



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**FULLERTON FAMILY YMCA**  
2000 Youth Way, Fullerton, CA 92835  
(714) 879-9622 Schedule revised 2/3/12

# GROUP EXERCISE SCHEDULE

Group Ex.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7a	Controlled Burn Fitness (Melissa)		Asana Mat Pilates (Melissa)		Controlled Burn Fitness (Melissa)	8-9 AM Body Pump (Gale) *
7-8a		Zumba (Lori) *		Zumba (Lori) *		9:15-10:15 Zumba(JoAnne)
8:30-9:30a	Cardio Funk (Hi/Lo) (Dani) *	Cardio Sculpt (Darla) *	Cardio Funk (Hi/Lo) (Dani) *	R.I.P.P.E.D. (Darla) *	Cardio Funk (Hi/Lo) (Dani) *	
9:45-10:45a	Zumba (Lori) *	Group Training (Marlene) *	Zumba (Lori)	Cycle & Sculpt (Marlene) *	Zumba Plus (Lori) *9:45-11:15	
11a-12p	Group Training (Kevin) *	Pi/Yo Lunch (Marlene) *	Group Training (Kevin)	Pi/Yo Lunch (Marlene) *	Cycle & Sculpt (Marlene) *	Yoga (Molly) *
12-12:45	Zumba Gold (Lori) *		Zumba Gold (Lori) *		Zumba Gold (Lori)	
3:30-4:15		GFC Circuit Training (Kevin)		GFC Circuit Training (Kevin)		
4:30-5:30p	Zumba (Lynn)	Combat Blast (Kevin) *	Zumba (Lynn) *	Combat Blast (Kevin) *	Zumba (Lynn)	2:30-3:30 Beg. Kata (Karate)
5:45-6:45	Body Pump (Gale) *	Zumba (Daniela)	Body Pump (Lisa) *	Zumba (Elishama)	Body Pump Coming Soon	3:45-4:45 Int. Kata (Karate)
7-8p	Yoga (Gale) *	Vinyasa Flow Yoga (Monica)	Yoga (Tippiwan)	Yoga (Corneila)		

Multi Purpose	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7a		Cycle (Gale) *	7:00am Cycle (Kerry)	Cycle (Gale) *		7-8AM Cycle (Gale) *
8:30-9:30a					Yoga (Linda) *	
9-10a	Yoga (Monica)					
9:45-10:45		Cycle 9:45-10:45 (Gale) *		Cycle & Sculpt (Marlene) 9:45 *		
12-1	Pi/Yo (Casey) *				Cycle & Sculpt (Marlene) 11:00 *	
3:45-4:15	Hip-Hop Dance		Hip Hop Dance			
4:15-4:45	4-8 3:45/9-12 4:15		4-8 3:45/9-12 4:15			
5-6p	Yoga (Casey)	Karate 4:30-5:30 Beginner 5:45-6:45 Intermediate	Yoga (Gale) *	Karate 4:30-5:30 Beginner 5:45-6:45 Intermediate	Hip-Hop Dance 4:30-5p Ages 4-8 5-5:30p Ages 9-12	
7:00-8:00p	Cycle (Kerry)	Adult Karate 7:15	Cycle (Gale) *	Combat Blast (Kerry)		

GYM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-8a	Silver Sneakers (Gale) *		Silver Sneakers (Gale) *		Silver Sneakers (Gale) *	
8:30-9:30a		Silver Sneakers (Gale) *	8:00am Yoga (Gale) *	Silver Sneakers (Casey)		
9:00-9:45	GFC Circuit Training (Kevin) *		9:15am GFC Circuit Training (Kevin) *		GFC Circuit Training (Kevin) *	
10:30-11:30a	Silver Sneakers (Gale) *		Silver Sneakers (Gale) *		Silver Sneakers (Gale) *	
11-12a		Chair Yoga (Gale) *	12:00 Pi/YO (Marlene) *	Chair Yoga (Casey)		

