


YGROUP EXERCISE™ FEBRUARY 2010

We build strong kids, strong families, strong communities.

AEROBIC & STRENGTH CONDITIONING					MIND-BODY FITNESS					AQUATIC FITNESS					MARTIAL ARTS/DANCE/YOUTH FITNESS														
MONDAY																													
Time Class					Time Class					Time Class					Time Class														
Room	Min	Instructor	Room	Min	Instructor	Room	Min	Instructor	Room	Min	Instructor	Room	Min	Instructor	Room	Min	Instructor												
AM					AM					AM					<p>Are you a YMCA Health Seeker? We can help you identify your goals and introduce new classes that are perfect for your level of fitness.</p> 														
6:00	Interval Training	MPR 1	60	Sam	8:30	**Kitaido Yoga	MPR 2	75	Linda	6:45	**AquaFit	45	Ramona	7:30	**AquaFit	45	Ramona	8:20	**Deep Water	45	Ramona	11:00	**Deep Water	45	Rebecca				
8:00	Cardio Kickboxing	MPR 1	55	Liza W.																									
9:00	Step I/II	MPR 1	55	Michelle																									
10:00	Senior-cise II	MPR 2	55	Lisa F.																									
10:00	Step & Sculpt	MPR 1	55	Michelle																									
11:15	Senior-cise I	MPR 1	55	Lisa F.																									
PM					PM					PM					PM														
5:00	**Cycling	MPR 1	45	Janis	4:00	Pilates	MPR 2	50	Lisa F.																				
6:00	**Step II	MPR 1	55	Janis	7:00	Vinyasa Yoga	MPR 2	75	Denon																				
6:00	Cardio Kickboxing	MPR 2	55	Kelly/Rosa																									
7:05	**Body Pump	MPR 1	60	Joni						6:30	**AquaFit	60	Rebecca																
										NEW CLASS!					1:00 Bouncin' Buddies (3-5) MPR 1 45 Chelsea 5:00 Kids Jui Jitsu(4-14) FSC 60 Kale 5:00 Youth Fitness 101 CTC 1 60 Staff 5:00 Fitness For Fun MPR 2 45 Staff 5:30 TKD (Beg./Int.) FSC 45 Master Kim/Staff 6:30 TKD (Beg./Int.) FSC 45 Master Kim/Staff														
TUESDAY																													
Time Class					Time Class					Time Class					Time Class														
Room	Min	Instructor	Room	Min	Instructor	Room	Min	Instructor	Room	Min	Instructor	Room	Min	Instructor	Room	Min	Instructor												
AM					AM					AM					AM														
5:30	Cycling	MPR 1	60	Carlos B.	8:00	Tai Chi	MPR 2	55	Carol	7:30	**AquaFit	45	Rebecca																
8:00	Step I/II	MPR 1	55	Jacque	9:00	Pilates	MPR 2	55	Lisa F.	11:00	**Deep Water	45	Rebecca																
9:05	**Body Pump	MPR 1	60	Annette																									
10:00	Senior-cise II	MPR 2	55	Michelle																									
10:30	**Cycling	MPR 1	60	Lisa F.																									
11:15	Senior-cise I	MPR 2	45	Michelle																									
PM					PM					PM					PM														
12:05	Arthritis Exercise	MPR 2	45	Rebecca	7:00	Hatha Yoga	MPR 2	75	Patricia																				
5:00	**Cycling	MPR 1	45	Izzy																									
6:00	**Cycling	MPR 1	45	Gladys																									
7:00	Total Body Sculpting	MPR 1	55	Margot																									
