



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS SCHEDULE Effective 6/3/18

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am		CYCLE Pam	BODYPUMP™ Pam	CYCLE Fabiola YOGA FLOW Pam	BODYPUMP™ Pam	CYCLE Fabiola	
6:00am		AOA STRENGTH AND CONDITIONING Bob		AOA STRENGTH AND CONDITIONING Bob		AOA STRENGTH AND CONDITIONING Bob	
7:30am		BASIC CIRCUIT TRAINING Marcia	MAT PILATES Ron	BASIC CIRCUIT TRAINING Marcia	MAT PILATES Ron	BASIC CIRCUIT TRAINING Marcia	
8:30am		Y BARRE Nancy	WALKIT OUT BOB	Y BARRE Kelly	CX WORX™ Sheri	Y BARRE Kelly	8:00 BODY PUMP™ Nancy
	CX WORX™ Ron		HIIT CYCLE Fabiola			HIIT CYCLE Adam	
9:00am	GENTLE YOGA Sasha	CYCLE Debbie	Y BARRE Debbie	CYCLE Cory	Y BARRE Debbie	CYCLE Fabiola	CYCLE Adam
	CYCLE Debbie	9:30 ZUMBA® Melodie	SPRINT™ Tonya	9:30 ZUMBA® Katy	SPRINT™ Tonya	9:30 ZUMBA® Laura	ZUMBA® Elena
10:00am	10:30 ZUMBA® Ruena	10:30 BODYPUMP™ Melodie	ZUMBA® GOLD Melodie	10:30 BODYPUMP™ Staff	ZUMBA® GOLD Nikki	10:30 BODYPUMP™ Julienne	YOGA FLOW Sasha
11:00am		11:45 MAT PILATES Cory	YOGA FLOW Judith	11:45 MAT PILATES Cory	YOGA FLOW Judith	11:45 MAT PILATES Debbie	
1:00pm		AOA STRENGTH AND CONDITIONING Bob	SILVERSNEAKERS® CLASSIC Marcia	AOA STRENGTH AND CONDITIONING Bob	SILVERSNEAKERS® CLASSIC Marcia	SILVERSNEAKERS® CIRCUIT Marcia	
2:00pm		PARKINSONS EXERCISE PROGRAM Various	PARKINSONS EXERCISE PROGRAM Various		PARKINSONS EXERCISE PROGRAM Various	AOA CHAIR YOGA Ashlee	
4:00pm		YOUTH BOOT CAMP Joseph	YOUTH YOGA Behnaz	YOUTH BOOT CAMP Joseph	YOUTH DANCE FITNESS Behnaz		
5:00pm		CX WORX™ Ron	5:30 JOYRIDE Jennifer	HIIT Kelly	5:30 JOYRIDE Kaitlin		LEGEND
		5:30 SPRINT™ Ron		5:30 SPRINT™ Francesca			
6:00pm		BODYPUMP™ Ron	TOTAL FIT Amy	BODYPUMP™ Julienne	TOTAL FIT Amy		CONFERENCE ROOM
7:00pm		YOGA FLOW Ted	ZUMBA® Ruena	YOGA FLOW Ted	ZUMBA® Adrianna		OUTDOOR PATIO
						CYCLE STUDIO	



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# BE HAPPY LIVE HEALTHY

## Group Exercise Schedule (Effective 5/29/18)



**STRENGTH:**

**BODYPUMP™** 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. 50 minute class

**CX WORX™** Focuses on the torso and sling muscles that connect your upper body to your lower body, while also improving functional strength and assisting in injury prevention. 30 minute class

**CYCLE:**

**CYCLE** A challenging stationary cycling class that utilizes various training techniques and motivational strategies to simulate a true bike riding experience. 50 minute class

**SPRINT™** A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. 30 minute class

**JOYRIDE** Bring the party to the bike in this entertaining, heart thumping, high energy, music driven cycle class!

**POWER CYCLE** A HIIT cycle followed by strength, core and flexibility. 50 minute class

**CARDIO/INTERVAL:**

**HIIT** A fat burning, time efficient, cardio workout designed to improve endurance and increase strength. Be prepared to sweat. 30 minute class

**BASIC CIRCUIT TRAINING** This circuit is a low impact mix of cardio exercise, light weights, tubing and stretching. This class is appropriate for anyone wanting to enjoy a more basic format at a slower pace 45 minute class.

**TOTAL FIT** High intensity, functional, multi-joint movement format that will meet the individual needs of all participants to increase stability, strength and balance. Class may include the use of hand weights, bands, balls, bars, Bosu and benches. 50 minute class

**ZUMBA®** A fitness program inspired by Latin dance that incorporates body sculpting movements with easy to follow steps. 50 minute class

**ZUMBA GOLD®** Done at a lower intensity, perfect for seniors or beginners. Zumba Toning® is done with lite weights. 50 minute classes

**MIND/BODY:**

**MAT PILATES** Classes address posture, mind/body awareness, strength, and flexibility training. Emphasis is placed on deep breathing and strengthening core muscles. 50 minute class

**BARRE** A unique no impact, high energy fusion of barre work and weight resistance that will tone your body and increase your balance and flexibility. 50 minute class

**YOGA FLOW** A traditional yoga practice that will build strength, flexibility, balance and stamina. All levels welcome. 50 minute class

**GENTLE YOGA** This easy to follow class provide plenty of time for modifications making it a great choice for seniors or beginners looking to develop a yoga practice in a slower supported way. 50 minute class

**ACTIVE OLDER ADULTS:** These classes are designed and crafted for the active older adult to improve quality of life and independence. Accommodations for physical limitations can be made.

**PARKINSONS EXERCISE PROGRAM** This program is offered by community partner, PEP4U. This exercise session targets Parkinson's specific motor and cognitive issues. Instructors and therapists have advanced training targeting Parkinson's patient needs. Caregivers are welcome. 60 minute class

**SILVERSNEAKERS® CLASSIC** This class is designed specifically for the active older adult, light weights, bands and chairs are utilized to ensure safety. 45 minute class

**SILVERSNEAKERS® CIRCUIT** This is an upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support. 45 minute class

**WALK IT OUT** Take your fitness outdoors and "Walk it Out" amongst the beautiful surroundings of the community. 45 minute class

**AOA STRENGTH AND CONDITIONING** Tailored to build muscle, strength and endurance in addition to cardiovascular capacity.

**AOA CHAIR YOGA:** Yoga poses that are performed while seated in a chair for a flexible strong body; breathing exercises for increasing stamina and mind exercises to increase concentration and inner peace. 45 minute class

**YOUTH CLASSES:**

**YOUTH YOGA, BOOTCAMP, & DANCE FITNESS** For members 8-14 years old. Provides young members a supervised fitness class at their level. 45 minutes



**LAGUNA NIGUEL FAMILY YMCA**

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**FOR MORE INFO CONTACT:**

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