



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE HAPPY LIVE HEALTHY

Group Exercise Schedule



Balance – Designed and crafted for active older adult to improve quality of life and independence. This class offers balance exercises along with dynamic coordination movements; designed to improve one’s sense of balance and mobility. Accommodations for physical limitations can be made.

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. Class formats include use of body weights, dumbbells, heavy ropes, and other equipment in order to simulate a military-quality experience. Each class uses different exercises to boost your metabolism, lose weight, gain muscles, and feel great!

Cardio Jam – Various hi/low impact cardio combinations with strength training and abdominal work. All levels of fitness. Incorporates intervals of cardio endurance and muscle conditioning to create a fitness experience. Improve overall fitness, agility, speed, and athleticism in this high-intensity class.

Chair Yoga – A yoga class for older adults. Yoga poses that are performed while seated in a chair for a flexible and strong body; breathing exercises for increasing stamina, and mind exercises to increase concentration and inner peace.

Circuit Training – designed to lower blood sugar by combining strength and cardio work.

Cycle Express – An intense 45 minute class designed to give you an intense workout in less time.

Cycle – A challenging stationary cycling class that utilizes various training techniques and motivational strategies to simulate a true bike riding experience.

H.I.I.T class – High Intensity Interval Training is a training technique where you give 100% effort through quick bursts of exercise followed by short recovery periods. This class gets and keeps you heart rate up and burns fat in less time.

Mat Pilates – Pilates is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility improves posture, reduces stress and creates long, lean muscles. Pilates takes a balanced approach so that the body moves as an efficient, holistic system in sport and daily activity.

Power Yoga – Dynamic & flowing class that move at a quicker pace with more emphasis on posture and alignment to build strength, flexibility, balance and presence of mind.

SilverSneakers® Classic – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is available if needed for support.

Total Fit – 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 is included.

Y-Barre – A unique, low-impact, high-energy fusion of Pilates, ballet, and weight resistance designed to tone long, lean muscles.

Yoga – Combinations of several yoga formats and poses, focusing on strength and flexibility.

Zumba® – Both formats are very dynamic and exciting classes full of Latin and exotic music flavors! They targets areas such as glutes, legs, arms, abs and the most important muscle of the body, the heart.

Zumba® Gold – An active older adult class full of exciting Latin music flavors and dynamic moves. It targets the whole body and is fun at the same time!

Youth Martial Arts – This class focuses on the techniques of Karate and Taekwondo. Children will have the ability to promote up to yellow belt. This class is for 4-5 year olds and 6-12 year olds. ***Registration required***

Youth Ballet & Tap – This class will teach kids the basics of ballet and tap. ***Registration required***

**** ATTENTION: Registration is required for all free youth fitness classes and each child can be enrolled in ONE free class at a time*****

FULLERTON FAMILY YMCA

2000 Youth Way, Fullerton, CA 92835 | (714) 879-9622 | ymcaoc.org/fullerton

YMCA OF ORANGE COUNTY

Group Exercise Schedule

Revised: 08/06/2019

Group Ex. Room	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00am	Total Fit (Lee)		Total Fit (Lee)		Total Fit (Lee)	
8:30-9:30am	Cardio Jam (Dani)	Y-Barre (Kathy)	Cardio Jam (Dani)	Mat Pilates (Kathy)	Cardio Jam (Dani)	8-9AM BODYPUMP™ (Kathy)
9:45-10:45am	Zumba® (Julia)	BODYPUMP™(Kathy)	Zumba® (Julia)	BODYPUMP™ (Kathy)	Zumba® (Julia)	9:15-10:15 Zumba® (Kamiko)
11:00-12:00pm	Zumba® Gold (Julia) 11:00 – 11:45 am	Yoga (Alice)	Zumba® Gold (Julia) 11:00 – 11:45 am	Yoga (Alice)	Zumba® Gold (Julia) 11-11:45am	Yoga (Briana) 10:30-11:30
12-1:00pm	Y-Barre (Katie)		Mat Pilates (Samantha)			
3:30-4:00pm					Youth Tap(3-5) *must register	
4:00-4:45pm					Youth Tap(6-12) *must register	
4:30-5:00pm		30 minute H.I.I.T (Melanie)				
5:45-6:45pm	BODYPUMP™ (Nicole)	Zumba® (Erika)	BODYPUMP™ (Lacey)	Power Yoga (Briana)		
7-8pm	Mat Pilates (Emi)	Power Yoga (Erin)	Yoga (Lacey)	Zumba® (Erika)		
Multi-Purpose Room	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00am		Cycle (Hung)		Cycle (Hung)		7-8AM Cycle (Kathy)
8:30-9:30am	Gentle Yoga Flow (Lora)				Yoga (Dena)	
9:00-9:45am		Cycle Express (Lisa)		Cycle Express (Lisa)		
3:45-4:15pm		Ballet (3-4yrs) *Registration required		Ballet(3-4yrs) *must register		
4:15-4:45pm		Ballet (5-6yrs) *Registration required		Ballet (5-6yrs) *must register		
5:00-6:00pm		4:45- 5:30 Ballet (7-12yrs) *Registration required	Yoga (Rudy)	4:45-5:30 Ballet (7-12yrs) *must register		
5:30pm-7:00pm	RESERVED 5:30-7:00	RESERVED 6:00-7:30		RESERVED 5:30 - 6:45		
7:00-8:00pm	Cycle (Rudy)					
Gym	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:00am	SilverSneakers® Classic (Karla)	SilverSneakers® Classic (Hung)	SilverSneakers® Classic (Hung)	SilverSneakers® Classic (Hung)	SilverSneakers® Classic (Debby)	
8:00-9:00am			Yoga (Lora)			
9:00-10:00 am	9 am Circuit Training (Lee)		9:15am Circuit Training (Marlene)		Circuit Training (Debby)	
9:00 – 9:45 am	**ARENA** Boot Camp (TBD)		9:15am Circuit Training (Marlene)			
10:30-11:30am	SilverSneakers® Classic (Lee)		SilverSneakers® Classic (Mary)		SilverSneakers® Classic (Chachi)	
11:00-12:00pm	11:30 Chair Yoga (Chachi)	11:00 am Chair Yoga (Janet)		11:00 am Chair Yoga (Janet)		
		12:00 -12:30 pm Balance class (Janet)		12:00 - 12:30 pm Balance class (Janet)		
3:00-3:30pm		Karate ages 4-5 *must register		Karate ages 4-5 *must register		
3:30-4:15pm		Karate ages 6-12 Registration /uniform required		Karate ages 6-12 *Registration/uniform required		