

GROUP EXERCISE SCHEDULE

There's a Group Waiting for you at the Y!

Effective February 27, 2012



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM Spin Studio	Cycling Kris	Cycling Nancy P.	Cycling Becky	Cycling Nancy P.	Cycling Kris	PLEASE NOTE: * Requires sign up at the Member Services Desk ** Long term sub	
6:00 AM	Pump/Yoga Fusion Becky	Yoga Nancy P.	Pump/Yoga Fusion Becky	Yoga Nancy P.	Pump/Yoga Fusion Becky		
8:00 AM	Advanced Yoga Elena	Pilates Megan	Advanced Yoga Elena	Pilates Megan	Beginning Yoga Victoria	8:15 *Cycling Tamy / Becky	
9:00 AM	Cardio Debbie	Pi-Yo @9:15 Rebecca	Interval Charlotte	Pi-Yo @9:15 Rebecca	Pump Yvonne	9:15 a.m. Boot Camp 1 st Sat Yvonne	
9:00 AM Spin Studio	Cycling Keri		Cycling Nancy C.		Cycling Debbie	Turbo Kick 2 nd Sat Rebecca	
9:00 AM South Gym	Zumba Gold Haley/Andreanna	Zumba Charlotte/Megan	Zumba Gold Yvonne/Debbie	Zumba Charlotte/Megan	Young At Heart Charlotte	Zumba 3 rd Sat Yvonne 5 th Sat Megan	
10:00 AM	Pump Debbie		Yoga @ 10:30 Vanessa		Yoga Courtney	Tabata Intervals 4 th Sat Megan	
11:00 AM	Yoga Vanessa						
12:00 PM	Hard Work Conditioning Sherry	Pump Megan	Zumba/Tone Markit	Pump Megan	Hard Work Conditioning Sherry		
12:00 PM Spin Studio		*Cycling CJ		*Cycling CJ			
1:00 PM					Zumba Megan		
2:00 PM	Gentle Yoga Donna		Gentle Yoga Donna			10:30 Advanced Yoga 1 st & 3 rd Sat Elena (90 min)	
3:30 PM		Youth Turbo Kick Rebecca		Youth Turbo Kick Rebecca		10:30 a.m. Gentle Yoga 2 nd , 4 th , 5 th , Sat Vanessa	
3:30 PM Spin Studio			Teen Cycle @3:45 CJ (30 mins)				
4:00 PM		Turbo Kick Rebecca		Turbo Kick Rebecca			
4:30 PM Spin Studio			*Cycling Tamy (45 min)				
5:00 PM		Butts-n-Guts Yvonne		Butts-n-Guts Yvonne			
5:00 PM Spin Studio					*Cycling Tamy		
5:30 PM	Turbo Kick Rebecca	Pump Yvonne	Power Yoga Nancy P.	Pump Yvonne			
5:30 PM Spin Studio	*Cycle/Abs Sherry		Cycling Tamy				
5:30 PM South Gym			Zumba Charlotte/Megan				
6:30 PM	Zumba Yvonne/Sherry	Zumba Stephanie/Lisa		Zumba Andreanna/Haley			

Our Mission:

To put Christian principals into practice through programs that build a healthy spirit, mind and body for all.

Call 246-9622 or visit www.sfymca.org

Sheri Richmond, Healthy Living Director
Charlotte Michel, Group Exercise Coordinator - Land

GROUP EXERCISE DESCRIPTIONS

Indoor Cycling: Test your cardio fitness while you tour flat roads, climb hills, sprint and race through varied terrain in this self-paced cardio workout.

Cycle Interval: Balance your cardio fitness with muscle conditioning exercises to provide you with a high-intensity balanced workout that everyone is sure to enjoy and benefit from.

Cycle Pump: Get your heart pumping and your confidence soaring with this half-hour cycling class followed by a half-hour strength training workout. All fitness levels.

Cycle Abs: After an exhilarating ride, we'll build your core strength with a demanding abdominal workout. All fitness levels are encouraged to join & take it at their own pace.

Zumba: Routines feature interval training where fast and slow rhythms are combined to sculpt the body, burn fat, and make exercising fun. Everyone is encouraged to join in.

Zumba Tone: Take Zumba dance fitness to the next level, utilizing an innovative muscle training protocol and the addition of lightweight toning sticks or dumbbells.

Zumba Gold: Start off gradually with this simplified Zumba dance program. All ages and abilities are encouraged to move along with our Latin rhythms in this slower paced class. Class typically concludes with use of tube bands to strengthen and tone your upper body and abs. All ages and abilities are encouraged to join in!

Yoga: Our basic Yoga class helps improve flexibility, strength and balance while enhancing your posture, coordination and mental focus. Our basic class is open to all fitness levels and we encourage you to include it in your exercise routine.

Advanced Yoga: Our Advanced Yoga class helps improve flexibility, strength and balance while enhancing your posture, coordination and mental focus. Our advanced class is a challenging workout recommended for experienced yoga students.

Power Yoga: Feel the challenge and accomplishment of hard work during this one hour Power Yoga class. Power yoga is a vigorous, fitness-based approach to vinyasa-style yoga focused on flexibility and strength. This class is recommended for the intermediate to advanced yoga student.

Gentle Yoga: Gentle yoga is a style of yoga that is far less strenuous than other forms of hatha yoga. It is less intense, so it can be very useful for those exercisers who are not capable of fulfilling the demands of other yoga styles, such new to exercising, seniors, pregnant women, people recovering from injury, or for those who are not as flexible.

Yoga / Pilates: Improve your postural awareness, strength and overall wellness. Experience a mind-body workout that will stretch and strengthen your body. The Yoga / Pilates combination class blends exercises from hatha yoga and Pilates set to motivating and relaxing music. A healthy, balanced class to add to anyone's fitness routine.

Pilates: Experience this unique body conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk. Pilates increases circulation and helps to sculpt the body and strengthen the body's "core" (torso). Before you know it, you'll have better posture, be less prone to injury, and experience better overall health.

Pump: Build your strength and stamina with this progressive training workout using body bars, tubing, and dumbbells for your upper body and incorporating squats, lunges, and step-ups to develop your lower body strength. We focus on all major muscle groups to keep you feeling balanced and strong.

Pump Express: Same as our regular pump class but only 45 minutes for those on the go.

Extreme Butts & Guts: Improve posture, advance in your sport or just feel better with this workout designed to strengthen abdominals, buttocks and legs.

Hard Work Conditioning: Challenge the routine, push your body, feel the results with this conditioning class that combines unique and effective strength training with intense cardio intervals. It is fun, friendly and tough. Recommended for the intermediate to advanced exerciser.

Interval: Boost your energy and endurance with bursts of high intensity cardio work, alternated with periods of lower intensity, muscle-conditioning activity. This class draws people who want to work hard and push themselves to the max.

Boot Camp: Boost your power and drop that weight with this high-energy, drill-based, interval class. This balanced workout combining cardio and strength exercises will challenge your agility, muscles, cardiovascular fitness and core strength through body-weight and equipment-based drills. All fitness-levels welcomed and encouraged to join in.

Tabata Intervals: Increase your cardio endurance and burn calories in this fun, fast paced, high intensity interval class. Interval moves will be alternated with periods of rests.

Young at Heart: Class includes low impact aerobics, weight-bearing and lower body exercises and abdominal work. Geared to the "above 39" age group and those new to exercising.

Turbo Kick: Combines kickboxing and dance moves all perfectly choreographed to high energy and motivating music for the ultimate cardiovascular challenge.