



GROUP FITNESS SCHEDULE

Rancho Family YMCA

February 6th- March 10th 2012

MPR- Multipurpose Room PC- Program Center

(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 Lydia- PC 8:00-8:55am
	Walking Club Fran-Scripps Rnch(W) 9:00- 10:00am	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/ Julie- MPR 9:00- 9:55am
	Step It Up Patty- MPR▼ 9:15-10:25am	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
	Yoga Patty- MPR(W) 10:30-11:25am	20/20/20 Francine-PC 9:00-9:55am	Outdoor Boot Camp Victoria- SR Prkg Lot▼ 9:30- 10:30am (New)	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
	Sit & Get Fit Diane-MPR(W/YAA) 11:30- 12:30pm	Body Blast Victoria-PC▼ 10:00-10:55am	Yoga Flow Diane-MPR(W/YAA) 10:30-11:25am	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
		CardioFlex& Balance Francine-MPR(W/YAA) With Chair Yoga 11:00-12:25pm	Cardio Flex& Balance Diane-MPR(W/YAA) With Chair Yoga 11:30-12:55pm			Family Yoga Kellie- PC age 4+ 12:30-1:00pm
						Sunday..... Cardio Mix Harumi- MPR 9:00-9:55am
						Hatha Yoga Sussan-MPR age 10+(W) 10:00-11:15am
	PM CLASSES	Bootcamp Mix Sebastian-PC 5:30-6:25pm	Step Plus Julie- MPR 5:40-6:40pm	Bootcamp Mix Sebastian-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 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 Blanca PC 7:00-7:55pm(New Time)		Join us for Hiking ClubThe Third Saturday of The Month
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-MPR 7:00-7:40pm		
				Yoga Francine-MPR(W) 7:45-9:00pm		
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 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 Diane 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.

FITNESS CLASSES ARE FREE WITH MEMBERSHIP

(W) – Welcome - Appropriate for new or returning exerciser

YAA - YMCA Active Adult - 50 Plus

▼ - High Intensity moves are done in class

Arthritis Foundation Aquatic Plus Program (AFAPP) YAA (W) - A recreational warm water exercise program designed for anyone living with arthritis. Pool is shared with adult lap swimmers. Aquatic facility is easily accessible through a convenient pool ramp. For further assistance please contact the Aquatic Department.

Aqua Combo ▼ -This is a shallow and deep water combined workout. We will use the full length of the pool for our workout. We will also use different pieces of equipment to add resistance.

Aqua Explosion – Great high intensity shallow water work out.

Aqua Interval - A tough cardiovascular work out that uses short rest intervals and high intensity activity to improve your cardiovascular fitness.

Aqua Mix - This class combines both shallow and deep water cardio w/strength training & stretching. It is an excellent full body conditioning format.

Body Blast ▼ -This is a fast paced combination of cardio & strength moves in an interval format to keep your heart rate up and calories burning. This class is a high intensity class and may include plyometric exercises, push ups, and running.

Box & Pump- Kick off your day by starting with a high energy cardio workout that blends elements of boxing and sculpting that will pump your body up and tone it all over!

Boot Camp Mix - Come experience an excellent workout for all levels. This is a great full body workout

Cardio Flex and Balance (W) - Move to the music through a variety of exercises for cardio, muscular strength, range of movement, and flexibility. Hand held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. This 90 minute class will offer 45 minutes of cardio and strength and 45 minutes of chair yoga to work on your balance and coordination. Come join the fun!!

Cardio Karate - Get your workout plus learn and practice self defense. This is an aerobic and non-contact class format fully based on technique of the traditional karate style Shito Ryu.

Cardio Mix -This fat burning workout incorporates traditional aerobic movements with total body conditioning/strengthening exercises. No matter what your fitness level, this workout is for you. Come experience the fun, energy, and excitement, this class has to offer.

Deep Water Exercise ▼ - This class incorporates a warm-up, aerobic workout, toning and cool-down. Use floating barbells and other equipment to tone your whole body and build your core and upper body strength. Must be comfortable in deep water, initial assessment will be given by instructor.

