
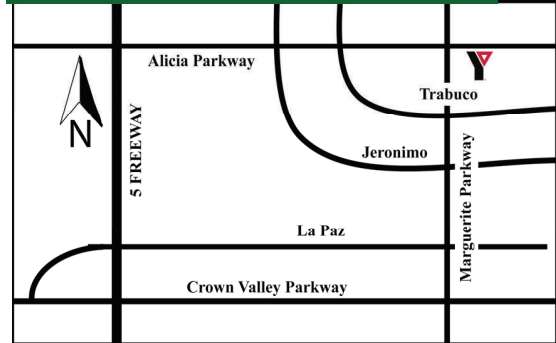
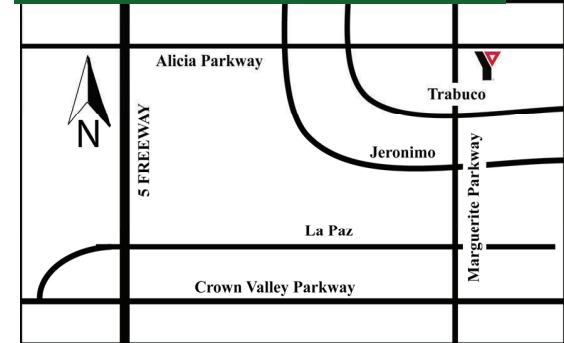


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00am A	Core-Stretch Aimee	5:45am Gym	BodyPump® Aimee	6:00am A	Core-Stretch Jee	5:45am Gym	BodyPump® Aimee	6:00am MB	Yoga George	7:15am Gym	Boot Camp Katrina
8:15am A	Cycling Katrina	6:30am Pool	Water Aerobics Jean	8:15am A	Cycling Melissa	6:30am Pool	Water Aerobics Jean	8:15am A	Cycling Staff	8:15am	BODYCOMBAT® Dee
8:30am Gym	Boot Camp Matt	8:15am A	Cycling 65 min Michele	8:30am Gym	Zumba® Lisa G	8:30am Gym	Zumba® Lisa G	8:30 am Gym	Zumba® Michele	8:15am A	Cycling Kathy
8:45am Pool	Aqua Combo Eileen (45 min)	8:30am Gym	BodyPump® Dee	8:45am Pool	Aqua Combo Eileen (45 min)	8:30am Gym	BodyPump® Aimee	8:30am MB	Mat Pilates Donna	8:30am Pool	Water Boot Camp Staff (45 min)
9:15am A	Cycling Katrina	8:45am Pool	Deep H2O Aerobics Jean	9:15am A	Cycling Katherine	8:45am Pool	Deep H2O Aerobics Jean	9:00am Pool	Aqua Combo Eileen	9:00am A	Hatha Yoga Gia
9:15am MB	Yoga Fitness Carolyn	9:30am MB	Pilates Julianne	9:30am Pool	Aqua Combo Eileen (45 min)	9:30am MB	Pilates Jee	9:15am A	Cycling Greta	9:30am A	Ab Lab Jackie/Kathy
9:30am Pool	Aqua Combo Eileen (45 min)	9:45am Gym	Zumba® Michele	9:30am Gym	BodyPump® Greta	9:45am Gym	Zumba® Lisa G	9:30am Gym	Cardio-Circuit Traci	9:15am Gym	Zumba® Julianne/Michele
9:30am Gym	BODYCOMBAT® Aimee	11:00am Gym	Silver Sneakers® Staff	9:30 am	Bootcamp Matt	11:00am Gym	Silver Sneakers® Staff	10:30am Gym	BodyPump® Greta	10:00am MB	Meditation Gia
10:30am Gym	BodyPump® Aimee	12:00pm A	Power Yoga Carolyn	10:45am A	Yoga-Stretch Jee	12:00pm A	Power Yoga Carolyn	10:45am A	Gentle Yoga Carolyn	10:30am Gym	BodyPump® Kathy
10:45am A	Gentle Yoga Carolyn	5:30pm GYM	BODYCOMBAT® Aimee	10:45am Gym	Zumba GOLD Anette	4:30pm Gym	BodyPump® Dee/Greta	10:45am A	Gentle Yoga Carolyn	SUNDAY	
4:00pm Gym	Zumba® for Kids Julianne	6:15pm MB	Meditation Jee	4:00pm Gym	Zumba® for Kids Julianne	5:30pm	Turbokick 50min Jackie	8:30am MB	Power Yoga Jee		
4:30pm Gym	Zumba® Julianne	6:30pm Gym	Boot Camp Matt	4:30pm Gym	Zumba® Julianne	6:30pm A	Cycling Melissa	Schedules are available online at www.ymcaoc.net/Saddleback Valley			
5:30pm A	Step Aerobics Natalie (50 min)	6:30pm A	Cycling Katrina	5:30pm A	Ab Lab Greta	6:30pm Gym	Boot Camp Matt	 Saddleback Valley YMCA 27341 Trabuco Circle Mission Viejo, CA (949)859-9622			
6:30pm A	Cycling Debbie	7:00pm MB	Hatha Yoga Jee	6:30pm A	Cycling Debbie	7:30pm Gym	Zumba® Dee	SUMMER SCHEDULE AS OF JULY 5, 2009			
6:45pm Pool	H2O Combo Eileen	7:30pm Gym	Boot Camp Matt	6:45pm Pool	H2O Combo Eileen	7:30pm MB	Meditation Gia				
7:15pm Gym	BodyPump® Katrina	7:30pm A	Zumba® Julianne/Julie	7:15 pm Gym	BodyPump® Katrina	8:00pm MB	Hatha Yoga Gia				



GROUP FITNESS

SUMMER SCHEDULE AS OF JULY 5, 2009



AQUA AEROBICS

Aqua Combo 45-minute athletic-based water fitness class. Work hard and have fun while doing it!

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 the 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.

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.

Pi-Yo® A combination of Pilates and Yoga which will increase strength, flexibility and endurance. A perfect balance of formats to enhance the mind/body experience.

Power 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.

“Iyengar Inspired Yoga” A form of Hatha Yoga, this class focuses on the structural alignment of the physical body through the development of postures aimed to unite spirit, mind and body for overall health and well bring.

***Classes and instructors are subject to change without notice. Please call Michele Norfleet ,
Health & Wellness Director @ 859-9622 or E-mail: mnorfleet@ymcaoc.net**

GROUP FITNESS

Ab Lab A 45 minute class targeting the core muscles in your abdomen and back.

NEW: Body Combat® An 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, Kickboxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful instructors.

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.

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. This class is perfect for the individual ready to take it to the next level!

Cardio-Circuit A Perfect blend of cardio conditioning and strength training. May include step aerobics, low-impact or kickboxing for cardio. Stability balls, resistance tubing and weights may be used for strength. Concludes with core conditioning.

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

Cycling A challenging 50-minute stationary cycling class. Training and motivational techniques stimulate the outdoor riding experience.

Silver Sneakers® Designed specifically for the active older adult. Light weights, bands and chairs are utilized to ensure safety.

Turbokick® A pre-choreographed high-intensity kickboxing class set to the latest jams. Class will include some anaerobic drills. This class will provide a top notch cardiovascular workout.

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® for Kids A fun dance class similar to our adult Zumba® class but geared for kids 5-12 years of age.

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.