSDAY

TIME	CLASS	INSTR.	LOCATION
5:15-6:15	RPM™	Lana	Wellness Studio
8:00-8:50	Fit and Fabulous	Ginger	Wellness Studio
8:15-9:00	Yoga	Holly A.	Multipurpose
9:00-10:00	Y-Warrior	Jim	Fitness Floor
9:05-10:00	Multistep	Shannon	Wellness Studio
9:15-10:10	SilverSneakers Circuit@	Shani	Multipurpose
10:05-10:35	BODYCOMBAT™	Carissa	Wellness Studio
10:15-11:10	Gentle Mat Yoga	Shani	Multipurpose
10:40-11:10	CXWORX™	Carissa	Wellness Studio
11:15-12:10	Zumba@	Carolina	Wellness Studio
12:20-1:10	Line Dancing	Ginger	Wellness Studio
5:30-6:30	RPM™	Kathy	Multipurpose
6:00-7:00	Y-Warrior	Rotating	Fitness Floor
6:00-6:55	BODYPUMP™	Karen	Wellness Studio
7:00-7:55	BODYFLOW™	Carissa	Wellness Studio

## FRIDAY

TIME	CLASS	INSTR.	LOCATION
5:30-6:30	SHRED™/POP Pilates	Lora	Wellness Studio
8:00-8:50	RPM™	Holly	Multipurpose
8:15-9:00	MASHUP@	Shannon	Wellness Studio
9:00-10:00	Y-Warrior	Lauren	Fitness Floor
9:00-9:50	SilverSneakers Circuit@	Shani	Multipurpose
9:05-10:00	BODYCOMBAT™	Kristi	Wellness Studio
10:00-10:50	Yoga	Shani	Multipurpose
10:05-11:00	BODYPUMP™	Susan	Wellness Studio
11:00-11:50	SilverSneakers Classic@	Holly A.	Multipurpose
11:05-12:00	Zumba@	Fanchee	Wellness Studio
5:00-5:50	Zumba@	Carolina	Wellness Studio

## SATURDAY

TIME	CLASS	INSTR.	LOCATION
8:15-9:15	RPM™	Rotate	Multipurpose
8:05-9:00	BODYCOMBAT™	Carissa/Lauren	Wellness Studio
9:05-9:35	CXWORX™	Carissa/Susan	Wellness Studio
9:30-10:30	Yoga	Cordy/Ginger	Multipurpose
9:45-10:45	BODYPUMP™	Kathy	Wellness Studio
10:45-11:45	Karate	Kirk	Multipurpose
11:00-11:50	Zumba@	Akiko	Wellness Studio

## SUNDAY

TIME	CLASS	INSTR.	LOCATION
2:00-2:50	Zumba@	Natasha	Wellness Studio

### Facility Hours

Monday-Thursday 5:00am-10:00pm

Friday 5:00am-9:00pm

Saturday 7:00am-6:00pm

Sunday 1:00pm-6:00pm

### BENBROOK COMMUNITY CENTER YMCA

1899 Winscott Rd, Benbrook, TX 76126

817-249-0500 | ymcafw.org/benbrookcommunitycenter

\*\*\*Classes may be canceled or times may change due to low attendance.\*\*\*

\*\*\*Please refer to the schedule regularly.\*\*\*

## GROUP EXERCISE DESCRIPTIONS

All classes listed are included in YMCA membership and are ongoing, so join at any time. All classes are designed to accommodate all fitness levels unless otherwise noted. Youth members ages 8 and older who have completed Youth and Teen Orientation may participate in classes with the exception of Body Pump™. Participation is at instructor's discretion.

**Barre:** Combination of postures inspired by ballet and other disciplines like Yoga and Pilates.

**BODYCOMBAT:** Step into a BODYCOMBAT workout and you will punch and kick your way to fitness, burning up to 740 calories\* along the way. Get ready to be challenged by a Les Mills™ instructor that will motivate you to get the best results! You'll release stress, have a blast and feel like a champ!

**BODYFLOW®:** BODYFLOW® is 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.

**BODYPUMP™:** Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. It will burn up to 540 calories\*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement to the beat of music— helping you achieve much more than on your own!

**BODYShred™:** Utilizing Jillian's 3-2-1 interval approach to whole body circuit training (3 min. of strength, 2 min. of cardio, 1 min. of abs), BODYSHRED™ integrates all of the most progressive exercise science techniques used by world-class athletes into one program

**BOGAFIT:** Come try your fins at the latest fitness craze—on top of the water! BOGAFIT exercises both enhance the benefits of traditional fitness movements while eliminating the harsh impacts of these exercises, creating high intensity workouts on water with low impact on your body.

**CXWORX™:** CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

**Fit & Fabulous:** A low impact, low intensity class that includes basic patterns and basic interval strength training that utilizes tubing, gliding discs, and/or hand weights. This class is great for beginners and the young at heart.

**Gentle Mat Yoga:** A gentle form of yoga that is done on the floor and moves gently from pose to pose. A chair option is given during class.

**Karate:** Get a fun workout with a black belt instructor. Ages 8 and up are welcome. Bring the whole family and fight to be fit!

**Line Dancing:** Come join us for a country music dance party! A low impact class with calorie-burning energy and fun. Easy to follow moves make this class ideal for non-dancers and dancers alike.

**LM Tone™:** Step into a LM Tone class and you'll tick off a complete workout. The challenging mix of lunges, squats, running and tubing exercises will help you burn calories and take your fitness to the next level. You'll leave fizzing with energy and on track for all-around healthy living.

**Mash Up:** FUN. QUICK. TOTAL FITNESS. Meet your curated workout EXPERIENCE with high-energy music and holistic coaching to achieve maximum, sustainable results. Get the PERKS of Mind/Body (yoga/Pilates), Agility & Strength, and High-intensity Intervals for all fitness levels in EVERY class!

**POUND®:** Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

**Pilates:** Tone your core in a challenging mat class for all levels with focus on core strength, flexibility, and endurance.

**POP Pilates:** is a total body, equipment-free workout that sculpts a rock solid core and a lean dancer's body like nothing else can.

**Power Yoga:** is an energetic workout and offers basic challenges that can be done even by beginners in Yoga. Power Yoga also emphasizes on the proper form in executing Yoga Poses as well as perfecting it by holding the pose longer, improving the endurance and flexibility.

**RPM™:** A cycling workout that delivers maximum results with minimum impact on your joints. With pumped music, get your pedals spinning! Burn nearly 675 calories\* and get ready to sweat!

**Silver Sneakers Classic®:** Have fun and move to the music with a variety of exercises designed to increase muscular strength, range of movement and daily living skills. Handheld weights, elastic tubing and a ball are offered for resistance; and a chair is used for seated or standing support.

**Silver Sneakers Circuit®:** Combine fun and fitness to increase your cardiovascular and muscular endurance and power with a standing circuit workout. Upper body strength work with hand weights, elastic tubing, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

**Tai Chi:** Tai Chi teaches us to let go of stress, tension, and stray thoughts to unify mind and body. It is a meditation, an exercise, and a martial art created over 500 years ago in China. It is the perfect complement to Yoga or any other sport.

**Yoga:** A mat based workout that emphasizes core strength, balance, and flexibility. Alternate between endurance poses and yoga flow for a well-rounded workout. Namaste!

**Zumba®:** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® is exercise in disguise.

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