										NEW CLASS!					3:30 Youth Ballet (3-5) FSC 30 Staff 4:15 Youth Ballet (6-11) FSC 45 Staff 5:00 TKD (Int./Adv.) MPR 2 45 Master Kim/Staff 5:50 TKD (Beg./Int.) MPR 2 45 Master Kim/Staff 6:00 Youth Fitness 101 CTC 1 60 Staff														
WEDNESDAY																													
Time Class					Time Class					Time Class					Time Class														
Room	Min	Instructor	Room	Min	Instructor	Room	Min	Instructor	Room	Min	Instructor	Room	Min	Instructor	Room	Min	Instructor												
AM					AM					AM					AM														
6:00	Body Pump	MPR 1	60	Tammy	8:30	**Hatha Yoga	MPR 2	75	Patricia	6:45	**AquaFit	45	Ramona	7:30	**AquaFit	45	Ramona	8:20	**Deep Water	45	Ramona								
8:00	Cardio Kickboxing	MPR 1	55	Liza W.																									
9:00	Step & Sculpt	MPR 1	55	Jacque																									
10:00	Senior-cise II	MPR 2	55	Jacque																									
10:00	Basic Step	MPR 1	55	Michelle	11:15	Chair Yoga	MPR 2	45	Linda	11:00	**Deep Water	45	Briana																
PM					PM					PM					PM														
5:00	**Cycling	MPR 1	45	Janis	7:00	Pilates	MPR 2	60	Lisa F.																				
6:00	Step I/II	MPR 1	55	Rhodale																									
6:00	**ZUMBA	MPR 2	55	Cynthia																									
7:05	Body Pump	MPR 1	60	Marcia/Lisa J.						6:30	**AquaFit	60	Rebecca																
										NEW CLASS!					1:00 Bouncin' Buddies (3-5) MPR 1 45 Chelsea 5:00 Kids Jui Jitsu(4-14) FSC 60 Kale 5:00 Youth Fitness 101 CTC 1 60 Staff 5:00 Fitness For Fun MPR 2 45 Staff 5:30 TKD (Beg./Int.) FSC 45 Master Kim/Staff 6:15 TKD (Beg./Int.) FSC 45 Master Kim/Staff														
THURSDAY																													
Time Class					Time Class					Time Class					Time Class														
Room	Min	Instructor	Room	Min	Instructor	Room	Min	Instructor	Room	Min	Instructor	Room	Min	Instructor	Room	Min	Instructor												
AM					AM					AM					AM														
5:30	Cycling	MPR 1	60	Rich	8:00	Tai Chi	MPR 2	55	Carol	7:30	**AquaFit	45	Rebecca																
8:00	Step I/II	MPR 1	55	Jacque	9:00	Pilates	MPR 2	55	Lisa F.	11:00	**Deep Water	45	Rebecca																
9:05	**Body Pump	MPR 1	60	Tammy																									
10:00	Senior-cise II	MPR 2	55	Jacque																									
10:30	**Cycling	MPR 1	60	Michelle																									
11:15	Senior-cise I	MPR 2	45	Lisa F.																									
PM					PM					PM					PM														
5:00	**Cycling	MPR 1	45	Janis/Catherine	7:00	Vinyasa Yoga	MPR 2	75	Denon																				
6:00	**Cycling	MPR 1	45	Margot																									
7:00	Interval Training	MPR 1	55	Carlos G.																									
										NEW CLASS!					3:30 Youth Ballet (3-5) FSC 30 Staff 4:15 Youth Ballet (6-11) FSC 45 Staff 5:00 TKD (Int./Adv.) MPR 2 45 Master Kim/Staff 5:50 TKD (Beg./Int.) MPR 2 45 Master Kim/Staff 6:00 Youth Fitness 101 CTC 1 60 Staff														

