

YMCA Mission: The YMCA of Orange County puts Christian principles into practice through programs that build spirit, mind and body for all.

YHEALTH & WELLNESS
We build strong kids, strong families, strong communities.

MONDAY	
5:45am A	Core-Stretch Aimee
8:30am A	Cycle Intervals Katrina
8:30am Gym	Boot Camp Matt
9:00am Pool	Aqua Bootcamp Eileen
9:30am A	Cycle Tour Katrina
9:30am MB	Yoga for Fitness Carolyn
9:30am Gym	BodyCombat® Aimee
10:40am Gym	BodyPump® Dee
10:40am A	Gentle Yoga Carolyn
11:50am Gym	Silver Dance Emily
3:45pm Gym	Zumba® for Kids Julianne
4:30pm Gym	Zumba® Julianne
5:30pm A	AbLab Eileen
5:30pm Gym	BodyStep® Michele/Julianne
6:40pm A	Cycle Intervals Debbie
6:40pm Gym	BodyPump® Katrina

TUESDAY	
5:45am Gym	BodyPump® Aimee
6:30am Pool	Water Aerobics Jean
8:30am A	Cycle Sprint/AbLab Eileen
8:30am Gym	Cardio Circuit Melissa
9:30am Gym	Zumba® Dee
9:30am MB	Mat Pilates Julianne
9:30am A	BodyStep® Michele/Eileen
10:40am Gym	Silver Sneakers® Eileen
11:50am MB	Flow Yoga Carolyn
5:30pm Gym	BodyCombat® Katrina
6:40pm Gym	Boot Camp Matt
6:40pm A	Cycle Intervals Katrina
7:50pm MB	Hatha Yoga Carolyn
7:50pm Gym	Zumba® Julie

WEDNESDAY	
5:45 A	Cycle Sprint/AbLab Matt
8:30am A	Cycle Tour Melissa
8:30am Gym	Zumba® Julianne
8:30 am TC	Outdoor Bootcamp Matt
9:00am Pool	Aqua Bootcamp Donna
9:30am A	Cycle Intervals Katherine
9:30am Gym	BodyPump® Greta
10:40am A	Yoga for Fitness Staff
10:40am Gym	BodyCombat® Katrina
11:50am Gym	Zumba GOLD Anette
3:45pm Gym	Zumba® for Kids Julie
4:30pm Gym	Zumba® Julie
5:30pm A	AbLab Greta
5:30pm Gym	BodyStep® Michele
6:40pm A	Cycle Tour Debbie
6:40 pm Gym	BodyPump® Katrina

THURSDAY	
5:45am Gym	BodyPump® Aimee
6:30am Pool	Water Aerobics Jean
8:30am A	Cycle Sprint/AbLab Katrina
8:30am Gym	Cardio Circuit Lisa
9:30am MB	Mat Pilates Donna
9:30am Gym	Zumba® Lisa
9:30am A	BodyStep® Julianne
10:40am Gym	Silver Sneakers® Eileen
11:50pm MB	Flow Yoga Carolyn
4:30pm Gym	Total Tone Natalie
5:30pm Gym	BodyCombat® Aimee
6:40pm A	Cycle Tour Melissa
6:40pm Gym	Boot Camp Matt
7:50pm Gym	Zumba® Julianne
7:50pm MB	Hatha Yoga Gia
8:50pm MB	Meditation Gia

FRIDAY	
5:45am A	Yoga Stretch Carolyn
8:30am A	Cycle Intervals Melissa
8:30 am Gym	Zumba® Julie
9:00am Pool	Aqua Bootcamp Eileen
9:30am A	Cycle Tour Greta
9:30am Gym	BodyCombat® Dee
10:40am Gym	BodyPump® Dee
10:40am A	Gentle Yoga Carolyn

SATURDAY	
7:00am Gym	Boot Camp Katrina
8:30am Gym	Zumba Staff
8:30am A	Cycle Tour Kathy
8:30am MB	Hatha Yoga Gia
9:00am Pool	Aqua Boot Camp Tina
9:30am MB	Meditation Gia
9:30am Gym	BodyCombat® Dee
10:40am Gym	BodyPump® Kathy

SUNDAY	
8:30am MB	Power Yoga Jee



Saddleback Valley YMCA
27341 Trabuco Circle Mission Viejo, CA
(949)859-9622

Schedules are available online at
www.ymcaoc.org/Saddleback Valley



Winter 2010

Effective 1/4/2010

GROUP FITNESS

AQUA AEROBICS

Aqua Bootcamp 45 min athletic based water fitness class. Work hard and have fun!

Water Aerobics Water aerobics is the perfect format for those that want less impact yet still desire a substantial cardiovascular workout. Noodles and delta belts will be included in the class format. Rash guards are recommended during winter months.

Deep H2O Aerobics Using flotation belts, this class is held in the deep end of the pool. Noodles and delta belts are incorporated to provide a well-rounded water workout.

ACTIVE OLDER ADULTS

Silver Sneakers® A fun mix of cardiovascular and strength training that can be geared to many fitness levels.

Work from a chair, standing or a combination of both.

Silver Dance Keep your heart healthy and spice up your day with a variety of social dance steps taught in an easy to follow format.

MIND & BODY

Pilates Developed over 70 years ago by Joseph H. Pilates, the focus of this discipline is to strengthen and stretch the abdomen and torso by solely using the body. Technique involved proper breathing and muscle control. An excellent core conditioning format.

Hatha Yoga Classic Yoga postures that will build strength and stamina. Participants will learn proper breathing and meditation techniques.

Flow Yoga Athletic-based Yoga format designed for the Yoga participant that wants more of a challenging Yoga workout. Poses are taught in a quick progression.

Gentle Yoga A gentle, restorative Yoga format that will provide overall muscular balance & flexibility. This class is perfect for the active older adult.

Meditation Ease the stresses of the week in this 1 hour class

**Classes and instructors are subject to change without notice.*

Please contact the Health & Wellness department for any questions you may have

949-859-9622

GROUP FITNESS

Ab Lab 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® 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.

Body Combat® 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. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

Body Step® is the energizing step workout that makes you feel liberated and alive. Using a height adjustable step and simple movements. Cardio blocks push fat-burning systems into high gear followed by muscle-conditioning tracks that shape and tone your body.

Boot Camp Easy to follow exercises set in a progression guaranteed to challenge you! Class formats include the use of various equipment and are held indoor and outdoor.

Cardio-Circuit A perfect blend of cardio conditioning and strength training. May include step aerobics and pliometrics to get your heart rate up. Weights, bands and your own body weight for muscle toning.

Core Stretch Designed to stretch the entire body with an emphasis on strengthening and stretching the core of the body.

Cycling Three formats of challenging stationary cycling classes. **Cycle Tour** Training and motivational techniques simulate the outdoor riding experience. **Cycle Intervals** Riding drills designed to increase your strength and stamina. **Cycle Sprint/Ab Lab** A shorter ride great for beginners or push the intensity if you're more experienced, followed by 20 minutes of ab work.

Total Tone Utilizes weights, bands and your own body weight to tone all the muscles of the body.

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

Zumba® GOLD Done at a lower intensity and not as fast as Zumba®, but just as fun! Perfect for seniors, beginners and/or people who are not used to exercising or those that may be limited physically.

Zumbatomic (Zumba for Kids)® A fun dances based class similar to our adult Zumba class but geared for kids 5-12 years of age.

