



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LET'S WORK OUT TOGETHER

Group Exercise Schedule

Effective 1/2/19

| Group Ex             | SUN                                 | MON   | TUE  | WED   | THUR  | FRI  | SAT  |
|----------------------|-------------------------------------|---|--|---|---|--|--|
| 5:15-6:15am          |                                     |   | BodyPump™<br>(Kellie)<br>5:15-6:15am             |   | BodyPump™<br>(Romy/Todd)<br>5:15-6:15am           |  |  |
| 6:30-7:30am          |                                     | BodyPump™<br>(Allison)<br>6:30-7:30am                                 | Yoga Flow<br>(Carol)<br>6:30-7:30am              | BodyPump™<br>(Todd)<br>6:30-7:30am                                    | Yoga Flow<br>(Carol)<br>6:30-7:30am               | BodyPump™<br>(Allison)<br>6:30-7:30am                |  |
| 8:00-9:30am          | BodyPump™<br>(DeAnn)<br>8:30-9:15am |   | BodyStep™<br>(DeAnn)<br>8:30-9:30am              |   |   | CXWORX™<br>(Allison)<br>8:00-8:30am                  | BodyCombat™<br>(Jan/Rebekah)<br>8:00-9:00am      |
| 8:45-10:00am         |                                     | BodyPump™<br>Express (Jan)<br>8:45-9:15am                             |  | BodyPump™<br>(Jan)<br>8:45-9:45am                                     | <b>BodyCombat™<br/>(Jennifer)<br/>8:45-9:30am</b> | BodyPump™<br>(DeAnn)<br>8:45-9:45am                  | BodyPump™<br>(Allison)<br>9:00-10:00am           |
| 9:30-10:30am         | BodyStep™<br>(DeAnn)                | BodyCombat™<br>Express (Jan)<br>9:15-9:45am                           | Pilates<br>(Bonnie)                              |   | Pilates<br>(Nancy)                                |  |  |
| 10:00-11:00am        |                                     | BodyFlow™<br>(Michael)  |  | Yoga Flow<br>(Christine)  |   | BodyFlow™<br>(Michael)                               | Yoga Flow<br>10:30-11:45am<br>(Carina)           |
| <b>11:00-12:30pm</b> |                                     | <b>Silver Sneakers<br/>11:00-11:45am<br/>11:45-12:30pm</b><br>(Robin) | Zumba Gold®<br>11:00-12:00pm<br>(Laurie)         | <b>Silver Sneakers<br/>11:00-11:45am<br/>11:45-12:30pm</b><br>(Julie) | Zumba Gold®<br>11:00-12:00pm<br>(Laurie)          | <b>Silver Sneakers<br/>11:00-12:00pm</b><br>(Nicola) |  |
| <b>12:15-1:30pm</b>  |                                     |   | AOA<br>Mobility & Balance<br><b>12:15-1:15pm</b> | AOA<br>Strength &<br>Conditioning<br>12:30-1:30pm                     | AOA<br>Mobility & Balance<br><b>12:15-1:15pm</b>  | Successful Aging<br>Yoga<br><b>12:00-1:00pm</b>      |  |
| 3:30-4:15pm          |                                     |   | Youth Yoga 4-7<br>(Suzanne)<br>3:30-4:15pm       |   | Youth Yoga 4-7<br>(Debbie)<br>3:30-4:15pm         |  |  |
| 4:00-5:00pm          |                                     |   | Youth Yoga 8-12<br>(Suzanne)<br>4:15-5:00pm      |   | Youth Yoga 8-12<br>(Debbie)<br>4:15-5:00pm        |  |  |
| 5:00-6:00pm          |                                     | BodyCombat™<br>(Jennifer)   | <b>Boot Camp<br/>(Shane)<br/>5:30-6:30pm</b>     | BodyPump™<br>(Todd)   | <b>BodyStep™<br/>(DeAnn)</b>                      | BodyPump™<br>(Allissa)<br>5:30-6:30pm                |  |
| 6:00-7:00pm          |                                     | BodyPump™<br>(Todd)   | Yoga Flow<br>(Suzanne)<br>6:30-7:30              | BodyCombat™<br>(Jennifer)   |   |  |  |
| 7:00-8:15pm          |                                     | Yoga Flow<br>(Nichole)  |  |   |   |  |  |
| Cycle Room           | SUN                                 | MON   | TUE  | WED   | THUR  | FRI  | SAT  |
| <b>5:15-6:05am</b>   |                                     | Group Cycling<br>(Charisse)   |  | Group Cycling<br>(Tiffany)  |   | Group Cycling<br>(Wendy)                             |  |
| 6:15-9:00am          |                                     |   | Group Cycling<br>6:15-7:00am<br>(Charisse)       |   | Group Cycling<br>6:15-7:00am<br>(Tiffany)         |  |  |
| 8:00-9:30am          |                                     | Group Cycling<br>(Shelley)<br>8:30-9:30am                             | SPRINT™ Cycle<br>(Cat)<br>8:30-9:00am            |   | SPRINT™ Cycle<br>(Cat)<br>8:30-9:00am             | Group Cycling<br>(Charisse)<br>8:30-9:30am           | Group Cycling<br>8:00-9:00am<br>Charisse/Shelley |
| 9:15-9:45am          |                                     |   | <b>SPRINT™ Cycle<br/>(Cat)<br/>9:15-9:45am</b>   | <b>SPRINT™ Cycle<br/>(Cat)<br/>9:15-9:45am</b>                        | <b>SPRINT™ Cycle<br/>(Cat)<br/>9:15-9:45am</b>    |  |  |
| 5:30-6:30pm          |                                     |   | Group Cycling<br>(Mike)                          |   |   |  |  |
| 6:00-7:00pm          |                                     | <b>SPRINT™ Cycle<br/>(Allissa)<br/>6:00-6:30pm</b>                    |  | Group Cycling<br>(Tiffany)  |   |  |  |
| Mind and Body        | SUN                                 | MON   | TUE  | WED   | THUR  | FRI  | SAT  |
| 6:00-7:00am          |                                     |   | Y Barre<br>(Lori)                                |   | Y Barre<br>(Lori)                                 |  |  |
| 8:30-10:00am         |                                     | Y Barre<br>(Lori)<br>8:30-9:30am                                      | Y Barre<br>9:00-9:55am<br>(Charisse)             | <b>Zumba@<br/>(Adriana)<br/>8:30-9:30am</b>                           |   |  | Y Barre<br>(Lori)<br>9:00-10:00am                |
| 9:00-11:00am         | Yoga<br>9:00-10:15<br>(Suzanne)     | Y Barre<br>(Charisse)<br>9:45-10:45am                                 | Tippi Toes®*<br>10:15-10:45am<br>Ages 1.5-3yrs   |   |   | <b>Y Barre<br/>(Charisse)<br/>9:30-10:25am</b>       | Boot Camp<br>(Ryan)<br>9:30-10:30am<br>Studio C  |
| 10:00-11:00am        |                                     |   | Tippi Toes®*<br>11:05-11:50am                    |   | Tippi Toes®*<br>10:10-10:55am                     | Tippi Toes®*<br>10:35-11:20am                        |  |
| 11:00-1:30pm         |                                     | <b>AOA<br/>Strength &amp;<br/>Conditioning<br/>12:30-1:30pm</b>       |  |   |   | Tippi Toes®*<br>11:30-12:15pm                        |  |
| 3:30-4:45pm          |                                     | <b>Youth Martial Arts*</b><br>3:30-4:00pm 4-6yrs<br>4-4:45pm 7-14 yrs |  | <b>Youth Martial Arts*</b><br>3:30-4:00pm 4-6yrs<br>4-4:45pm 7-14 yrs | Tippi Toes®*<br>3:30-4:30pm<br>6-8yrs             |  |  |
| 5:00-7:00pm          |                                     | <b>Youth Martial Arts</b><br>5-5:30pm 4-6yrs<br>5:30-6pm 7-14 yrs     | <b>Y Barre<br/>(Charisse)<br/>6:00-7:00pm</b>    | <b>Youth Martial Arts</b><br>5-5:30pm 4-6yrs<br>5:30-6pm 7-14 yrs     | Tippi Toes®*<br>3-4yrs<br>5:00-5:45pm             |  |  |