CLASSES MARKED (**) REQUIRE A PRIORITY STICKER OR SIGN-IN BEFORE ENTERING CLASS. THESE ARE VERY POPULAR CLASSES. PRIORITY STICKERS & SIGN-IN ARE AVAILABLE AT THE WELCOME CENTER ON A FIRST-COME-FIRST-SERVE BASIS AND CAN BE OBTAINED UP TO ONE HOUR BEFORE CLASS. ONE STICKER PER PERSON.

Check-out the new classes in **BOLD!**

The schedule changes monthly. All classes and instructors are subject to change without prior notice.

All fitness classes are free for members (except Martial Arts, KidzPower and Selected Dance classes).

Martial Arts and Specialty Dance classes require advance registration and an additional fee. See Courtesy Counter for details.
Save Trees - This schedule is posted at www.southbayymca.org

AEROBICS/STRENGTH CONDITIONING					MIND-BODY FITNESS					AQUATIC FITNESS					MARTIAL ARTS/DANCE/YOUTH FITNESS														
FRIDAY															FRIDAY														
Time	Class	Room	Min	Instructor	Time	Class	Room	Min	Instructor	Time	Class	Min	Instructor	Time	Class	Room	Min	Instructor											
AM					AM					AM																			
6:00	Interval Training	MPR 1	55	Sam	8:30	**Hatha Yoga H	MPR 2	75	Patricia	6:45	**AquaFit H	45	Ramona																
8:00	Cardio Kickboxing	MPR 1	55	Gladys						7:30	**AquaFit H	45	Ramona																
9:00	Step I/II	MPR 1	55	Jacquie/Michelle						8:20	**Deep Water	45	Briana																
10:00	Senior-cise II H	MPR 2	55	Gladys						11:00	**Deep Water	45	Rebecca																
PM					PM					PM					PM														
5:00	**Cycling H	MPR 1	45	Michelle	5:00	Pilates H	MPR 2	60	Amanda						4:00	Yoga for Kids (4-11)	MPR 2	45	Chelsea										
6:00	**ZUMBA	MPR 1	55	Cynthia											5:00	Youth Fitness 101	CTC 1	60	Staff										
SATURDAY															SATURDAY														
Time	Class	Room	Min	Instructor	Time	Class	Room	Min	Instructor	Time	Class	Min	Instructor	Time	Class	Room	Min	Instructor											
AM					AM					AM					AM														
7:00	Body Pump	MPR 1	55	Karla/Tammy	8:00	**Kitaido Yoga H	MPR 2	60	Linda	7:30	**AquaFit H	60	Alma																
8:05	Step I/II	MPR 1	55	Michelle											Water bottle, towel and a priority sticker are required for all cycling classes.														
9:15	Cardio Kickboxing	MPR 2	55	Kelly/Rosa																									
9:15	**Body Pump	MPR 1	60	Debbie/Lisa J.																									
10:30	**Cycling H	MPR 1	60	Sabra																									
SUNDAY															SUNDAY														
Time	Class	Room	Min	Instructor	Time	Class	Room	Min	Instructor	Time	Class	Min	Instructor	Time	Class	Room	Min	Instructor											
AM					AM					AM					AM														
9:00	Body Pump	MPR 1	60	Alma	8:30	Vinyasa Yoga	MPR 2	90	Marti						Check-out the new classes in BOLD!														

GROUP EXERCISE CLASS DESCRIPTIONS

AEROBIC/STRENGTH CONDITIONING

STEP & Sculpt (I, II) This STEP class is fused with interval drills, fun choreography combinations, resistance training, Pilates-based movements, abdominal training and flexibility. Class is designed for participants who are looking for both a cardiovascular and strength training workout. Hand weights will be reserved for the muscle-strengthening segments of the STEP class where movements are designed to be performed in a slow and controlled manner. Feet remains stationary when hand weights are being used to ensure proper, effective form and prevention of injuries.

STEP (I, II) This class will focus on cardiovascular endurance using the STEP followed by core work and cool down.

STEP II (II) Learn fun and creative STEP choreography moves in this high-energy class that is guaranteed to make you sweat! It's great for those looking for a longer cardiovascular workout. Class features innovative and challenging choreography for the Intermediate & Advance stepper. You'll learn "cross-phrasing", syncopated moves, turns, back turns, hops, jumps, layered moves, verticle, double, triple or partnered steps.

Step Lite (I) A 60 minute class that focusing on cardiovascular fitness using low-impact and step work to increase your endurance and coordination. This class is a great introductory to STEP aerobics. Sculpting is often incorporated towards the end of class.

Cardio Kickboxing (I,II) This athletic class brings together the fun and excitement of boxing and kickboxing movements with the fitness benefits of aerobic and strength exercise. No dancing and easy to follow.

BODY PUMP (all levels) BODY PUMP is a fun 60 minute workout designed for ALL fitness levels. This athletic based workout uses barbells with adjustable weights to work every major muscle group in the body. With motivating music, BODY PUMP strengthens, tones and defines with great results. A priority sticker is required for this class.

