

# MONTECITO FAMILY YMCA

## HEALTH AND WELL BEING CLASS SCHEDULE

EFFECTIVE MAY 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>FIT FOR LIFE</b> 6:10am – 7:10am Sally					<b>YMCA opens at</b> 7 am	
<b>YOGA II/III</b> 7:15am- 8:15am Alejandra	<b>YOGA II/III</b> 7:00am - 8:15am Andreya	<b>YOGA II/III</b> 7:15am- 8:15am Alejandra	<b>YOGA II/III</b> 7:00am - 8:15am Felicia	<b>YOGA II/III</b> 7:15am- 8:15am Felicia		
<b>AFRICAN DANCE AEROBICS</b> 8:30- 9:40am Lisa	<b>CARDIO, CURLS &amp; CORE</b> 8:20am - 9:30am Susan	<b>CARDIO CIRCUIT EXPRESS</b> 8:30- 9:40am Dianna	<b>AEROBICS</b> 8:20- 9:30am Susan	<b>HIGH IMPACT &amp; SCULPT</b> 8:30am - 9:40am Molly	<b>STEP &amp; SCULPT</b> 8:15am- 9:30am Sheryl	
<b>PILATES</b> 9:50am- 10:50am (Mat Science) Dianna	<b>CYBEX CIRCUIT</b> 9:00am - 10:00am Debbie	<b>PILATES</b> 9:45am - 10:30am (Mat Science) Constance	<b>CYBEX CIRCUIT</b> 9:00am - 10:00am Debbie	<b>PILATES</b> 9:50am- 10:50am (Mat Science) Tali	<b>CYBEX CIRCUIT</b> 9:00am - 10:00am Debbie	
	<b>MB FLEXIBILITY</b> 9:35am – 10:35am Constance		<b>MB FLEXIBILITY</b> 9:35am – 10:35am Constance		<b>YOGA II/III</b> 9:45 am- 11:00 am Staff	
<b>SENIOR FIT</b> 10:55am - 11:55am Will	<b>DANCE MOVEMENT</b> 10:40am – 11:10am Constance		<b>DANCE MOVEMENT</b> 10:40am – 11:10am Constance	<b>SENIOR FIT</b> 10:55am - 11:55am Constance	<b>NIA</b> 11:10am- 12:10pm Gabi	
<b>YOGA II/III</b> 12:00pm - 1:00pm Chantal	<b>YOGA I</b> 11:15am- 12:15pm Daniel	<b>YOGA II/III</b> 12:00pm – 1:00pm Chantal	<b>YOGA I</b> 11:15am- 12:15pm Daniel	<b>IYENGAR STYLE YOGA</b> 12:00pm - 1:00pm Tama		<b>YMCA Opens</b> at 12 noon
<b>TAI CHI</b> 1:10pm- 2:10pm Patrick	<b>STUDIO CYCLE</b> 12:20pm - 1:10pm Jon P.	<b>TAI CHI</b> 1:10pm- 2:10pm Patrick	<b>STUDIO CYCLE</b> 12:20pm - 1:10pm Alison	<b>NEW BEGINNINGS</b> 1:15 – 2:00pm Sally	<b>*ADVANCED YOGA*</b> 2:00PM –4:00PM Every 2 <sup>nd</sup> Saturday of the Month * Students must get pre-approval to attend class. See front desk.	
<b>YOUTH CLASSES</b> 2:00pm - 5:15pm	<b>YOUTH CLASSES</b> 1:20pm - 5:15pm	<b>YOUTH CLASSES</b> 2:00pm - 5:15pm	<b>YOUTH CLASSES</b> 2:00pm - 5:00pm	<b>YOUTH CLASSES</b> 2:00pm - 5:15pm	<b>*INTRO TO YOGA*</b> 2:00PM –4:00PM Every 3 <sup>rd</sup> Saturday of the Month	<b>PRANA VEDA YOGA – All Levels</b> 4:15- 5:45pm Hemalayaa
<b>STUDIO CYCLE</b> 6:00pm - 6:45pm Alison	<b>NIA</b> 5:20pm - 6:20pm Renee/ Angela	<b>FULL BODY SCULPT</b> 5:30pm - 6:30pm Katie	<b>DANCE DIVERSIFIED</b> 5:10pm - 6:10pm Kathleen		<b>*INTRO TO PILATES*</b> 2:00PM –4:00PM Every 4 <sup>th</sup> Saturday of the Month	
<b>PILATES</b> 6:55pm – 8:00pm (Mat Science) Tali	<b>YOGA II/III</b> 6:30pm - 7:30pm Daniel	<b>STUDIO CYCLE</b> 6:45 pm- 7:55 pm Jon P.	<b>YOGA II/III</b> 6:15pm - 7:30pm Daniel	<b>GENTLE YOGA</b> 6:00pm - 7:15pm Daniel		
	<b>KARATE</b> 7:40pm - 8:50pm John B.		<b>KARATE</b> 7:40pm - 8:50pm John B.			

