

# VIRTUAL FITNESS SCHEDULE

Effective Monday, November 30



AT AUSTIN COMMUNITY RECREATION CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6am</b>		<b>Body Sculpt</b> 6:30 - 7:15		<b>Body Sculpt</b> 6:30 - 7:15	
<b>8am</b>	<b>Barre</b> 8:00 - 8:45	<b>Pump It Up</b> 8:00 - 8:45	<b>Pilates</b> 8:00 - 8:30	<b>Kickbox</b> 8:00 - 8:30	<b>Hustle &amp; Muscle</b> 8:00 - 8:45
<b>9am</b>		<b>MFBB/Tai Chi</b> 9:30 - 10:30	<b>Active Renewal</b> 9:00 - 9:45	<b>MFBB/Tai Chi</b> 9:30 - 10:30	<b>Slow Flow Vinyasa Yoga</b> 9:00 - 9:45
<b>10am</b>					<b>Chair Yoga</b> 10:00 - 10:45
<b>12pm</b>	<b>HIIT</b> 12:00 - 12:30		<b>HIIT</b> 12:00 - 12:30		
<b>5pm</b>		<b>Zumba</b> 5:15 - 5:45		<b>Zumba</b> 5:15 - 6:00	
<b>6pm</b>		<b>Slow Flow Vinyasa Yoga</b> 6:15 - 7:00	<b>Yoga Sculpt</b> 6:15 - 7:00	<b>Pilates</b> 6:15 - 6:45	

## HOW TO PARTICIPATE

Download our NEW MotionVibe app today to join in on your mobile device or a tablet, or you can join from your desktop. Participants of Virtual Fitness MUST be a member of the YMCA at ACRC and in Active status. IF your membership is on hold, you will NOT be able to participate. If you haven't already created your account, visit our website for details on how to get started. [www.ymcaatacrc.org/motionvibe](http://www.ymcaatacrc.org/motionvibe)



## CLASS DESCRIPTIONS

**ACTIVE RENEWAL** - This movement class is designed to increase muscle strength, range of motion, and improve activities for daily living. A chair is used for seated exercises and for support while standing.

**BARRE** - Combines elements of barre, dance and yoga. Exercises are high intensity and low impact, choreographed to fun and motivating music. Emphasis on toning the legs, glutes, as well as strengthening the core.

**BODY SCULPT** - Muscle conditioning class that provides a balanced total body workout.

**CHAIR YOGA** - This class incorporates traditional yoga poses done while seated in a chair or using a chair for support while standing. Modifications to adapt the poses are given frequently. No previous yoga experience is needed. Participants will need an armless, stable chair on a level surface. No yoga mat needed.

**HIIT** - A form of interval training with a strategy of alternating short periods of intense anaerobic exercise with less intense recovery periods followed by a cool down. Improving overall athletic performance and metabolic conditioning. Workouts are tailored to each and every fitness level.

**HUSTLE & MUSCLE** - A great workout for anyone looking to get lean and fit. This class uses light to moderate dumbbells and high repetitions. Cardio and athletic moves are linked in for a total body workout. Add energetic and motivational music and this will be the most fun you'll have strength training.

**KICKBOX** - Gives a great cardiovascular and muscle conditioning workout.

**PILATES** - Putting together a blend of mat work specific to the Pilates method and throwing in a smidgen of various exercise equipment. This will help create better posture, a heightened sense of precision and control on the mat.

**PUMP IT UP** - Muscle conditioning class that provides a balanced total body workout.

**SLOW FLOW VINYASA YOGA** is a style of yoga with focus on transitions and movements while creating more time spent in stationary poses. These poses are strung together to form one fluid sequence of movement. With a focus on connecting the movements with the rhythm of the breath. Vinyasa means to move with the breath, which is essentially the core of a Vinyasa class.

**TAI CHI** - Improve balance, build strength & gain confidence in your mobility through this evidence-based program. Join us virtually regardless of previous enrollment, as we review & finish out our 12-week practice.

**VINYASA YOGA** is a type of yoga that links movement and breath to attain balance in the mind and body. From the Sanskrit "to place in a special way," vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow.

**YOGA SCULPT** is a class that incorporates hand weights and high-intensity cardio bursts for a maximum calorie-burning effect. The hand weights add a new challenge to traditional yoga classes. Yoga Sculpt also incorporates cardio exercises to get your heart pumping and your blood flowing.

**ZUMBA** - A fun, Latin dance inspired workout with easy to follow steps that let you naturally move to the beat. Zumba brings together Salsa, Merengue, Samba, Reggaeton, African Beats, Cumbia and Funk.