

# Group Exercise Schedule – August 2019

## EAST WHITTIER BRANCH • YMCA of Greater Whittier

<b>MONDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
5:45 – 6:30 am	CYCLE 45	Amanda	Cycle Room
8:30 – 9:30 am	SILVERSNEAKERS® CLASSIC	Anita	Rotary Room
8:30 – 9:30 am	ZUMBA® GOLD	Bea	Gymnastics Room
9:45 – 10:30 am	SILVERSNEAKERS® YOGA	Savannah	Rotary Room
5:45 – 6:45 pm	YOGA I/II	Iris	Rotary Room
7:00 – 8:00 pm	ZUMBA®	Janae	Rotary Room
7:00 – 7:45 pm	CYCLE 45	Vincent	Cycle Room
<b>TUESDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
8:30 – 9:30 am	HATHA YOGA	Savannah	Gymnastics Room
8:30 – 9:30 am	SILVERSNEAKERS® CARDIOFIT	Anita	Rotary Room
9:45 – 10:45 am	T'AI CHI	Joan	Rotary Room
12:00 – 12:45 pm	LES MILLS RPM™	Angelica	Cycle Room
5:45 – 6:45 pm	YOGA I/II	Savannah	Rotary Room
7:00 – 8:00 pm	T'AI CHI	Joan	Rotary Room
<b>WEDNESDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
5:45 – 6:30 am	CYCLE 45	Amanda	Cycle Room
8:30 – 9:30 am	SILVERSNEAKERS® CLASSIC	Beate	Rotary Room
8:30 – 9:30 am	ZUMBA® GOLD	Bea	Gymnastics Room
9:30 – 10:15 am	LES MILLS RPM™	Annette	Cycle Room
9:45 – 10:30 am	SILVERSNEAKERS® YOGA	Beate	Rotary Room
10:30 – 11:30	LES MILLS BODYPUMP™	Annette	Rotary Room
5:45 – 6:45 pm	YOGA I/II	Iris	Rotary Room
7:00 – 8:00 pm	ZUMBA®	Janae	Rotary Room
7:00 – 7:45 pm	CYCLE 45	Vicky	Cycle Room
<b>THURSDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
8:30 – 9:30 am	HATHA YOGA	Savannah	Gymnastics Room
8:30 – 9:30 am	SILVERSNEAKERS® CARDIOFIT	Anita	Rotary Room
9:45 – 10:45 am	T'AI CHI	Joan	Rotary Room
12:00 – 12:45 pm	LES MILLS RPM™	Angelica	Cycle Room
5:45 – 6:45 pm	YOGA I/II	Savannah	Rotary Room
7:00 – 8:00 pm	T'AI CHI	Joan	Rotary Room
<b>FRIDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
8:30 – 9:30 am	SILVERSNEAKERS® CLASSIC	Beate	Rotary Room
8:30 – 9:30 am	YOGA	Angelica	Gymnastics Room
9:45 – 10:30 am	CYCLE 45	Angelica	Cycle Room
9:45 – 10:30 am	SILVERSNEAKERS® YOGA	Beate	Rotary Room
7:00 – 7:45	CYCLE 45	Vicky	Cycle Room
<b>SATURDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
8:30 – 9:30 am	ZUMBA®	Janae	Rotary Room
9:45 – 10:45 am	YOGA I/II	Iris	Rotary Room

