

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## YMCA of Orange County North Orange County Family Branch



We build strong kids,  
strong families,  
strong communities.

2000 Youth Way  
Fullerton, CA 92835  
714/879-9622  
www.ymcaoc.org

Serves Brea, Buena Park,  
Fullerton, La Habra  
and surrounding areas

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
6:00 AM Abs Buns & Thighs (Gale/GX)	6:00 AM Cycle (Meggan/GX)	6:00 AM Abs Buns & Thighs (Gale/GX)	6:00 AM Cycle (Meggan/GX)	6:00 AM Abs Buns & Thighs (Gale/GX)		
7:00 AM Silver Sneakers (Gale/GYM)	7:00 AM Zumba (Lori/GX)	7:00 AM Silver Sneakers (Gale/GYM)	7:00 AM Zumba (Lori/GX)	7:00 AM Silver Sneakers (Gale/GYM)	7:30 AM Body Pump (Gale/GX)	
8:30 AM Hi - Low (Karla/GX)	8:30 AM Circuit (Karla/GX)	8:30 AM Hi - Low (Karla/GX)	8:30 AM Circuit (Karla/GX)	8:30 AM Hi - Low (Karla/GX)	8:30-10 AM Step Circuit (Karla/GX)	
8:30 AM Yoga (Vidya/MP)	8:30 AM Silver Sneakers (Marlene/GYM)	8:30 AM Yoga (Vidya/MP)	8:30 AM Silver Sneakers (Marlene/GYM)	8:30 AM Yoga (Vidya/MP)	9:30 - 10:00 AM Mommy & Me Dance Ages 2 - 5 (Malia/MP)	
9:30 AM Step Circuit (Karla/GX)	9:30 AM Hi - Lo (Karla/GX)	9:30 AM Step Circuit (Karla/GX)	9:30 AM Hi-Lo (Karla/GX)	9:30 AM Step Circuit (Karla/GX)	10:15 - 11:00 AM Polynesian Dance Adult 13+ (Malia/MP)	
10:30 AM Group Training (Marlene/GX)	10:30 AM Group Training (Marlene/GX)	10:30 AM Group Training (Gale/GX)	10:30 AM Group Training (Marlene/GX)	10:30 AM Group Training (Marlene/GX)		
10:30 AM Silver Sneakers (Gale/GYM)	11:30 to 12:00 AM Abs Buns & Thighs (Marlene/GX)	10:30 AM Silver Sneakers (Meggan/GYM)	11:30 to 12:00 AM Abs Buns & Thighs (Marlene/GX)	10:30 AM Silver Sneakers (Gale/GYM)	11:00 AM Yoga (Vidya/GX)	
12:00 PM Pilates (Gale/MP)				12:00 PM Pilates (Gale/MP)		
12:00 PM Cycle (Marlene/GX)	12:00 PM Cycle (Marlene/GX)	12:00 PM Cycle (Marlene/GX)	12:00 PM Cycle (Marlene/GX)	12:00 PM Cycle (Meggan/GX)		
3:30 PM Teen Training (Carlos/MP)	4:00 PM Yoga for Everyone (Vidya/MP)	3:30 PM Teen Training (Carlos/MP)	4:00 PM Yoga for Everyone (Vidya/MP)	3:30 PM Teen Training (Carlos/MP)		
4:30 PM Zumba (Lori/GX)	4:30 PM Boot Camp -Kick (Natasha/GX)	4:30 PM Zumba (Lori/GX)	4:30 PM Boot Camp -Kick (Natasha/GX)	4:30 PM Zumba (Lori/GX)		
5:30 PM Body Pump (Gale/GX)	5:30 PM Body Pump (Christine/GX)		5:30 PM Body Pump (Gale/GX)			
	5:00-5:30 PM Hip Hop Ages 4-8 (Jessica/MP)	6:15 - 6:45 PM Polynesian Dance Ages 4-7(Malia/MP)				
6:30 PM Cycle (Gale/MP)	5:30-6:00 PM Hip Hop Ages 9-12 (Jessica/MP)	6:45 - 7:30 PM Polynesian Dance Age 8-12 (Malia/MP)				
7:00 PM Step Circuit (Karla/GX)	6:30 PM Cycle (Christine/GX)	7:00 PM Step Circuit (Karla/GX)	6:30 PM Cycle (Christine/GX)			
7:30 PM Yoga (Vidya/MP)	7:30 PM Yoga Strength (Gale/GX)	7:30 PM Yoga (Vidya/MP)	7:30 PM Yoga Strength (Gale/GX)			

GX = Group Exercise Room

MP = Multipurpose Room

All classes are included with facility membership

Facility Hours	
Monday - Friday:	5:30am - 10:00pm
Saturday:	7:00 am - 5:00 pm
Sunday:	10:00am - 5:00pm

Kids Zone Hours:	
Monday - Thursday:	8:00am - 1:00pm, 3:30pm - 9:00pm
Friday:	8:00am - 1:00pm, 3:30pm - 8:30pm
Saturday:	9:00am - 1:00pm
Sunday:	Closed

If you have any questions or concerns, please contact Henry Lee at  
714-879-9622 or [hlee@ymcaoc.net](mailto:hlee@ymcaoc.net)

Effective 03/16/09

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## Class Descriptions

<b>Abs, Buns &amp; Thighs</b>	Taught by a certified personal trainer, includes weight bearing exercises geared toward the abdominals, glutes and thighs. Light cardio throughout the hour, ends with stretching. All levels.
<b>Body Pump</b>	10 choreographed songs focusing on strength training all major muscle groups. Class uses a weighted bar and plates to individualize their workout. All levels of fitness.
<b>Boot Camp &amp; Boot Camp Kick</b>	Easy to follow exercises set in a progression that will inspire and challenge you. The Kick class incorporates the elements of cardio kickboxing.
<b>Cycle</b>	Spin class on specially designed stationary bikes which gives the workout an "outdoor" ride.
<b>Yoga for Everyone</b>	A Yoga class that allows families, teens and adults to practice Yoga poses for a flexible and strong body, breathing exercises for increasing stamina, and mind exercises to increase concentration and inner peace.
<b>Group Training</b>	Taught by a certified personal trainer with specific attention geared to the individual needs of the members. Includes weight training with hand weights, bars, bands, and stability balls. Some cardio, floor work and stretching.
<b>Hi-Lo</b>	Various cardio routines with strength training. All levels of fitness.
<b>Hip Hop</b>	Contemporary dance moves practiced with Hip Hop music
<b>Mommy &amp; Me Dance</b>	Mother and Child dance class.
<b>Pilates</b>	Based on Stott Pilates repertoire of basic and intermediate mat work.
<b>Polynesian Dance</b>	A dance class that incorporates music and moves from the pacific.
<b>Silver Sneakers</b>	Sponsored by Secure Horizons. A seniors class. There are two levels of Silver Sneakers, both levels can be adapted to seated or standing. Options are always offered and all levels of fitness are welcome.
<b>Step Circuit</b>	A Step class alternating aerobic segments using a step platform and resistance training.
<b>Teen Training</b>	A challenging weight and cardio workout designed for young athletes.
<b>Yoga Strength</b>	Combination of several yoga formats and poses, focusing on strength and flexibility. Intermediate level.
<b>Yoga with Vydia</b>	Classic yoga founded on the principals of India. Set at a slower, less intense pace. Class is for beginners, those with physical limitations, and those of us that just need to slow down.
<b>Zumba</b>	A very dynamic and exciting class full of Latin and exotic music flavors! It targets areas such as glutes, legs, arms, abs and the most important muscle of the body, the heart.