# GROUP EXERCISE SCHEDULE

## Class Descriptions

### STRENGTH CLASSES

- Body Pump™:** 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!
- CXWORX™:** Hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

### CARDIO CLASSES

- Body Combat™:** Empowering cardio workout where you are totally unleashed. 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 you strike, punch, kick and kata your way through calories to superior cardio fitness
- Body Step™:** Energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.
- Cycling:** A challenging stationary cycling class that utilizes various training techniques and motivational strategies to simulate a true bike riding experience.
- SPRINT™:** **LES MILLS SPRINT™** is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
- Zumba®:** A fitness program inspired by Latin dance that incorporates body sculpting movements with easy-to-follow dance steps.

### MIND AND BODY CLASSES

- Body Flow™:** Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.
- Yoga Flow** A traditional yoga practice that will build strength, flexibility, balance and stamina. All levels are welcome.
- Y Barre:** A unique, no impact, high energy fusion of barre work & weight resistance that will tone your body. This class will improve your balance and flexibility.
- 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.

### ACTIVE OLDER ADULT CLASSES

- Silver Sneakers:** This class is designed for older adults & is done seated using various forms of resistance training. Emphasis is placed on coordination, balance and posture to assist in everyday activities.
- Zumba® Gold:** Zumba for the active older adult or a beginner and/or de-conditioned member.
- Strength and Conditioning :** This class is designed and crafted for the active older adult to improve their quality of life and independence and is tailored to build muscle and strength and endurance in addition to cardiovascular capacity. Accommodations for physical limitations can be made.
- Balance and Mobility:** Successful aging classes are designed and crafted for the active older adult to improve their quality of life and independence. This class offers challenging balance exercises along with dynamic coordination movements. The class is designed to improve one's sense of balance and mobility. Accommodations for physical limitations can be made.

### YOUTH CLASSES

- Youth Yoga:** Give your child the gift of increased body awareness, focus, flexibility & strength. Ages 4-11
- Youth Boot Camp:** This class is designed to keep kids ages 8-13 healthy and active! Proper exercise techniques and fun games will be used to improve your child's stamina, strength, and coordination.
- Youth Martial Arts:** YMCA Martial Arts classes develop strength, balance, flexibility, and self-defense skills in a fun and supportive environment that emphasizes character development and self-discipline. Ages 4-13

### FEE BASED CLASSES

- Tippi Toes®:** Tippi Toes Dance Company® cheerfully provides children with a fun, positive, and nurturing environment so they are able to experience the joys of dance, self-expression and movement. Ages 1.5-8
- Youth Martial Arts:** Take your Martial Arts Practice to the next level! Improve each class while your kids earn belts to show that hard work and preparation pay off.



For more information contact:  
Jennifer Todd  
jtodd@ymcaoc.org

HUNTINGTON BEACH FAMILY YMCA  
8875 Adams Avenue  
Huntington Beach, CA 92646  
(714) 378-4784 | ymcaoc.org/hb

YMCA OF ORANGE COUNTY