

SADDLEBACK VALLEY YMCA

Group Fitness Schedule

Summer 2010 (Effective July 5th)

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

	Rm.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 AM	A	Core Fusion Eileen		Cycle Sprint/ AbLab-Eileen		
	G		BodyPump® Aimee		BodyPump® Pam	
	M/B					Yoga Stretch Carolyn
7:15 AM	A			Cycle Tour Kristin		Cycle Tour Eileen
	G					
8:30 AM 50 min.	A	Cycle Intervals Staff	Cycle Sprint/ AbLab Eileen	Cycle Tour Eileen	Cycle Sprint/ AbLab Katrina	Cycle Intervals Kristin
	G	Boot Camp Matt	Burn Michele/Jenny	Zumba® Julianne	Burn Nicki	Zumba® Julie
	T			Boot Camp Matt		
9:30 AM	A	Cycle Tour Katrina	BodyStep® Michele	Cycle Interval Katherine	BodyStep® Julianne	Cycle Tour Kristin
	G	Body Combat® Aimee	Zumba® Dee	BodyPump® Kristin	Zumba® Julie	Body Combat® Dee
	M/B	Yoga for Fitness Carolyn	Mat Pilates Julianne		Mat Pilates Donna	
10:40 AM	A	Silver Dance Emily		Yoga for Fitness Donna		
	G	BodyPump® Dee	Silver Sneakers® Eileen	Zumba Gold® Anette	Silver Sneakers® Eileen	BodyPump® Dee
	M/B	Gentle Yoga Carolyn				Gentle Yoga Carolyn
11:50 AM	M/B		Flow Yoga Carolyn		Flow Yoga Carolyn	
3:45 PM	G	ZumbAtomic® Julianne		ZumbAtomic® Julie		
4:30 PM 50 min.	G	Zumba® Julianne		Zumba® Julie	Total Tone Natalie	
5:30 PM	A	AbLab Eileen		Ab Lab Jenny		
	G	Burn Nicki	Body Combat® Aimee	BodyStep® Michele	Body Combat® Katrina	
6:40 PM	A	Cycle Intervals Debbie	Cycle Intervals Lori	Cycle Tour Debbie	Cycle Tour Melissa Sz.	
	G	BodyPump® Katrina	Boot Camp Matt	BodyPump® Katrina	Boot Camp Matt	
7:45 PM	G		Zumba® Anette		Zumba® Julianne	
	M/B		Hatha Yoga Carolyn		Hatha Yoga Gia	
8:45 PM	M/B				Meditation (30 min.) - Gia	

		SATURDAY	SUNDAY
7:15 AM	G	Boot Camp Katrina	
8:30 AM	A	Cycle Tour Kathy	
	G	Zumba® Julie/Julianne/ Tim	
	M/B	Hatha Yoga Gia	Power Yoga Jenny
9:30 AM	G	Body Combat® Dee	
	M/B	Core Fusion Nicki	
	C.R.	Meditation (30 min.) - Gia	
10:40 AM	G	BodyPump® Kathy	

AQUA CLASSES		
	9:00 AM	7:00 PM
Mon.	Aqua Boot Camp Eileen	
Tues.	<i>New!</i> Aqua Fusion Jean	<i>New!</i> Aqua Burn Donna
Weds.	Aqua Boot Camp Donna	
Thurs	<i>New!</i> Aqua Fusion Jean	Aqua Boot Camp Eileen
Fri.	<i>New!</i> Aqua Burn Eileen	
	8:30 AM	
Sat.	Aqua Boot Camp Tina	

- Classes and Instructors are subject to change without prior notice.
- Participants may not be admitted to classes 10 minutes after the scheduled start time.
- Kindly silence your cell phone while participating in classes.
- Classes with 6 or fewer participants will be cancelled.
- Proper exercise attire is required. No jeans or sandals are permitted in any cardio or strength-based classes.
- Sandals are permitted in the mind-body formats.

