



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**LAGUNA NIGUEL FAMILY YMCA**  
29831 Crown Valley Parkway  
Laguna Niguel, CA 92677  
**(949) 495-9622**

# GROUP FITNESS SCHEDULE

Effective 1/9/12

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am			BODYPUMP™ Kathy		BODYPUMP™ Kathy		
6:00am		TOTAL FIT Bob	CYCLE Pam	TOTAL FIT Bob	CYCLE Lori	TOTAL FIT Bob	
		YOGA Casey		YOGA Casey		CYCLE Lori	
		CYCLE Pam		CYCLE Pam			
7:00am		CXWORX™ Ron	7:30 MAT PILATES Ron	CXWORX™ Pam	7:30 MAT PILATES Ron	7:15 FIT 4 LIFE Eileen	7:15 CYCLE Lori
		7:15 FIT 4 LIFE Bob		7:15 FIT 4 LIFE Eileen			
8:00am	8:30 FIT 4 LIFE COMBO Michelle		8:30 CYCLE Amy		8:30 CYCLE Debbie		BODYPUMP™ Pam
	8:30 CYCLE Debbie		8:30 CXWORX™ Brittaney		8:30 CXWORX™ Sandra		8:30 CYCLE Nicole
9:00am		ZUMBA® Anette	BODYCOMBAT™ Brittaney	ZUMBA® Camay	BODYCOMBAT™ Autumn	ZUMBA TONING® Camay	9:15 - Brittaney CXWORX™
		CYCLE Debbie	YOGA Sasha	CYCLE Cory		CYCLE Amy	9:45 - Brittaney BODYCOMBAT™
							9:30 - Yolanda YOGA
							9:45 - Nicole OUTDOOR BOOTCAMP
10:00am	10:30 ZUMBA® Colleen	BODY PUMP™ Anette	10:15 ZUMBA GOLD® Anette	BODY PUMP™/ CXWORX™ Ron	10:15 ZUMBA GOLD® Anette	BODY PUMP™ Anette	10:45 ZUMBA® Anette
		FLEXIBLE STRENGTH Debbie	10:30 OUTDOOR BOOTCAMP Amy				
11:00am		MAT PILATES Cory	YOGA Judith	MAT PILATES Cory	YOGA Judith	FLEXIBLE STRENGTH Debbie	
		11:15 CXWORX™ Kim	HH HUSTLE™ Melodie	11:15 ZUMBA GOLD TONING® Camay		11:15 CXWORX™ Kim	
12:00pm	12:30 YOGA Sasha			SILVER DANCE Emily			
1:00pm		SENIOR FIT Bob	SILVER SNEAKERS® Marcia	SENIOR FIT Bob	SILVER SNEAKERS® Marcia	SILVER SNEAKERS® CARDIO CIRCUIT Marcia	
5:30pm		5:45 MAT PILATES Ron		5:45 MAT PILATES Cory			LEGEND
6:00pm		BODY PUMP™/ CXWORX™ Pam	BODYCOMBAT™ Autumn	BODYPUMP™ Kim	HH HUSTLE™ Ellie		OUTDOOR PATIO
		CYCLE Nicole	CYCLE Cory	CYCLE Nicole	CYCLE Debbie		CYCLE ROOM
7:00pm		YOGA Ted	YOGA Liz	YOGA Ted	YOGA Yolanda		GROUP X STUDIO
		7:15 ZUMBA® Alicia	7:15 ZUMBA® Erin	7:15 ZUMBA® Tim	7:15 ZUMBA® Alex		MULTI PURPOSE ROOM

# GROUP EXERCISE SCHEDULE

## Course Descriptions

**BODY COMBAT™** This energetic program is inspired by martial arts and draws from disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Strike, punch, kick and kata your way to superior cardio fitness. 60 minute class

**BODY PUMP™** The original barbell class that challenges all of your major muscle groups by using exercises such as squats, lifts, presses and curls. Set to fun and energetic music with high-energy and motivating instructors. 60 minute class

**BOOT CAMP** Get in shape with this training program that incorporates challenging cardiovascular, polymeric and weight resistance exercise to get you in shape! Boot Camp classes may be outdoor or feature TRX®. 60 minute class

**CXWORX™** This class really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy, while also improving functional strength and assisting in injury prevention. 30 minute class

**CYCLE** Cycling is a challenging cardiovascular workout done on stationary bikes. Classes are set to current popular music. Training and motivational techniques stimulate the outdoor riding experience. 60 minute class

**HIP HOP HUSTLE™** So you think you CAN'T dance? This class is a pre-designed and easy to follow hip hop class. A great cardio dance workout that will have you wanting more. 50 minute class

**FIT 4 LIFE & FIT 4 LIFE COMBO** A lighter version of Total Fitness. Still a workout for muscular strength, range of motion and agility but done at a lower intensity with fewer repetitions. 45 minute class- Fit 4 Life , 90 minute class-Fit 4 Life Combo

**FLEXIBLE STRENGTH** This class is focused on building strength and core muscle through the incorporation of a variety of exercise formats and techniques. 50 minute class

**MAT PILATES** Classes address posture, mind/body awareness, strength, and flexibility training. Emphasis is placed on deep breathing and strengthening core muscles. 60 minute class

**SENIOR FIT** This program focuses on strength & flexibility and is a multi component exercise program designed for adults ages 55 and older. Chair exercises are done in a fun and social atmosphere. 45 minute class

**SILVER SNEAKERS® (MSROM)** Designed specifically for the active older adult, light weights, bands and chairs are utilized to ensure safety. 45 minute class

**SILVER SNEAKERS® CARDIO CIRCUIT** This is a upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

**SILVER DANCE** This dance class is for the active older adult who enjoys all forms of dance. This class includes country line dancing, ballroom and Latin routines. All Levels welcome! 45 minute class

**TOTAL FITNESS** Stay strong with workout program for beginners, seniors, and people looking for a low intensity workout. Join us for a variety of exercises that are designed to increase muscular strength and range of motion. 45 minute class

**YOGA** Build strength, flexibility, balance and stamina during yoga classes. Each yoga instructor brings a different emphasis to the format and all levels are welcome. 60 minutes

**ZUMBA & ZUMBA GOLD®** A Latin-inspired dance class set to energetic and inspiring music. The Zumba® motto- "Ditch the workout, join the party!" Zumba Gold® is done at a lower intensity, perfect for seniors or beginners. 50 minute class

**ZUMBA TONING®** This class follows the Zumba® format but is done with light weights for toning. 60 minute class



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**YMCA of Orange County**  
ymcaoc.org