Total Body Sculpting (I, II) This class focuses primarily on firming, toning and strengthening the entire body. Combines light aerobics, full body resistance training, and easy stretching for a great workout. Free weights and/or barbells, stability balls and resistance bands are used in this easy to follow format.

Interval Training (I,II) Get the best of both muscle toning and core strength in this new class design. Barbells, tubing, stability balls, cardio drills and plyometric work are used during this full body workout.

Cycling (I,II) This class is a great cardiovascular workout performed to music on specially designed stationary bikes. See reverse for additional information. **A PRIORITY STICKER IS REQUIRED FOR ENTRY TO THIS CLASS.**

Zumba (I,II) Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body.

MIND-BODY FITNESS

Pilates (all levels) The Joseph Pilates Method emphasizes on muscle control, flexibility, coordination and tone. This mat-based class consists of a sequence of carefully performed movements which are designed to strengthen a specific set of muscles and relieve tension in the body. **"PLEASE BRING YOUR OWN MAT."**

Kitaido/Gentle Yoga (all levels) is a form of Hatha Yoga which focuses on energy, body and the spirit. It is an integration of physical and mental fitness, suitable for any level of yoga.

Hatha Yoga (all levels) This style of yoga has a challenging mix of asanas and pranayama (breathing techniques) to help strengthen both the body and mind. You will feel renewed, relaxed and rejuvenated as the body feels supple, flexible and stronger.

Vinyasa Yoga (I,II) A style of yoga combining a series of flowing postures with rhythmic breathing techniques for an intense body-mind workout.

Meditation Yoga (I) Experience this unique style of yoga that incorporates mantra and meditation that will transcend your spirit, relax your mind and strengthen your body.

Kids Yoga (all levels) Now kids ages 4-11 can do yoga too! This special 45 minute class is easy to follow with simple yoga poses and fun game play. Parents must stay in the facility during class.

Feldenkrais (all levels) By participating in Feldenkrais Awareness through Movement lessons, you will discover new possibilities for moving in safe ways, experience thinking about pain differently and learn to organize moving yourself more efficiently to reduce pain and effort.

Tai Chi for Fitness (all levels) Learn the ancient Chinese method to improve your balance, strength and mental focus. This class is gentle and easy-to-follow.

Level of Intensity: I-Beginner II-Intermediate III-Advanced

MPR - Multi Purpose Room FSC - Family Sports Complex TKD - Tae Kwon Do DW - Deep Water

SPECIALTY CLASSES

Senior-cise Aerobics (I,II) A fun class designed to increase cardiovascular endurance and strength for "ready-to-be-active" and the "already-active" older adult. Classes will emphasize cardiovascular conditioning, functional strength, balance, flexibility and FUN!
Senior-cise I is a beginner level class and may include options for intermediate exercisers. Senior-cise II is an intermediate level class and is not ideal for beginning exercisers.

Low Impact Cardio & Drums (I,II) Class format is designed half cardio and strength training. Drums for Life may be incorporated in the format to increase your motor coordination and improve cardiovascular endurance while beating drums sticks on the stability ball.

Bouncin' Buddies (I) A fun fitness class for kids (3-5 years old) that will incorporate games, dancing, movement discovery, and play. Kids will have a wild time getting fit! Parents must stay in the facility during class. We encourage parents to work out!

Arthritis (I) is a class held in the shallow end of the pool that focuses on functional training and maintaining full range of motion. Note: A completed Physician's Information Form is required for both Arthritis classes. See Instructor for details.

AQUATIC FITNESS

+ AquaFit (all levels) No time for chit-chat...jump in this fun and challenging 45 minute fitness class using the water resistance. Class includes warm-up, cardio, strength training, abdominal workout followed by a cool down period for ALL fitness levels.

+ Deep Water Aerobics (all levels) Enjoy a great total body workout in a NO-IMPACT environment. Class focuses on cardiovascular endurance and innovative strength training. Participants should feel comfortable in the deep end of the pool.

+Note: Class times are subject to change during the spring/summer and fall/winter months.

We build strong kids, strong families, strong communities.
YGROUP EXERCISE