



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Santa Clarita Valley Family YMCA

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



All classes subject to change
All fitness levels welcome
*Volunteer led class
*Orange indicates a class update

Updated April 2013

Did you know? We offer Ballet (age 13+) on Thursdays 2:15-3pm!

*Please be sure to register at the front desk or online

Free for members

Class Descriptions

Abs Only

A complete abdominal and back strengthening workout.

Ballet

Ballet basics will be reviewed and more advanced steps will be introduced as the class progresses. Ballet slippers are recommended.

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!

Core Training

30 minutes of targeted abs and back strength training.

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.

Lower Body Workout

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

Paseo Walk

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

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.

Summit Trek

Fast-paced hike up and down the hills of Summit Park. Approximately 1 hour.

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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