



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

For more information contact:
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NEWPORT-MESA FAMILY YMCA
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GROUP EXERCISE SCHEDULE – WINTER 2012

STUDIO A	SUN	MON	TUE	WED	THUR	FRI	SAT
6:00-7:00am		Group Cycling (Raelynn)	Group Cycling (Sherry)	Group Cycling (Frank)	Group Cycling (Sherry)	Group Cycling (Frank)	
7:15-8:00		Morning Energizer (Sally) ∞		Morning Energizer (Sally) ∞		Morning Energizer (Sally) ∞	
8:00-9:30		Body Conditioning (Kari) ∞ 8:30-9:30	Body Pump (Amber) 8:30-9:30	Body Conditioning (Kari) ∞ 8:30-9:30	Body Pump (Amber) 8:30-9:30	Body Conditioning (Kari) ∞ 8:30-9:30	Group Cycling & Core (Raelynn) 8-9 & 9-9:30
9:30-10:30		Group Cycling (Gina J)	Zumba (Amber)	Group Cycling (Gina J)	Zumba (Amber)	Group Cycling (Gina J)	Zumba (Hiromi/Gina V)
10:30-11:30		Senior Body Conditioning (Pete) ∞ 10:30-11:15	Super Silver (Kari) ∞	Senior Body Conditioning (Pete) ∞ 10:30-11:15	Super Silver (Kari) ∞	Senior Body Conditioning (Pete) ∞ 10:30-11:15	Body Pump (Kari/Amanda/Courtney)
11:15-12:00pm		Core Conditioning (Pete) ∞		Core Conditioning (Pete) ∞		Core Conditioning (Pete) ∞	
12:00-1:00		Mat Pilates (Lisette) ∞	Parkinson's in Balance (Allison)	Mat Pilates (Elizabeth) ∞		Mat Pilates (Lisette) ∞	
1:00-2:00		Silver Sneakers (Karen)	Silver Sneakers (Karen) ∞	Silver Sneakers (Karen) ∞	Silver Sneakers (Karen) ∞	Zumba Gold (Gina V) ∞	
5:15-6:30		Group Cycling (Ron) 5:15-6:15	Body Pump (Kari)	Group Cycling (Raelynn) 5:15-6:15	Body Pump (Kelly E)		
6:30-7:30		Zumba (Gina V)	Group Cycling (Kelly E)	Zumba (Hiromi)	Group Cycling (Frank)		
STUDIO B	SUN	MON	TUE	WED	THUR	FRI	SAT
6:00-7:00am			Yoga Flow¥ (Lauren)		Yoga Flow¥ (Lauren)		
8:00-9:15		Ballet Stretch (Pepa) ∞ 8:00-8:30		Ballet Stretch (Pepa) ∞ 8:00-8:30		Ballet Stretch (Pepa) ∞ 8:00-8:30	Yoga Flow¥ (Lauren) 8:00-9:15
8:30-9:30	Yoga Flow ¥ (Nichole) 9-10:15am	Y Barre Class (Kelly F)	Pi/Yo¥ (Karen) ∞	Y Barre Class (Kelly F)	Pi/Yo¥ (Karen) ∞	Y Barre Class (Kelly F)	
9:30-10:45				Yoga for All¥ (Nichole) ∞ 9:30-10:45			Yoga Flow¥ (Lauren) 9:30-10:45
12:00-1:00pm			Yoga Flow¥ (Kristy)		Yoga Flow¥ (Micha)		
3:30-4:15		Youth Yoga* (Liz) Ages 4-7		Youth Yoga* (Liz) Ages 4-7			
4:30-5:15		Youth Yoga* (Liz) Ages 8-12		Youth Yoga* (Liz) Ages 8-12			
5:30-6:45		Yoga Flow¥ (Sasha)	Yoga Flow¥ (Lauren)	Hatha Yoga¥ (Karen) 5:30-6:30	Yoga Flow¥ (Lauren)		
Circuit Training	SUN	MON	TUE	WED	THUR	FRI	SAT
8:15-9:00am			GlucFitClub (Nina)		GlucFitClub (Nina)		
8:30-9:15am		GlucFitClub (Ambia)				GlucFitClub (Ambia)	
9:15-10:00am			GlucFitClub (Nina)	GlucFitClub (Ambia)	GlucFitClub (Nina)		GlucFitClub (Kari)
10:30-11:30am		Killer Circuit (Kelly E)		Killer Circuit (Kelly E)		Killer Circuit (Kelly E)	
Basketball Ct	SUN	MON	TUE	WED	THUR	FRI	SAT
See times listed		Boot Camp (Gina) 6:00-7:00pm		Boot Camp (Gina) 6:00-7:00pm			Boot Camp (Ambia) 9:30-10:30am
∞ Gluco Fit Approved Class		*Indicates a fee based class		¥Please arrive 5 minutes early to avoid unnecessary interruptions			

