

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

YMCA of Orange County

Central Orange Coast Branch



We build strong kids,
strong families,
strong communities.

2300 University Dr.
Newport Beach
California 92660
(949) 642-9990
www.ymcaoc.org

Serves Newport Beach,
Corona del Mar, Irvine,
Santa Ana, Costa Mesa,
Tustin and surrounding areas

STUDIO A	MON	TUE	WED	THUR	FRI	SAT	SUN
6:00a – 7:00a	Group Cycling (Frank)	Tri-the-Road Group Cycling (Sherry)	Group Cycling (Cindi)	Tri-the-Road Group Cycling (Sherry)	Group Cycling (Cindi)		
7:15a– 8:00a	Morning Energizer (Sally)		Morning Energizer (Sally)		Morning Energizer (Sally)		
8:00a-9:30a	Body Conditioning (Kari) 8:20-9:20	Body Pump (Cindi) 8:15-9:15	Body Conditioning (Kari) 8:20-9:20	Body Pump (Vanessa) 8:15-9:15	Body Conditioning (Kari) 8:20 – 9:20	Group Cycling (Ethan) 8:00-9:30	
9:30a-10:30a	Group Cycling (Gina)	Zumba (Kelly)	Group Cycling (Ron)	Zumba (Kelly)	Group Cycling (Gina)	Zumba (Jessica)	
10:30–11:30a	Senior Body Conditioning (Pete) 10:30-11:15	Super Silver (Sally) 10:30-11:30	Senior Body Conditioning (Pete) 10:30-11:15	Super Silver (Sally) 10:30-11:30	Senior Body Conditioning (Pete) 10:30-11:15	Body Pump (Cindi/Kari) 10:30-11:30	
11:15a-12:00p	Core Conditioning (Pete)		Core Conditioning (Pete)		Core Conditioning (Pete)	Body Pump Technique (Cindi/Kari) 11:30-12pm	
12:00 – 1:00p	Mat Pilates (Lissette)		Mat Pilates (Elizabeth)		Mat Pilates (Lissette)		
1:00p – 2:00p	Silver Sneakers I (Karen)	Silver Sneakers I (Karen)	Silver Sneakers I (Karen)	Silver Sneakers I (Karen)	Zumba Gold (Cathy)		
5:15p-6:15p	Group Cycling (Brian)	Body Pump (Ron/Kari)	Group Cycling (Frank)	Body Pump (Ron/Cindi)			
6:30p-7:30p	Boxing/ Kickboxing (Frank)	Group Cycling (Ethan)	Boxing/ Kickboxing (Frank)	Group Cycling (Frank)			
STUDIO B	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00a-7:00a		Yoga Flow (Lauren)		Yoga Flow (Lauren)			
8:00a-9:30a	Ballet Stretch (Pepa) 8:00-8:30	Pi/Yo (Karen) 8:30-9:30	Ballet Stretch (Pepa) 8:00-8:30	Pi/Yo (Karen) 8:30-9:30	Ballet Stretch (Pepa) 8:00-8:30	Yoga Flow (Lauren) 8:00-9:15	
9:30a-10:45a		Rock hard abs (Kim) 9:30-10:00	Yoga for All (Joanne) 9:30-10:45	Rock hard abs (Kim) 9:30-10:00		Yoga Flow (Lauren) 9:30-10:45	
12:00p-1:00p			Yoga Flow (Lauren)				
5:00p-6:45p	Yoga Flow (Sasha) 5:30-6:45	Yoga Flow (Lauren) 5:15-6:30	Hatha Yoga (Karen) 5:00-6:00	Yoga Flow (Lauren) 5:15-6:30			
B-BALL CT	MON	TUES	WED	THURS	FRI	SAT	SUN
See times listed	Core & More (Josh) 6:30-7:00p	Boot Camp (Josh) 6:00-7:00p	Core & More (Josh) 6:30-7:00p	Boot Camp (Josh) 6:00-7:00p		BOOT Camp (Mark) 9:30 - 10:30a	
*NO EXCUSES	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30am 9:30am	Strength/Abs (Vanessa)	Plyo (Vanessa)	Strength/Abs (Vanessa)	Yoga (Jessica) (Sasha)	Strength/Abs (Vanessa)	6 th workout	<i>*Indicates Fee-based class</i>

Refer a friend and get a month membership for FREE!

Food donation campaign
Please drop off food items today.

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Class Descriptions

- Abs/Core & More:** Abdominal classes consisting of various stabilization exercises for the abdominals and lower- back.
- BODYPUMP™:** 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.
- 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!
- Body Conditioning:** This class provides a variety of strength and conditioning exercises using weights and resistance bands.
- Ballet Stretch:** A ballet-oriented stretch class designed to improve flexibility.
- Group Cycling:** A challenging 50 minute stationary cycling class that utilizes various training techniques and motivational strategies to simulate a true bike riding experience.
- 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.
- Boxing/Kickboxing:** A mix of Martial Arts & Boxing to increase power, strength, speed and agility. This class uses punching bags, gloves, focus and kick pads. From beginners to trained professionals....all are welcome.
- Morning Energizer:** A low- impact workout jam-packed with energy and excitement! Light resistance training is included in this fun filled class.
- 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. Participants will enjoy improvement in posture and overall toning.
- 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.
- 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 and members going through a rehabilitation program. The class is done seated using various forms of resistance training. Emphasis is placed on coordination, balance, and posture to assist in every day activities.
- Super Silver:** Similar to Silver Sneakers but with more aerobic activity at a faster pace.
- Tri-the-Road Training*:** TRI the Road is an indoor group cycling class designed for triathletes, cyclists and serious fitness enthusiasts.
- TRX*:** This total body resistance exercise incorporates a core workout with every movement. You can take your performance to the next level or choose the modified movements for beginners or injured members.
- Yoga (Gentle/Adv):** Designed to enhance vitality and a sense of well being, this workout will help participants gain improved flexibility, balance, strength and posture.
- 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 everyone.
- 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.

MAKE YOUR NEW YEAR'S RESOLUTION WITH 'NO EXCUSES' – SIGN UP TODAY – CLASSES START JANUARY 25th:

- No Excuses*:** A 12-week program that **guarantees** your results or your money back!

*Indicates a fee based class