Family Yoga - This class format is designed for your kids ages 4-13. Class will offer strength, flexibility, breathing exercises, self confidence, listening skills, and discipline. (Parents please be respectful for other members if your child becomes disruptive during Family Yoga. We ask that you quietly leave and try the class on a different day.)

Hatha Yoga (W) - Tone your body and tune the mind. Learn to be calm, focus your energies and regain inner peace while improving physical strength. We emphasize awareness and relaxation through supported positions. All levels are welcome. **Monday, Wednesday and Friday at 6:30 pm for ages 10+** (Parents please be respectful for other members if your child becomes disruptive during Yoga. We ask that you quietly leave and try the class on a different day).

Hiking Club - Join us on the third Saturday of every month for a group hike on our local trails. We hike at a moderate pace. Please bring water and snacks, wear layered clothing, good footwear and sun protection. All ages are welcome! Dogs are also welcome!

Kids Boot Camp for Ages 6+ This class will offer different activities that will challenge all levels and ages of children to help them develop muscular strength, flexibility, cardio health as well as self confidence, listening skills and discipline.

Masters Swim- This is a coached or uncoached swim team for adults. There are recommended workouts that are put on a white board, and the exercises are done in the lap lanes at certain times. There is a coach available at certain times to help you with your strokes if needed.

Mat Pilates – This class will include development of physical and mental control through the Pilates Method of Body Conditioning. We will emphasize physical alignment, strengthening, breathing and balance control. **Monday/Wednesday 7:30pm for ages 10+** (Parents please be respectful for other members if your child becomes disruptive during Mat Pilates. We ask that you quietly leave and try the class on a different day).

Outdoor Boot Camp (New) ▼ - This is a **high intensity** circuit class based on the concept of muscle confusion. This class uses non-traditional equipment to challenge your total body. We will meet in the Salmon River Parking Lot.

Rise and Shine TBW (Total Body Workout) ▼ - Start your day with an energizing total body workout! M/W/F class will focus on cardio and T/TH will focus on strength.

Sit and Get Fit (W) YAA- Have fun and move to the music through a variety of exercises designed to increase your muscular strength, range of movement, and activity for healthy living. Hand held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Step It Up ▼ – This cardio/strength workout is full of powerful combinations that will challenge both your mind and your body. Expect fun choreography that is designed for those participants who have already mastered the basics of a step class.

Step-&-Sculpt ▼ - This class will include combinations on the step as well as body sculpting exercises. This is a great way to get all of your fitness needs in one class.

Step PLUS - Each class begins with a basic Step warm up, followed by a complete body workout that includes improving your lower and upper body muscle groups using hand weights. Class also works on inner/outer thighs, glutes and abs for a complete floor workout!

Tai Chi Chuan (W) YAA - Experience inner peace, better balance and health. Learn the Taoist way to a better body/ mind experience. Not a dance, but a way of life leading you to boost your confidence and well-being!

T.K.B. (Turbo Kick Box) – Have fun and challenge your body in this fast paced, choreographed kickboxing class. All classes are taught using the heart-pumping beat of today's music that will leave you feeling strong and energized!

Walking Club (W) YAA - Maintain your fitness goals and enjoy the scenery along the way! The class will meet at the entrance to our new Scripps Ranch site offering a walk in the surrounding community. Boot Camp format, speed walking tips, along with core and stretching are included. Come join us for a fun walk. Great for stroller walking also!

Yoga (W) – Utilize stretches and classic yoga postures to tone your entire body, while enhancing the skeletal, muscular, circulatory, respiratory and endocrine systems. Increase your well being by focusing on breathing, fluidity, strength and flexibility.

ZUMBA - Class will offer a choreographed Latin routine with easy-to-follow dance moves. Have fun dancing while burning away the calories. Come join us for an energizing workout!

20/20/20 - This class has 20 minutes of nonstop cardio, 20 minutes of nonstop strength, and 20 minutes of yoga/Pilates and stretching.