GROUP EXERCISE SCHEDULE

Class Descriptions

STUDIO A:

- Body Conditioning:** This class provides a variety of strength and conditioning exercises using weights and resistance bands.
- Body Pump™:** The original barbell class that strengthens your entire body challenging all your major muscle groups by using weight-room exercises like squats, presses, lifts & curls choreographed to upbeat music.
- Core Conditioning:** The most fundamental abdominal and lower back training; including the various postures & comprehensive flexibility training resulting in greater function, range of movement, reduced lower back tension & more.
- Group Cycling:** A challenging 50 minute stationary cycling class that utilizes various training techniques and motivational strategies to simulate a true bike riding experience.
- Mat Pilates:** A workout designed to develop core strength and coordination. The focus of this class will be on traditional Pilate's movement patterns, the use of breath and correct alignment.
- Morning Energizer:** A low-impact workout including light resistance training for the active older adult.
- Parkinson's in Balance:** This class is offered to anyone affected by the illness including caregivers, family and friends & provides training in balance, posture and functional movement with many modifications to fit any level. There is no cost for this class even if you're a non-member, so feel free to join us and bring a friend!
- Senior Body Conditioning:** A 45-minute class designed for the energetic active adult; comprised of strength training, stamina, flexibility and balance training.
- Silver Sneakers:** This class is designed for older adults & is done seated using various forms of resistance training. Emphasis is placed on coordination, balance and posture to assist in everyday activities.
- Super Silver:** Similar to Silver Sneakers but with more aerobic activity at a faster pace.
- Zumba®:** A fitness program inspired by Latin dance that incorporates body sculpting movements with easy-to-follow dance steps.
- Zumba® Gold:** Zumba for the active older adult or true beginner and/or de-conditioned member.

STUDIO B:

- Ballet Stretch:** A ballet-oriented stretch class designed to improve flexibility.
- Hatha Yoga¥:** A slow-paced stretching class with some simple breathing exercises and perhaps seated meditation. This is a good place to learn basic poses, relaxation techniques, and become comfortable with yoga.
- Pi/Yo®¥:** A combination of Pilates and Yoga which will increase strength, flexibility and endurance. This is a perfect balance of formats to enhance the mind/body experience.
- Yoga Flow¥:** This is a dynamic, vigorous class that synchronizes movement and breath in a continuous flow of poses. The focus is to increase strength, stamina, flexibility and mental focus.
- Yoga for All¥:** A gentle, restorative yoga format that will provide overall muscular balance & flexibility, perfect for all.
- Y Barre Class:** A unique, no impact, high energy fusion of barre work & weight resistance that will tone your body.
- ¥-Indicates a class where prompt arrival is mandatory to avoid unnecessary interruptions-please arrive 5 minutes early for set-up

CIRCUIT TRAINING:

- GlucFitClub Classes:** This 36-minute circuit class includes both strength training & aerobic conditioning. Using the resistance equipment with intervals of active recovery cardio stations you will have a full body workout in no time!
- Killer Circuit:** Hard core circuit done with resistance training & active recovery stations. Limited to 18 participants

BASKETBALL COURT:

- Boot Camp** This is an intense class that will challenge you to a new fitness level. Each class uses different exercises to boost your metabolism, lose weight, gain muscle, and feel great!

FEE BASED CLASSES:

- Kid's Dance*:** Easy-to-follow dance steps choreographed to music; includes a variety of dance styles the kids will love!
- Rosen Method*:** Develop a deeper awareness of your body in a group setting. Great for all ages; especially ages 40+.
- Youth Yoga*:** Give your child the gift of increased body awareness, focus, flexibility & strength. Age groups 4-7 & 8-12.

*Indicates a fee based class

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