

Aerobic and Strength Classes

Hi-Lo: High impact jumping and rebounding or gentler low impact aerobics. It's your choice. Either way you are sure to boost your mood, energy and calorie expenditure. Muscle-toning with bands, body bars, weights, resist-A-Balls and/or Bosu follow the Hi-Lo cardio portion.

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/or Resist-A-Balls.

Kick It Conditioning: An easy to follow cardio & strength conditioning class that instructs students on proper form & function of Martial Arts.

Low Impact: Choreographed aerobics that excludes jumping. Suited for beginners to intermediate exercisers. The sculpting portion of the class utilizes bands, weights, balls, and your own body weight to sculpt and tone.

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 tone. Beginning to advanced students are encouraged to participate.

SPINNING: The ultimate group indoor cycling exercise program. A 45-60 minute journey simulating hills, flats, jumps, and sprints. Provides a powerful, non-impact cardio workout and serious calorie-burning. Want softer music and a less intense ride? Try "Smooth Moves and Grooves" An "Intro to SPINNING" is offered once a month. 90-minute, 2 and 3-hour classes are also offered.

Step : Classic step aerobics using a 4 to 12 inch high platform. The creative choreography & awesome body sculpting will have you burning for more.

Sculpt: Increase muscle, burn more calories! This total body conditioning workout uses weights, balls, bars, bands and your own body weight to increase muscular strength and endurance, core stabilization, balance and functional fitness. Beginning to advanced students are encouraged to participate.

Express Classes: Exercise your right to choose! Express classes offer members the option to participate in a quick 30-minute cardiovascular (Step, Hi Lo, Kick It), total body conditioning (Sculpt) or mind/body (Yoga, Stretch) class or a combination of two express classes for a full 60-minute workout. (Hi Lo Express + Stretch Express or Kick It Express + Sculpt Express) The choice is yours!

Zumba: Hot, hot, hot! Zumba is a mixture of easy to follow latin dance steps and latin music that will burn the calories and make you smile.

Spirit, Mind and Body Classes

Balanced Body: A 45-minute class fusing martial Arts, Yoga, and Pilates. This exciting combination will create strength and balance in your mind and body, stimulate awareness, increase flexibility and aid in coordination.

Fusion Flexibility: A 60-minute class combining yoga, mat-based pilates and easy everyday stretches to improve and maintain muscular strength, endurance, balance, and symmetry. Class suitable for beginners to advanced.

Limalama: New to the our Y! Descended from the ancient Polynesian fighting arts, Limalama is soft and fluid yet, effective at delivering instantaneous control over threatening situations. The upper and lower body moves in sync as found in Polynesian dances such as the hula.

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: Learn to access and sustain mental, emotional and physical well-being through a series of gently guided postures designed to strengthen and lengthen the muscles of the body, increase joint mobility and relax your mind and body. Meditation and breathing techniques may also be included. Classes are suitable for beg. To adv. Students.

Relaxation Yoga: A 60 minute class offering a gentle style of yoga emphasizing relaxation while increasing flexibility. Stretches combine deep breathing and conscious focus. Suitable for all.

Active Older Adult Classes

Core Conditioning: A beginner to intermediate level class for active older adults. Includes gentle yet effective movements to increase core balance, muscular strength, muscular endurance, joint mobility and range of motion. Dumbbells, bands, and balls are used throughout the class.

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.

Aquatic Classes

Aqua Aerobics: Swimmers and non-swimmers alike will enjoy gentle, low-impact aerobics, muscle strengthening and stretching in a socialable 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.

Water Walking: Take advantage of waters buoyancy and resistance to gain strength, cardiovascular conditioning and range of motion in this refreshing class. You'll look and feel great in no time-and your body will thank you! Water walking requires no swimming skills.

