



# GROUP EXERCISE SCHEDULE

MON	TUE	WED	THUR	FRI	SAT	SUN
5:45a Cycle <i>Pam D.</i>	5:45a BODYPUMP™ <i>Pam D.</i>	6:00a (30 min) SPRINT™ <i>Lianne C.</i>	5:45a BODYPUMP™ <i>Pam D.</i>	5:45a Cycle <i>Shellie R.</i>		
6:00a AOA Strength & Conditioning <i>Bob O.</i>		6:00a AOA Strength & Conditioning <i>Bob O.</i>		6:00a AOA Strength & Conditioning <i>Bob O.</i>		
7:30a Basic Circuit <i>Marcia M.</i>	7:30a BODYFLOW® <i>Andrew W.</i>	7:30a Basic Circuit <i>Marcia M.</i>	7:30a BODYFLOW® <i>Ron W.</i>	7:30a Basic Circuit <i>Marcia M.</i>		
8:30a Y Barre <i>Nancy W.</i>	8:30a (45 min) TONE™ <i>Sheri T.</i>	8:30a Y Barre <i>Nancy W.</i>	8:30a (45 min) TONE™ <i>Ron W.</i>	8:30a Y Barre <i>Debbie O.</i>	8:30a BODYPUMP™ <i>Nancy W.</i>	
9:00a Cycle <i>Debbie O.</i>	9:15a (45 min) BODYCOMBAT™ <i>Andrew W.</i>	9:00a Cycle <i>Cory R.</i>	9:15a (45 min) BODYCOMBAT™ <i>Joel M.</i>	9:00a Cycle <i>Fabiola N.</i>	8:30a (30 min) Cycle <i>Adam L.</i>	
9:30a Zumba® <i>Melodie K.</i>	9:15a (30 min) SPRINT™ <i>Tonya S.</i>	9:30a Zumba® <i>Katy V.</i>	9:15a (30 min) SPRINT™ <i>Tonya S.</i>	9:30a Zumba® <i>Laura N.</i>	9:00a Cycle <i>Adam L.</i>	9:00a Cycle <i>Debbie O.</i>
	9:45a (30 min) Simply Strength <i>Tonya S.</i>		9:45a (30 min) Simply Strength <i>Tonya S.</i>		9:30a Zumba® <i>Elena V.</i>	9:00a (75 min) Restorative Yoga <i>Sasha M.</i>
10:30a BODYPUMP™ <i>Melodie K.</i>	10:00a Zumba® <i>Tanya D.</i>	10:30a BODYPUMP™ <i>Andrew W.</i>	10:00a Zumba® <i>Nikki S.</i>	10:30a BODYPUMP™ <i>Julie C.</i>	10:30a Yoga <i>Sasha M.</i>	10:30a Zumba® <i>Ruena V.</i>
	11:00a Yoga <i>Judy G.</i>		11:00a Yoga <i>Judy G.</i>			
11:45a Mat Pilates <i>Cory R.</i>	12:00p Silver Dance <i>Joel P.</i>	11:45a Mat Pilates <i>Cory R.</i>	12:00p Silver Dance <i>Linda K.</i>	11:45a Balance & Mobility <i>Debbie O.</i>		
1:00p AOA Strength & Conditioning <i>Bob O.</i>	1:00p SilverSneakers® Classic <i>Marcia M.</i>	1:00p AOA Strength & Conditioning <i>Bob O.</i>	1:00p SilverSneakers® Classic <i>Marcia M.</i>	1:00p SilverSneakers® Circuit <i>Marcia M.</i>		
2:00p Parkinson's Exercise Program	2:00p Parkinson's Exercise Program	2:00p Parkinson's Cycle	2:00p Parkinson's Exercise Program	2:00p Chair Yoga <i>Ashlee R.</i>	2:30p Parkinson's Exercise Program	
	3:30p (30 min) Youth Karate Ages 4-6 <i>Andrew W.</i>		3:30p (30 min) Youth Karate Ages 4-6 <i>Andrew W.</i>			
4:00p Youth Bootcamp <i>Joseph E.</i>	4:30p (50 min) Youth Karate Ages 7-14 <i>Andrew W.</i>	4:00p Youth Bootcamp <i>Joseph E.</i>	4:30p (50 min) Youth Karate Ages 7-14 <i>Andrew W.</i>			
5:30p (30 min) SPRINT™ <i>Tanya D.</i>	5:30p CYCLE <i>Yolanda M.</i>	5:30p (30 min) SPRINT™ <i>Ron W.</i>				GROUP EXERCISE STUDIO
6:00p BODYPUMP™ <i>Julie C.</i>	6:00p Total Fit <i>Amy B.</i>	6:00p BODYPUMP™ <i>Ron W.</i>	6:00p Total Fit <i>Amy B.</i>			CYCLE STUDIO
7:00p Yoga <i>Ted M.</i>	7:00p Zumba® <i>Ruena V.</i>	7:00p Yoga <i>Ted M.</i>	7:00p Zumba® <i>Marisol M.</i>			FEE BASED