\*\*\*For your safety and respect for other members, please arrive to class on time. \*\*\*Please try to bring your own mat or towel to class.

## ***CARDIO AND STRENGTH CLASSES***

**FULL BODY SCULPT-** A one hour toning class to firm up those trouble areas!!!

**CARDIO CIRCUIT EXPRESS-** A fun aerobic interval class where you never stop moving! Build all our favorite muscle groups while challenging your cardio fitness too!

**CARDIO, CURLS, & CORE –** Class is split between cardio training, strength training, and core work. Appropriate warm-up and cool down. All fitness levels are welcome!

**CYBEX CIRCUIT-**In the Cybex room. Strengthen up with others! A work-out for the whole body. Enjoy the music and all that energy.

**DANCE MOVEMENT-** The perfect stop for those wanting to learn to move aerobically in an intimidation free environment. Great fun!

**HIGH IMPACT & SCULPT -** A variety of high intensity cardiovascular activities that will get the heart pumping! Free weights, bands, and body bars will help tone and strengthen your entire body.

**NIA-** (Neuromuscular Integrative Action) is founded on the concept that there is a dancer, martial artist, and highly aware person within you. This class is an expressive fitness and awareness movement program. Nia offers an experience that embraces individual creativity, self-inquiry and free expression.

**STEP & SCULPT-** A step class with moderate to advanced moves using a step to energize your body! The Sculpt portion of the class includes a variety of cardio and weights for an energizing total body workout!

**STUDIO CYCLE-** A non-impact, hi-energy aerobic ride with music, friends and fitness. Let your mind free itself from stress as this class carries you away to an exciting new fitness level.

## ***ACTIVE OLDER ADULTS***

**FIT FOR LIFE-** This is an enjoyable safe exercise program for active older adults who want a less strenuous but still challenging workout. Specific goals are to maintain or improve endurance, strength, flexibility and balance through a variety of activities and exercises. These include working with weights, bands, and floor work. An emphasis is given to working with the stability ball.

**NEW BEGINNINGS-** This class provides accommodations for individual limitations through a variety of exercises performed standing or in a chair. The goal is to provide participants an opportunity to build endurance, strength, flexibility and balance through a series of exercises according to each individual's ability, using weights, bands and small balls.

**SENIOR FIT-** A complete aerobic and light toning class. Join new friends for a wonderful 60-minute workout.

## ***SPECIAL INTEREST CLASSES***

**AFRICAN DANCE AEROBICS-** This is a high energy aerobics/dance class for all levels. We fuse traditional dance steps with aerobics, and strengthen the body with core work and sculpting. Inspiring music from all over Africa will guide and entertain you in this full-body workout!

**DANCE DIVERSIFIED-** Sway your hips, shake your shoulders, twist your spine! Every 1-2 months this class will change styles between Latin, Bollywood, Hip-Hop, Ballet, Jazz, Modern... Ask the front desk what the current style is.

**GENTLE YOGA-** This HATHA YOGA class will allow you to shift out of the stress of daily living and into an easeful, more peaceful you. Includes a super deep relaxation!!

**IYENGAR STYLE YOGA-** All levels class emphasizing proper alignment with use of props. The Iyengar method can be described as skillful action. Learning through skillful action, the student works along the spectrum of beginner to advanced postures/pranayama while gaining flexibility, strength and sensitivity in mind, body and spirit. B.K.S. Iyengar has said that yoga is available to everyone.

**MB FLEXIBILITY-** In this class you'll improve your flexibility, posture, balance and body awareness while learning to control the negative effects of stress in your body.

**PILATES-** This mat science class uses Thera-bands, balls, glides and a variety of other devices and techniques to increase an individual's muscle strength & endurance, core body strength and balance. The Pilates system of conditioning is perfect for individuals who are complimenting their fitness training program, nursing minor injuries or trying to gain balance in their lives. Come try this great class!

**PRANA VEDA YOGA-** A perfect blend of Taoist and classical yoga with the awareness on the seasonal effects (Ayurveda) and the practice of pranayam (breathing exercises) to purify the body, mind, and spirit. Open to all levels.

**TAI CHI** incorporates flowing slow motion movements and breathe to increase your mental and physical health, and calm your spirit.

**YOGA I-** Class is for yoga participants beginning to advanced who crave feedback on form, function & techniques of HATHA YOGA.

**YOGA II & III-** Offered morning, noon and night, these classes welcome all... Intermediate & advance. Explore and experience the revitalizing world of HATHA YOGA.