Hours of Operation

Monday-Friday 5:30 AM-9:00 PM
Saturday 7:30 AM-5:00 PM
Sunday Noon-5:00 PM

Stuart C Gildred Family YMCA
900 North Refugio Rd.
Santa Ynez, CA 93460
686-2037 Phone
686-1424 FAX

Kids Corner Hours

Monday-Friday	8 am-1:20 pm	2 mo.-7 yrs.
Monday-Thursday	3:30-7:20 pm	2 mo.-12 yrs.
Saturday	8 am-Noon	2 mo.-12 yrs.



Stuart C. Gildred Family YMCA Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45 am	<i>SPINNING</i> Steve	<i>SPINNING</i> Alan	<i>SPINNING</i> Steve	<i>SPINNING</i> Alan	<i>SPINNING</i> Yessy	
6:50-7:50 am	Fusion Flexibility Leeanna	Yoga Sharon	Fusion Flexibility Leeanna	Yoga Sharon	Fusion Flexibility Leeanna	
8:05-9:05 am	Core Conditioning Barbara	Tai Chi Chris	Core Conditioning Barbara	Tai Chi Chris	Core Conditioning Barbara	Power Sculpt Barbara
8:30-9:00 am	Water Walking Susan		Water Walking Susan		Water Walking Susan	<i>SPINNING</i> Instructor varies 8:15-9:00 am
8:30-9:15 am	<i>SPINNING</i> Leslie		<i>SPINNING</i> Leslie		<i>SPINNING</i> Leslie	
9:20-10:05 am	<i>SPINNING</i> Leslie (9:30-10:15)	<i>SPINNING</i> Elaine	<i>SPINNING</i> Leslie (9:30-10:15)	<i>SPINNING</i> Elaine	<i>SPINNING</i> Leslie (9:30-10:15)	
9:15-10:15 am	Power Sculpt Diane (9:15-10:30)	Kick It Conditioning Chris	Step and Sculpt Lisa Ives (9:15-10:30)	Kick It Conditioning Chris	Hi-Lo/Sculpt Adrienne	
9:15-10:15 am	Aqua Aerobics Susan		Aqua Aerobics Susan		Aqua Aerobics Susan	
10:15-11:00 am		<i>SPINNING (Beg.)</i> Smooth Moves & Grooves Elaine		<i>SPINNING (Beg.)</i> Smooth Moves & Grooves Denicia		
10:20-10:45 am		Low Impact <u>Express</u> Adrienne		Low Impact <u>Express</u> Adrienne		
10:45-11:20 am	Functional Fitness Lisa S. (10:45-11:45 am)	Sculpt <u>Express</u> Adrienne	Functional Fitness Lisa S. (10:45-11:45 am)	Sculpt <u>Express</u> Adrienne	Functional Fitness George (10:45-11:45 am)	
11:25-12:10 pm		Kick It Conditioning Chris		Balanced Body Chris		
12:15-1:15 pm	Limalama Kumu Harry		Power Sculpt Diane	Power Sculpt Janelle	Limalama Kumu Harry	
12:15-1:00 pm	<i>SPINNING</i> Lisa S.	Relaxation Yoga Ivette (1:30-2:30)	<i>SPINNING</i> Lisa S.		<i>SPINNING</i> Denicia	
4:15-5:15 pm	<i>SPINNING</i> Gretchen	<i>SPINNING</i> Lisa S.	<i>SPINNING</i> Gretchen	<i>SPINNING</i> Adrienne		
4:50-5:50 pm	Power Sculpt Paula	Kick It Stephanie	Step and Sculpt Lena	Kick It Stephanie	Hi-Lo Lena	
5:15-6:00 pm	<i>SPINNING</i> Steve	<i>SPINNING</i> Lisa S.	<i>SPINNING</i> Paula	<i>SPINNING</i> Steve		
6:05-7:05 pm	Step and Sculpt Lena	ZUMBA Yessy	Kick It Yessy	ZUMBA Yessy		
6:15-7:00 pm	<i>SPINNING</i> Yessy	<i>SPINNING</i> Elizabeth	<i>SPINNING</i> Elaine	<i>SPINNING</i> Steve		
7:10-8:25 pm	Limalama Kumu Harry	Yoga Ivette (7:10-8:10)	Limalama Kumu Harry			