

YGROUP EXERCISE NOVEMBER 2009

We build strong kids, strong families, strong communities.

AEROBIC & STRENGTH CONDITIONING					MIND-BODY FITNESS					AQUATIC FITNESS					MARTIAL ARTS/DANCE/YOUTH FITNESS														
MONDAY															MONDAY														
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	60	Sam	8:30	**Kitaido Yoga	MPR 2	75	Linda	6:45	**AquaFit	40	Ramona																
8:00	Cardio Kickboxing	MPR 1	55	Liza W.						7:30	**AquaFit	45	Ramona																
9:00	Step I/II	MPR 1	55	Michelle						8:20	**Deep Water	45	Ramona																
10:00	Senior-cise II	MPR 2	55	Lisa F.																									
10:00	Step & Sculpt	MPR 1	55	Sabra						11:00	**Deep Water	45	Rebecca																
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	Ashley	6:30	**AquaFit	60	Rebecca	1:00	Bouncin' Buddies (3-5)	MPR 1	45	Chelsea											
6:00	**Step II	MPR 1	55	Janis										4:15	Kids Jui Jitsu(4-7)	FSC	60	Kale											
6:00	Cardio Kickboxing	MPR 2	55	Kelly	7:00	Vinyasa Yoga	MPR 2	75	Denon					5:00	Kidz Power (6-11)	MPR 2	45	Chelsea											
7:05	**Body Pump	MPR 1	60	Joni										5:30	Kids Jui Jitsu(8-14)	FSC	60	Kale											
														5:30	TKD (Beg./Int.)	FSC	45	Master Kim/Staff											
														6:30	TKD (Beg./Int.)	FSC	45	Master Kim/Staff											
														8:15	Adult Jui Jitsu	MPR 1	60	Kale											
TUESDAY															TUESDAY														
Time	Class	Room	Min	Instructor	Time	Class	Room	Min	Instructor	Time	Class	Min	Instructor	Time	Class	Room	Min	Instructor											
AM					AM					AM					AM														
5:30	Cycling	MPR 1	60	Carlos B.						7:30	**AquaFit	45	Rebecca																
8:00	Step I/II	MPR 1	55	Jacquie	8:00	Tai Chi	MPR 2	55	Carol																				
9:05	**Body Pump	MPR 1	60	Annette	9:00	Pilates	MPR 2	55	Lisa F.																				
10:00	Senior-cise II	MPR 2	55	Michelle						11:00	**Deep Water	45	Rebecca																
10:30	**Cycling	MPR 1	60	Lisa F.																									
11:15	Senior-cise I	MPR 2	45	Michelle																									
PM					PM					PM					PM														
5:00	**Cycling	MPR 1	45	Izzy	7:00	Hatha Yoga	MPR 2	75	Patricia					3:30	Youth Ballet (3-5)	FSC	30	Kimberly											
6:00	**Cycling	MPR 1	45	Gladys										4:15	Youth Ballet (6-11)	FSC	45	Kimberly											
7:00	Total Body Sculpting	MPR 1	55	Margot										5:00	TKD (Int./Adv.)	MPR 2	45	Master Kim/Staff											
														5:50	TKD (Beg./Int.)	MPR 2	45	Master Kim/Staff											
														6:30	Youth Judo (8-12)	FSC	60	Greg											
WEDNESDAY															WEDNESDAY														
Time	Class	Room	Min	Instructor	Time	Class	Room	Min	Instructor	Time	Class	Min	Instructor	Time	Class	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	40	Ramona																
8:00	Cardio Kickboxing	MPR 1	55	Liza W.						7:30	**AquaFit	45	Ramona																
9:00	Step & Sculpt	MPR 1	55	Jacquie						8:20	**Deep Water	45	Ramona																
10:00	Senior-cise II	MPR 2	55	Jacquie																									
10:00	Step Lite	MPR 1	55	Michelle	11:15	Chair Yoga	MPR 2	45	Linda																				
PM					PM					PM					PM														
5:00	**Cycling	MPR 1	45	Janis	7:00	Pilates	MPR 2	60	Lisa F.	6:30	**AquaFit	60	Rebecca	1:00	Bouncin' Buddies (3-5)	MPR 1	45	Chelsea											
6:00	Step I/II	MPR 1	55	Janis										4:15	Kids Jui Jitsu(4-7)	FSC	60	Kale											
6:00	**ZUMBA	MPR 2	55	Cynthia										5:00	Kidz Power (6-11)	MPR 2	45	Chelsea											
7:05	Body Pump	MPR 1	60	Marcia/Lisa J.										5:30	Kids Jui Jitsu(8-14)	FSC	60	Kale											
														5:30	TKD (Beg./Int.)	FSC	45	Master Kim/Staff											
														6:15	TKD (Beg./Int.)	FSC	45	Master Kim/Staff											
THURSDAY															THURSDAY														
Time	Class	Room	Min	Instructor	Time	Class	Room	Min	Instructor	Time	Class	Min	Instructor	Time	Class	Room	Min	Instructor											
AM					AM					AM					AM														
5:30	Cycling	MPR 1	60	Rich						7:30	**AquaFit	45	Rebecca																
8:00	Step I/II	MPR 1	55	Jacquie	8:00	Tai Chi	MPR 2	55	Carol																				
9:05	**Body Pump	MPR 1	60	Tammy	9:00	Pilates	MPR 2	55	Lisa F.																				
10:00	Senior-cise II	MPR 2	55	Jacquie						11:00	**Deep Water	45	Rebecca																
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	7:00	Vinyasa Yoga	MPR 2	75	Denon					3:30	Youth Ballet (3-5)	FSC	30	Kimberly											
6:00	**Cycling	MPR 1	45	Margot										4:15	Youth Ballet (6-11)	FSC	45	Kimberly											
7:00	Interval Training	MPR 1	55	Carlos G.										5:00	TKD (Int./Adv.)	MPR 2	45	Master Kim/Staff											
														5:50	TKD (Beg./Int.)	MPR 2	45	Master Kim/Staff											
														6:30	Youth Judo (8-12)	FSC	60	Greg											

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					PM														
6:00	Interval Training	MPR 1	55	Sam	8:30	**Hatha Yoga	MPR 2	75	Patricia	6:45	**AquaFit	40	Ramona																
8:00	Cardio Kickboxing	MPR 1	55	Gladys						7:30	**AquaFit	45	Ramona																
9:00	Step I/II	MPR 1	55	Jacquie/Michelle						8:20	**Deep Water	45	Ramona																
10:00	Senior-cise II	MPR 2	55	Gladys						11:00	**Deep Water	45	Rebecca																
PM					PM					PM					PM														
5:00	**Cycling	MPR 1	45	Michelle	5:00	Pilates	MPR 2	60	Amanda						4:00	Yoga for Kids (4-11)	MPR 2	45	Chelsea/Ashley										
6:00	**ZUMBA	MPR 1	55	Cynthia/Rosa																									
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	MPR 2	60	Linda	7:30	**AquaFit	60	Alma																
8:05	Step II	MPR 1	55	Michelle																									
9:15	Cardio Kickboxing	MPR 2	55	Kelly																									
9:15	**Body Pump	MPR 1	60	Debbie/Lisa J.																									
10:30	**Cycling	MPR 1	60	Janis/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/Denon																				

Water bottle, towel and a priority sticker are required for all cycling classes.

Check-out the new classes in BOLD!

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

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.