Effective 5/1/19



# CLASS DESCRIPTIONS



## STRENGTH

**LES MILLS BODYPUMP** (50 min) Full-body barbell workout using light to moderate weights with lots of repetition.

**tone** (45 min) Optimal mix of strength, cardio, and core featuring a variety of training concepts.

**Simply Strength** (30 min) Develop muscular strength and endurance using hand weights and resistance bands.

## CARDIO

**LES MILLS BODYCOMBAT** (45 min) Punch, kick, and strike your way to fitness in a martial arts-inspired, non-contact workout.

**ZUMBA** (50 min) Inspired by Latin dance with easy to follow steps and body sculpting movements.

**Basic Circuit** (50 min) Low impact mix of cardio exercise, light weights, tubing and stretching.

**Total Fit** (50 min) Athletic interval format that mixes the use of steps and hand weights.

## MIND/BODY

**LES MILLS BODYFLOW** (50 min) Yoga, Tai Chi, and Pilates workout that leaves you feeling calm and centered.

**Mat Pilates** (50 min) Strengthen core muscles with an emphasis on posture and deep breathing.

**Y Barre** (50 min) Low impact, high energy fusion of barre work and weight resistance that will tone your body.

**Yoga** (50 min) Traditional yoga practice that builds strength, flexibility, balance and stamina.

**Restorative Yoga** (75 min) Form of Yoga that seeks to achieve physical, mental, and emotional relaxation with the aid of props.

**Balance & Mobility** (50 min) Stretching is paired with foam rolling techniques to increase flexibility and release muscles.

## INDOOR CYCLING

**Cycle** (50 min) Experience the ultimate ride through various training techniques with motivational music.

**LES MILLS sprint** (30 min) High-Intensity Interval Training (HIIT) cycle workout designed to achieve fast results.

## ACTIVE OLDER ADULTS (AOA)

**SilverSneakers Classic** (45 min) Designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for seated exercises or standing support.

**SilverSneakers Circuit** (45 min) Standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support.

**AOA Strength & Conditioning** (45 min) Tailored to build strength and endurance in addition to cardiovascular capacity.

**Chair Yoga** (45 min) Yoga poses that are performed while seated in a chair to increase flexibility, concentration, and inner peace.

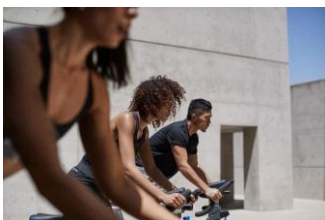
**Silver Dance** (50 min) Cardio dance workout featuring simple dance moves that build into choreographed sequences.

**Parkinson's Exercise Program** (60 min) Offered by community partner PEP4U. Instructors and therapists have advanced training to target Parkinson's patient needs, including specific motor and cognitive issues. Caregivers are welcome.

## YOUTH

**Youth Bootcamp** (45 min) Youth members ages 8-14 are provided a supervised fitness class at their level.

**Youth Karate** (30 min and 50 min) Traditional Japanese Karate class that introduces students to kata (forms) and kumite (sparring). Benefits include self-defense, discipline, focus, and physical conditioning. FEE BASED.



### LAGUNA NIGUEL FAMILY YMCA

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### FOR MORE INFO CONTACT:

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