



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP WELLNESS SCHEDULE

WE CARE ABOUT YOUR HEALTH AND WELL-BEING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PiYo * Diane 6:50-7:50am	PiYo * Diane 6:50-7:50am	YogaFit * Leeanna 6:50-7:50am	PiYo * Diane 6:50-7:50am	YogaFit * Leeanna 6:50-7:50am	
Core/Level 1* Nicki 8:10-9:10am	Tai Chi * Chris 8:05-9:05am	Core/Level 2 * Nicki 8:10-9:10am	Tai Chi * Chris 8:05-9:05am	Core/Level 3 Nicki 8:10-9:10am	Step & Sculpt Lena 8:05-9:15am
Aqua Aerobics * Susan 9:00-10:15am		Aqua Aerobics * Susan 9:00-10:15am		Aqua Aerobics * Susan 9:00-10:15am	
Interval Training Lena 9:20-10:35am	Kick It Conditioning Chris 9:15-10:30am	Step & Sculpt Lisa Ives 9:15-10:30am	Kick It Conditioning Chris 9:15-10:30am	Freestyle Yoga Robin 9:15-10:30am	Pilates Carina 9:30-10:30am
Boot Camp Janelle/Steph 9:15-10:15am (Fee Based)		Boot Camp Janelle/Steph 9:15-10:15am (Fee Based)		Boot Camp Janelle/Steph 9:15-10:15am (Fee Based)	
Functional Fitness * Lisa S. 10:45-11:45am	Zumba Denise 10:35-11:35am	Functional Fitness * Lisa S. 10:45-11:45am	Zumba Shari 10:35-11:35am	Functional Fitness * George 10:45-11:45am	
	Yoga * Cori 12:00-1:00pm	Yoga * Cori 12:00-1:00pm	Yoga * Cori 12:00-1:00pm		
Zumba Yessy 4:50-5:50pm	Power Sculpt Steph 4:50-5:50pm	Zumba Yessy 4:50-5:50pm	Power Sculpt Yessy 4:50-5:50pm	Zumba Mila 4:30-5:30pm	
Cardio Muscle Yessy 6:00-7:00pm	Kick It Kim 6:15-7:15pm	Power Yoga Christy 6:00-7:15pm	Kick It Kim 6:15-7:15pm		
					Class Schedule As of 9/22/2011

FACILITY HOURS

Monday-Friday 5:30am-9:00pm
Saturday 7:30am-5:00pm
Sunday 12:00pm-5:00pm

KIDS CORNER HOURS

Monday-Friday 8:00am-1:20pm
Monday-Thursday 3:30pm-7:20pm
Saturday 8:00am-12:00pm
Ages 2 months – 12 years

Classes and times are subject to change. Classes with an * are a great place to start!
Classes are provided for your benefit so please... go at YOUR pace, have fun, and ENJOY!

Stuart C. Gildred Family YMCA
a branch of the Channel Islands YMCA



**FOR YOUTH DEVELOPMENT
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PROGRAMS THAT IMPROVE CARDIO, STRENGTH, BALANCE AND FLEXIBILITY

INTERVAL TRAINING: Get your heart pumping while you increase your agility and strength in this hour of power!

KICK IT: Moderate to high-intensity aerobic exercise combining a unique blend of boxing, kick boxing and martial arts moves. Learn the basic techniques and proper form. Soon you will be ready to rock the room. Punch, kick, and block your way to a strong spirit, mind, & body. Includes muscle toning with weights, bands, body bars and Resist-A-Balls.

KICK IT CONDITIONING: An easy to follow Cardio & Strength conditioning class that instructs students on proper form & function of Martial Arts.

BOOT CAMP: Are you ready for an extraordinary experience? This Boot camp class combines functional sports-training exercises, metabolic conditioning, partner and group training exercises as well as several user-friendly competitions. You will develop a strong healthy body while enjoying the outdoors as well as special Boot Camp Equipment. Take advantage of this small group training to get big results!

CARDIO MUSCLE: This is a class designed to challenge participants both aerobically and anaerobically with integration of low/mid impact conditioning and high intensity muscular work. Tools could include any of the following: Steps, BOSUs, dumbbells, body bars, resistance tubing and more.

CORE Levels 1-3: Level 1 & 2 beginner to intermediate class, Level 3 Intermediate. Through the use of Dumbbells, Bands, Medicine Balls and Swiss Balls you will increase your core balance, muscular strength, muscular endurance, joint mobility and range of motion. Real functional movement patterns such as twisting, bending, pushing, pulling, lunging and squatting are executed in a fun and creative way!

FUNCTIONAL FITNESS: A beginner level class for active older adults emphasizing improved muscular strength, endurance, balance, and joint mobility allowing daily functions to be performed with ease.

POWER SCULPT: Although there is no cardio here, your heart rate will go up! A power hour of total body conditioning using weights, balls, bars and bands to increase muscular strength and endurance, balance and functional fitness. Beginning to advanced students.

STEP & SCULPT: Classis step aerobics using 4-12 inch high platform. The creative choreography & awesome body sculpting will have you burning for more.

SPINNING: We offer over 25 opportunities a week to participate in our indoor cycling classes. See our SPINNING schedule for days and times.

ZUMBA: Zumba is a fusion of Latin dance and international music. It is a mixture of body sculpting with easy to follow dance steps that will burn calories and make you smile!

PROGRAMS THAT IMPROVE SPIRIT, MIND AND BODY

TAI CHI: Considered a moving meditation and powerful martial art, this slow, graceful exercise promotes good health and well-being. Great for beginning exercisers!

YOGA: Yoga for all levels. Learn proper alignment, breathing technique and flow through a variety of sequences and poses.

POWER YOGA: Power Yoga is often called a fitness-based yoga; however, it is accessible to all levels of ability. You will learn proper alignment as well as uniting breath with movement as you flow through a variety of sequences and poses which are both vigorous and cleansing. Be prepared to move!

YOGAFIT—Level One: YogaFit is a vinyasa yoga but is also commonly called a “flow” yoga because the poses move fluidly, with the breath, from one to the next. Linking the poses in this way creates strength, flexibility, endurance, and balance for greater health and mental awareness.

FREESTYLE YOGA-For All Levels: Attention on transitions. How the sitting, standing, kneeling and balancing postures of Yoga inter-relate.

PiYo: Your body will love this slow paced hour of stretching yoga and pilates as it increases your joint flexibility, reduces your risk of injury, increases core strength and helps you manage your stress. Includes Pilates format with the physio ball.

PILATES: Pilates will improve your posture, produce long lean muscles and the most incredible abdominals. Throw on some comfy clothes, lay down on your mat, take a deep breath and get ready for an intense yet gentle overall strengthening workout

AQUATIC PROGRAMS

Aqua Aerobics: Swimmers and non-swimmers alike will enjoy gentle, low-impact aerobics, muscle strengthening and stretching in a sociable environment. The natural resistance of water helps develop muscle strength and cardiovascular endurance, with reduced stress on the joints. Water webs may be used. Aqua shoes recommended.

Stuart C. Gildred Family YMCA

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