



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

Rancho Family YMCA
January 2nd- February 4th 2012

(W) -Welcome- Appropriate for new or returning exerciser
YAA -Y Active Adult- 50 Plus
▼ Indicates High intensity moves are done in class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM CLASSES	Rise& Shine TBW Becky- PC▼ 6:00-7:00am	Rise& Shine TBW Becky-PC▼ 6:00 - 7:00am	Rise& Shine TBW Becky- PC▼ 6:00 - 7:00am	Rise& Shine TBW Becky- PC▼ 6:00 - 7:00am	Rise& Shine TBW Becky-PC▼ 6:00am-7:00am	Zumba 8:00- 8:55am Lydia- MPR
	Zumba Blanca- PC 8:15-9:10am	Tai Chi Chuan John- MPR(W) 8:15-9:10am	Walking Club Fran-Scripps Rnch(W) 9:00-10:00am	Mat Pilates Julia-MPR 9:15-10:10am	Box & Pump Sharon- MPR 8:15- 9:10am	Step & Sculpt Mimi/ Kristeen- MPR 9:00- 9:55am
	Walking Club Fran-Scripps Rnch(W) 9:00- 10:00am	Mat Pilates Julia-MPR 9:15-10:10am	Body Blast Diane-MPR▼ 9:15-10:25am	20/20/20 Francine-PC 9:00-9:55am	Step It Up Patty-MPR▼ 9:15- 10:25am	TKB Jimmy-MPR 10:00-10:55am
	Step It Up Patty- MPR▼ 9:15-10:25am	20/20/20 Francine-PC 9:00-9:55am	Yoga Flow Diane-MPR(W/YAA) 10:30-11:25am	Body Blast Victoria-PC▼ 10:00-10:55am	Yoga Patty-MPR(W) 10:30-11:45am	Yoga Kellie/Shelly-MPR(W) 11:00-11:55am
	Yoga Patty- MPR(W) 10:30-11:25am	Body Blast Victoria-PC▼ 10:00-10:55am	Cardio Flex& Balance Diane-MPR(W/YAA) With Chair Yoga 11:30-12:55pm	Cardio Flex& Balance Francine-MPR(W/YAA) With Chair Yoga 11:00-12:25pm		Kids Boot Camp Kellie- PC age 6+ 12:00-12:25pm
Sit & Get Fit Diane-MPR(W/YAA) 11:30- 12:30pm	CardioFlex& Balance Francine-MPR(W/YAA) With Chair Yoga 11:00-12:25pm				Family Yoga Kellie- PC age 4+ 12:30-1:00pm	

Sunday.....
Cardio Mix (New)
Harumi- MPR
9:00-9:55am
Hatha Yoga
Sussan-MPR **age 10+(W)**
10:00-11:15am

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PM CLASSES	Bootcamp Mix Kristeen-PC 5:30-6:25pm	Step Plus (New Time) Julie- MPR 5:40-6:40pm	Bootcamp Mix Kristeen-PC 5:30-6:25pm	Kids Boot Camp Diane-PC age 6+ 4:00-5:00pm	Zumba Edilma-PC 5:30- 6:30pm		
	Hatha Yoga Sussan-MPR age10+(W) 6:30-7:25pm	Yoga Simin- MPR 7:45-9:00pm(W)	Hatha Yoga Sussan-MPR age 10+(W) 6:30-7:25pm	Step Plus(New Time) Julie- MPR 5:40- 6:40pm	Hatha Yoga Sussan-MPR age 10+(W) 6:30-7:25pm		
	TKB Jimmy-PC 6:30-7:25pm		TKB Jimmy-PC 6:30-7:25pm	Zumba (New Time) Blanca MPR 6:45-7:40pm			<u>Join us for Hiking</u> <u>ClubThe Third</u> <u>Saturday of The Month</u>
	Mat Pilates Julia-MPR age 10+(W) 7:30- 8:25pm		Mat Pilates Julia- MPR age 10+(W) 7:30- 8:25pm	Cardio Karate Andy-PC 7:00-7:55pm			
			Yoga Francine-MPR(W) 7:45-9:00pm	Fitness Clinic-1/13 Cardio Karate MPR 6:00- 6:30pm	Fitness Clinic 1/14 Yoga MPR 12:00-12:30pm		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WATER CLASSES	Aqua Interval Diane 8:30-9:25am	Coached Masters 5:30-6:30am Pool	Aqua Mix Mary 8:30-9:25am	Coached Masters 5:30-6:30am Pool	Aqua Combo (New) Francine▼ 7:30-8:25am	Masters Uncoached 7:00-8:00am Pool
	Arthritis Plus Kathy (YAA W) 9:45-10:45am	Deep Water Francine▼ 7:00-7:55am	Arthritis Plus Kathy (YAA W) 9:45-10:45am	Deep Water Francine▼ 7:00-7:55am	Aqua Mix Kathy 8:30-9:25am	Aqua Interval Francine/Diane 8:00-8:55am
		Aqua Explosion Vijay 8:00-8:55am		Aqua Explosion Berta 8:00-8:55am	Arthritis Plus Kathy (YAA W) 9:45-10:45am	
	Aqua Explosion Vijay 6:35-7:30pm	Aqua Explosion Kathy 6:35-7:30pm	Aqua Explosion Vijay 6:35-7:30pm	Aqua Explosion Kathy 6:35-7:30pm		

Class times and format subject to change.