## CLASS DESCRIPTIONS

<b>ACTIVE ADULT FITNESS</b>	Stay active! This high-energy but low impact class is for adults of all ages who are looking to improve strength and overall cardiovascular fitness.	<b>LES MILLS RPM™</b>	Push your limits on a journey of hill climbs, sprints and flat riding. The RPM workout maintains your heart rate at an aerobic training base with interspersed peaks of intensity. This blend of steady-state and high-intensity builds cardio endurance, and drives the transformative fat-burning effects associated with high-intensity interval training.
<b>BARRE PILATES</b>	Barre Pilates is an energetic workout that fuses fitness techniques from dance, Pilates and strength conditioning to tone and define the whole body, using the barre.	<b>SILVERSNEAKERSTM CLASSIC</b>	Low-impact training designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support.
<b>BODYPUMP®</b>	Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout using a pre-choreographed full-body workout program. This class will burn calories, shape and tone your entire body, increase core strength and improve bone health.	<b>SILVERSNEAKERSTM YOGA</b>	Low-impact yoga for the ultimate stretch, and promotion of balance and a sense of calm.
<b>BOOT CAMP</b>	An intense workout for those who want to be challenged and pushed. This class is great for cardio conditioning and developing core strength.	<b>STRIDE CARDIO</b>	A dance-based fitness class specifically designed for the YMCA Stride Program servicing adults with intellectual and developmental disabilities.
<b>CIRCUIT</b>	Circuit Training involves exercising all major muscle groups in one continuous cycle, alternating between the different areas to allow for muscle recovery and to force your heart to work harder.	<b>STRIDE STRENGTH</b>	A circuit class specifically designed for the YMCA Stride Program servicing adults with intellectual and developmental disabilities.
<b>CORE</b>	Let's build some ABS! This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility.	<b>STRONG BY ZUMBA</b>	Get stronger with this demanding High Intensity Interval Training class that syncs body weight, muscle conditioning, cardio and plyometric training moves to music. Squat, lunge, pushup and burpee to the music!
<b>CYCLE 45</b>	Cycling is a great cardiovascular workout performed on an indoor cycling bike. Instructors will guide you through an all-terrain ride while focusing on proper body alignment, heart rate and proper cycling techniques.	<b>T'AI CHI (BEGINNING)</b>	Integrate mind and body in a class best described as meditation in motion. This ancient practice improves flexibility, balance as well as mindfulness.
<b>CYCLE ENDURANCE</b>	Take your ride to the next level! Everything you love about Cycling in a longer class to keep your heart and legs pumping!	<b>T'AI CHI (INTERMEDIATE)</b>	Integrate mind and body in a class best described as meditation in motion. This ancient practice improves flexibility, balance as well as mindfulness.
<b>FAMILY YOGA</b>	Your whole family will benefit from the balance and flexibility that yoga provides!	<b>TBC (TOTAL BODY CONDITIONING)</b>	Join the party that combines Latin and international music with dance moves! This fun aerobic workout alternates fast and slow dance rhythms for an interval training workout that feels more like a dance party!
<b>GLUTE CAMP</b>	Get the backside you've always wanted in this class specifically designed to target the lower body. This mat-based class utilizes non-impact but precise bodyweight exercises to target large and small accessory muscles and effectively tone the lower body.	<b>VINYASA YOGA</b>	Looking to build strength and endurance as well as improve your flexibility? Vinyasa yoga artfully combines a continuous flow of traditional yoga poses with balance work. Leave invigorated and refreshed in mind and body!
<b>HIP HOP CYCLE</b>	Take a seat and get ready for the next episode of cycling! This class uses hip-hop rhythms to deliver a high-intensity rhythmic ride.	<b>ZUMBA</b>	Join the party that combines Latin and international music with dance moves! This fun aerobic workout alternates fast and slow dance rhythms for an interval training workout that feels more like a dance party!
<b>MAT PILATES</b>	An overall toning and sculpting class that targets the deepest layers of muscle. Emphasis is placed on core muscle strength using precise movements initiated from the center of the body.	<b>ZUMBA GOLD</b>	A modified Zumba® class that recreates the original moves and rhythms at a lower-intensity for all fitness levels. Join the dance party!
<b>MEDITATION</b>	Create a space of tranquility at the end of your week! Rejuvenate through intentional stillness of mind and body.		
<b>SILVERSNEAKERSTM CARDIO</b>	A safe and heart-healthy aerobics class using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. A higher intensity class than Silver Sneakers Classic.		
<b>RESTORATIVE YOGA</b>	Experience a therapeutic approach to yoga that focuses on postural alignment mirrored with mindful movement aligned with breath. Leave lightened and with greater body awareness and mental clarity.		