Chapel	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00p		Circuit Training (Nick)		Circuit Training (Nick)		

\* GlucoFitClub Certified Instructor

# GROUP EXERCISE SCHEDULE

## Course Descriptions

<b>Body Pump</b>	10 choreographed songs focusing on strength training all major muscle groups. Class uses a weighted bar and plates to individualize their workout. All levels of fitness.
<b>Cycle</b>	Spin class on specially designed stationary bikes which gives the workout an "outdoor" ride.
<b>Chair Yoga</b>	A Yoga class for Seniors. Yoga poses that are performed while seated in a chair for a flexible and strong body; breathing exercises for increasing stamina, and mind exercises to increase concentration and inner peace.
<b>Circuit Training</b>	An hour long circuit training class taught by a personal trainer and held in the Chapel Room (located in fitness area). One minute intervals are performed using medicine balls, weights, punching bag, and core exercises to help tone and strengthen muscles.
<b>Group Training</b>	Taught by a certified personal trainer with specific attention geared to the individual needs of the members. Includes weight training with hand weights, bars, bands, and stability balls. Some cardio, floor work and stretching.
<b>Cardio Funk</b>	Various cardio routines with strength training. All levels of fitness.
<b>Hip Hop</b>	Contemporary dance moves practiced with Hip Hop music designed for kids
<b>GulcoFitClub Circuit Class</b>	A circuit class designed for the GlucoFitClub members that combines strength and cardio work
<b>R.I.P.P.E.D.</b>	Resistance, intervals, power, plyometrics, endurance, diet...a high energy total body workout formulated to burn fat, build muscle, strength and endurance.
<b>Adult Karate/ Self- Defense</b>	This class is for ages 14 and up and you will learn different self-defense movements to successfully defend yourself.
<b>Silver Sneakers</b>	Sponsored by Secure Horizons. A senior class. There are two levels of Silver Sneakers, both levels can be adapted to seated or standing. Options are always offered and all levels of fitness are welcome.
<b>Step Circuit</b>	A low to mid impact class using an elevated platform (step).
<b>Yoga</b>	Combinations of several yoga formats and poses, focusing on strength and flexibility.
<b>Zumba/Zumba Plus</b>	A very dynamic and exciting class full of Latin and exotic music flavors! It targets areas such as glutes, legs, arms, abs and the most important muscle of the body, the heart. Zumba Plus is an extra 30minutes of toning and ab work.
<b>Combat Blast</b>	A combination of challenging cardio exercises, kickboxing, and intense muscle toning. Throw in some abdominal work and you won't know what hit you!
<b>Cardio Sculpt</b>	You will get a total body work out with this challenging class. It combines a variety of strength training exercises using weights and resistance bands with cardio mixed throughout.
<b>Kickboxing</b>	This class is a combination of kickboxing and martial arts designed to increase power and strength. All levels are welcome.
<b>Controlled Burn Fitness</b>	A non-impact, core intensive, full body conditioning experience designed to help each participant attain and maintain a healthy body.
<b>Pi/Yo</b>	A combination of Pilates and Yoga which will increase strength, flexibility, and endurance. A perfect balance of formats to enhance the mind/body experience.
<b>Kid's Karate</b>	Beginning and Intermediate level Karate for children six and up.
<b>Zumbatomic</b>	Traditional Zumba class created just for kids! Classes are divided into age groups: 4-7 and 8-12
<b>Cycle &amp; Sculpt</b>	Combination of Cycling in the Multipurpose Room and strength training in the Group Ex Room
<b>Zumba Gold</b>	A senior's class full of exciting Latin music flavors and dynamic moves. It targets the whole body and is fun at the same time!
<b>Asana Mat Pilates</b>	<b>AMP</b> (Asana Mat Pilates) is an invigorating morning workout combing energizing Yoga and Mat Pilates exercises to condition your core, and tone your arms, buns, and thighs. Each class ends with a revitalizing and centering cool down and stretch to help you start the day."



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**YMCA OF ORANGE COUNTY**  
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