



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule

5/29/18

| TIME | MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------|---------------------------------------|---------------------------------------|---|--------------------------------------|---------------------------|------------------------------|---------------------|
| 5:45am | BODYPUMP™ Anette | HIIT Natalie | BODYPUMP™ Anette | Cycle Debbie | | | |
| 7:30am | SilverSneakers® Circuit Melissa | SilverSneakers® Stability Shane | SilverSneakers® Circuit Melissa | SilverSneakers® Stability Kari | | TRX® Circuit Francesca | |
| 8:30am | Zumba® Gold Nikki | BODYPUMP™ Anette | Zumba® Nikki | BODYPUMP™ Dayna | Zumba® Gold Anette | 8am BODYPUMP™ Todd | Yoga Flow Yanin |
| | Cycle Debbie | Cycle Francesca | Sprint™ Marta | Cycle Marta | Sprint™ Francesca | 8am Cycle Debbie | |
| | Mat Pilates Kari | Aqua Fit Jean | Mat Pilates Kari | Aqua Fit Emily | CSI Marta | Barre Kari | |
| | CSI Marta | Barre Dayna | | | | | |
| 9:00am | Aqua Fit Jean | | Aqua Fit Jane | | Aqua Fit Jane | Boot Camp Francesca | |
| | | | | | | HIIT Cycle Fabiola | |
| 9:30am | Barre Emily | Zumba® Anette | Barre Emily | Zumba® Maria Luisa | Barre Kari | Zumba® Ruena | |
| | Yoga Flow Staff | Mat Pilates Kelly | TRX® Beginner Francesca | Mat Pilates Kelly | Yoga Flow Kia | | |
| | TRX® Circuit Francesca | TRX® Circuit Melissa | | TRX® Circuit Francesca | Boot Camp Francesca | | |
| 10:30am | Gentle Yoga Carissa | Yoga Flow Ellie | Yoga Flow Sasha | Gentle Yoga Kia | Restorative Yoga Sasha | 10am Power Yoga Nicole | |
| | | Strong By Zumba® Lettie | | Strong By Zumba® Melodie | | | |
| 11:30am | SilverSneakers® Classic Marcia | SilverSneakers® Circuit Emily | SilverSneakers® Classic Marcia | SilverSneakers® Boom Emily | | | |
| 4:30pm | Youth Circuit Age 8-14 Amy | Youth Yoga Age 8-14 Carissa | Youth Circuit Age 8-14 Amy | Youth Yoga Age 8-14 Nicole | | | |
| | Barre Natalie | TRX® Circuit Melissa | Barre Natalie | TRX® Advanced Melissa | | | |
| | Youth Ballet Behnaz FEE BASED | | 3:45/4:30pm Youth Tumbling Tiffany FEE BASED | | | | |
| 5:30pm | Zumba® Anastasiya | Barre Kari | Zumba® Marisol | Zumba® Marc | | | Room |
| | Yoga Flow Duane | Mat Pilates Duane | Yoga Flow Danielle | Mat Pilates Kristin | | | Outdoor/Pool |
| | | Cycle Kerry | | JoYride Jennifer | | | Barre Studio |
| 6:30pm | BODYPUMP™ Anja | Yoga Flow Danielle | BODYPUMP™ Anja | Power Yoga Nicole | | | Group X Studio |
| | | Boot Camp Kerry | | Boot Camp Kerry | | | Mind Body Studio |
| | | Martial Arts Mike FEE BASED | | | | | TRX® Studio |
| 7:00pm | Martial Arts Denise FEE BASED | | | Martial Arts Mike FEE BASED | | | Cycle Studio |

GROUP EXERCISE COURSE DESCRIPTIONS

Aqua Fit A moderately paced, warm-water, no-impact workout that utilizes the natural resistance and buoyancy of water against your body, and buoyancy equipment to increase intensity, to provide a wide variety of full-body conditioning.

Barre A unique, no impact, high energy fusion of barre work and weight resistance that will tone your body, your balance and flexibility.

BodyPump™ The original barbell class that challenges all major muscle groups. Class uses a weighted bar and plates to individualize workout. Set to fun and energetic music with high-energy and motivating instructors.

Boot Camp This is an intense outdoor class that will challenge you to a new fitness level. Class formats includes the use of body weight, 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 muscle, and feel great!

CSI - Cardio Strength Interval Incorporates intervals of cardio endurance and muscle conditioning to create a fitness training experience. Improve overall fitness, agility, speed and athleticism in the high-intensity class.

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

Gentle Yoga Easy-to-follow class provides plenty of time for modifications making it a great choice for seniors, pregnant women or anyone looking to develop a yoga practice in a slower, supported way.

HIIT- High Intensity Interval Training A fat burning, time efficient, cardio workout designed to improve endurance and increase strength. Participants will perform short bursts of high intensity power exercises followed by a low intensity recovery or strength options.

HIIT Cycle High intensity interval training, on a stationary bike, alternating short periods of intense anaerobic exercise with less-intense rest periods.

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

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 moves at a quicker pace with more emphasis on the basic postures and alignment to build strength, flexibility, balance and presence of mind.

Restorative Yoga Form of Yoga that seeks to achieve physical, mental, and emotional relaxation with the aid of props.

SILVERSNEAKERS® Fun mix of cardiovascular exercise and strength training that can be geared to many fitness levels of Active Older Adults. The YMCA offers Stability, Traditional, Circuit and Boom formats of the SilverSneakers® series.

Sprint™ LES MILLS SPRINT™ - is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

STRONG by Zumba® Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music specifically designed to match every single move

TRX® Circuit Format focuses on balance and strength while incorporating the TRX Suspension Training System. Familiar exercises like leg raises, crunches and push-ups are performed on the TRX and are guaranteed to build strength and increase flexibility, additional stations are incorporated.

Yoga Flow A traditional yoga practice that will build strength, flexibility, balance and stamina. All levels welcome.

Youth Boot Camp, Circuit and Yoga These classes are for 8-14 year olds and provides our young members a supervised fitness class at their level.

Zumba® A fitness program inspired by Latin dance that incorporates body sculpting movements with easy-to-follow dance steps.

Zumba Gold® Done at a lower intensity, perfect for seniors or beginners. Zumba Toning® is done with light weights.

Classes subject to change dependent on instructor availability and class attendance. Youth must be 12 years old to participate in classes.



MISSION VIEJO FAMILY YMCA
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YMCA OF ORANGE COUNTY
ymcaoc.org/mv