

GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:45 AM Indoor Cycling (Corki)		6:30-7:30 AM Indoor Cycling (Debbie)			8:30-9:30 AM Indoor Cycling (Corki)
7:00-8:00 AM Pilates on the Ball (Debbie)	7:00-8:00 AM Yoga-lates (Mary)	7:00-8:00 AM Yoga (Mary)		7:00-8:00 AM Beginners Yoga (Mary)	7:45-8:45 AM Indoor Cycling (Corki)	8:45-10:00 AM Bodyworks (Debbie H)
8:30-9:30 AM Indoor Cycling (Robin)	8:30-9:30 AM Indoor Cycling (Kim)	8:30-9:30 AM Indoor Cycling (Debbie B)	8:30-9:30 AM Indoor Cycling (Kim)	8:30-9:30 AM Indoor Cycling (Robin)	8:00-8:30 AM Stretch (Mary)	10:00-11:00 AM ZUMBA (Kelly)
8:30 AM Paseo Walk		8:30 AM Paseo Walk	8:30 AM Paseo Walk	8:30 AM Paseo Walk	8:30-9:30 AM 30/30 (Lisa)	
8:30-9:30 AM Step (Debbie B)	8:30-9:30 AM Cardio Bodyworks (Debbie B)	8:30-9:30 AM ZUMBA (Lily)	8:30-9:30 AM Extreme Lower Body (Allie)	8:30-9:30 AM Cardio Bodyworks (Debbie B)	9:00-10:00 AM Indoor Cycling (STAFF)	
9:30-9:45 AM Abs Only (Debbie B)	9:30-9:45 AM Abs Only (Debbie B)	9:30-9:45 AM Abs Only (Debbie H)	9:30-9:45 AM Abs Only (Allie)	9:30-9:45 AM Abs Only (Debbie B)	9:30-10:30 AM Bodyworks (Lisa)	
9:45-10:45 AM Bodyworks (Debbie B)	9:45-10:45 AM Yoga-lates (Debbie H)	9:45-10:45 AM Bodyworks (Debbie H)	9:45-11:00 AM Pilates on the Ball (Debbie B)	9:45-10:45 AM Yoga-lates (Mary)	10:30-11:45 AM Yoga (Debbie H)	
10:45-11:00 AM Abs Only (Debbie H)	10:45-11:00 AM Abs Only (Debbie H)	10:45-11:00 AM Abs Only (Robin)		10:45-11:00 AM Abs Only (Mary)	11:45-12:45 PM ZUMBA (Richa)*	
11:00-12:00 PM Yoga (Debbie H)	11:00-12:00 PM Intro on the Ball (Debbie B)	11:00-12:00 PM Circuit Training (Robin)	11:00-12:00 PM Intro Bodyworks (Allie)	11:00-12:00 PM ZUMBA (Lily)		
12:00-1:00 PM Sit & Fit (Debbie H)	12:00-1:00 PM Sit & Fit (Ramona)		12:00-1:00 PM Sit & Fit (Ramona)			
5:00-6:00 PM Step N Sculpt (Lisa)	5:00-6:00 PM Bodyworks (Allie)	5:00-5:30 PM Core Training (Allie)	4:00-5:00 PM ZUMBA (Mia)	4:30-5:30 PM Yoga (Debbie H)		
6:00-7:00 PM Yoga (Debbie H)	6:00-6:15 PM Abs Only (Allie)	5:30-6:30 PM Body Power (Allie)	5:00-6:00 PM Bodyworks (Lisa)	5:30-6:30 PM ZUMBA (Nicole)		
7:00-8:00 PM ZUMBA (Kelly)	6:00-7:00 PM Indoor Cycling (Lisa)	6:30-7:30 PM Indoor Cycling (Debbie M)	6:00-7:00 PM Indoor Cycling (Lisa)			
6:30-7:30 PM Indoor Cycling (Ryan)*	6:30-7:30 PM Cardio Kickbox (Debbie M)	6:30-7:30 PM ZUMBA (Lisa P)	6:00-7:00 PM Advanced Step (Debbie M)			
	7:30-8:30 PM Yoga-lates (Debbie M)		7:30-8:30 PM Yoga (Mary)			



All classes subject to change.
All fitness levels welcome.
Green print indicates a change
*Volunteer led class

Updated September 2012

Class Descriptions

Abs Only

A complete abdominal and back strengthening workout.

Advanced Step

Intense cardio workout using advanced choreography.

Beginners Yoga

A great way to begin your yoga journey. Learn the basic yoga poses and flows including restorative & rehabilitative practices.

Bodyworks

Add muscle strength and definition to your body through this strength-training workout with the use of weights, tubes and resistance bands.

Body Power

An indoor/outdoor workout that includes high intensity cardio, weights, and agility training taught in a circuit training format.

Cardio Bodyworks

The same total strength training as the Bodyworks class, but with the added fun of a heart pumping cardio component.

Cardio Kickbox

Kick, punch and sweat your way to a higher fitness level!

Circuit Training

Resistance training and aerobic/anaerobic training in one workout. Go from one exercise station to the next with little or no rest until you've completed all of them.

Core Training

30 minutes of targeted abs and back strength training.

Extreme Lower Body

Class focus on guts and glutes. Interval training style using weights and bands.

Indoor Cycling

An energetic group exercise class where you control the road on stationary bikes. Instructors lead the class through hills, sprints and jumps to the beat of the music.

Intro "On the Ball"

A class designed to improve balance and core strength using stability balls.

Intro to Bodyworks

Learn to use weights, tubes and resistance bands to add muscle strength and definition. Includes extended stretching segment. All levels welcome.

Paseo Walk

Walk through the paseos located around the YMCA, completing a flat 3 or 4 mile loop in approximately 1hour.

Pilates "On the Ball"

Target your core while gaining full body strength, flexibility and improve balance using stability balls.

Sit & Fit

Gentle chair exercise designed for active older adults emphasizing stretch, strength and balance.

Step

A high intensity cardio work-out for those comfortable with step.

Step N' Sculpt

A high energy combination of step aerobics and free weight training.

Stretch

A great way to start or end your workout. Gentle stretching to increase flexibility.

Yoga-lates

Core strengthening workout derived from both yoga and pilates. Focuses on form and alignment.

Yoga

Traditional yoga class targeting strength and flexibility.

ZUMBA

Experience the newest craze in fitness! This dance inspired cardio workout uses a fusion of Latin and Bollywood style moves to work up a sweat. Smooth soled shoes recommended.

30/30

30 minutes of Hi/Low aerobics and 30 minutes of Step.

Youth Policy

Ages 7 & up - May participate in lap/family swim without a parent present, after having been approved by the on duty lifeguard.

Ages 10 & 11 - May swim without a parent present and also participate in group exercise with a parent present. May utilize the cardio and weight rooms **with a parent present, after consultation with a Healthy Lifestyles Counselor**. Specific machines and exercises will be deemed appropriate at the counselor's discretion.

Age 12 - May participate in group exercise and swim without a parent present. May utilize the cardio and weight rooms **with a parent present, after consultation with a Healthy Lifestyles Counselor**. Specific machines and exercises will be deemed appropriate at the counselor's discretion.

Ages 13 & 14 - May participate in group exercise and swim without a parent present. May utilize the cardio and strength rooms without a parent present **after consultation with a Healthy Lifestyles Counselor**.

Ages 15 & up - Full facility use.

Santa Clarita Valley Family YMCA

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