* LEGEND *

A – Studio A G – Gym
M/B – Mind Body Studio T – Tennis Court
C.R. – Conference Room

Schedules are available online at www.ymcaoc.org/SaddlebackValley.

YHEALTH & WELLNESS

We build strong kids, strong families, strong communities.

GROUP FITNESS: Exercise your Spirit, Mind, and Body

WATER WORKOUTS

Aqua Boot Camp An athletic-based water fitness class focused on strengthening and toning. Work hard and have fun!

New! Aqua Burn A water version of our new Gym class, focused on high calorie burning cardio intervals designed to alter the shape you're in.

New! Aqua Fusion A more gentle water fitness class that fuses cardio, strength, and stretch for a complete workout.

ACTIVE OLDER ADULTS

SILVER SNEAKERS® is a fun mix of cardiovascular exercise and strength training that can be geared to many different fitness levels. Work is done in a chair, standing, or using a combination of both.

SILVER DANCE keeps your heart healthy while adding a bit of spice to your day. It employs a variety of social dance steps, taught in an easy to follow, solo format.

Aqua Fusion, Zumba Gold and Gentle Yoga are also great choices for the more mature exerciser.

GROUP FITNESS

Ab Lab is a 45 minute class designed to give you rock hard abs, a strong back, and killer chest muscles, followed by a relaxing stretch.

Body Pump® is 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.

BodyCombat® is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi, and Muay Thai. This class is supported by driving music and powerful role model instructors, strike, punch, kick, and kata your way through calories to superior cardio fitness.

BodyStep® is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements, this cardio workout pushes fat-burning systems into high gear while shaping and toning your body.

Boot Camp is guaranteed to challenge you! Class formats include the use of steps, weights, bands, plyometrics, and more in order to simulate a military-quality cardio and strength-training experience. The class involves both indoor and outdoor exercises.

New! Burn blends high cardio intervals for optimal calorie burning and resistance training to build metabolism boosting muscle mass in a format designed to alter the shape you're in.

Cardio-Circuit is a perfect blend of cardio conditioning and strength training. It may include step aerobics and plyometrics to get your heart rate up. Weights, bands, and your own body weight are used for muscle toning.

NEW! Core Fusion Fuses Pilates, Yoga and other disciplines in one challenging, core strengthening class.

Cycling The Saddleback Valley YMCA offers three formats of challenging stationary cycling classes. **Cycle Tour** includes motivational training techniques to simulate the outdoor riding experience. **Cycle Intervals** uses riding drills designed to increase your strength and stamina. **Cycle Sprint/AbLab** provides a shorter ride followed by 20 minutes of ab work – a great format for beginners, or an opportunity for more experienced riders to push their intensity.

Total Tone will sculpt and tone all the muscles of the body. It uses weights, bands, and your own body weight for an optimal strength-training experience!

Zumba® is the latest aerobics craze. It's a Latin-inspired dance class set to energetic and inspiring music. The Zumba® motto – *"Ditch the workout, join the party!"*

Zumbatomic® (Zumba for Kids) is a fun, dance-based class similar to our adult Zumba class, but geared to kids between the ages 5-12.

Zumba® GOLD is done at a slower pace and lower intensity than regular Zumba® classes, but is just as fun! Perfect for seniors, beginners, and/or people who are not used to exercising or those that may be physically limited.

Mind and Body

Flow Yoga is an athletic based format designed for the participant who wants a more aerobic yoga workout. Poses are taught in quick progression.

Gentle Yoga is a restorative format which provides muscular balance and flexibility. This is the perfect class for active older adults and those with physical limitations.

Hatha Yoga uses classic yoga postures to build strength and stamina. Participants learn proper breathing techniques.

Meditation helps to ease the stresses of the week in a 30 minute, restorative session.

Pilates focuses on strengthening and stretching the abdomen and torso. Techniques used include proper breathing and muscle control.

Power Yoga combines Flow and Hatha techniques to build strength, stamina, flexibility, and balance.

Classes and instructors are subject to change without notice.

Please contact the Health and Wellness Department for any questions you may have.

949-859-9622

