



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

AEROBIC STUDIO



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hi/Lo 6:30–7:20 am Jack	Body Sculpt 6-6:50 am Natalie	Hi/Lo 6:30–7:20 am Jack	Body Sculpt 6-6:50 am Michelle	Body Blast 6:30-7:20 am Michelle A.		
Tai Chi 7:30-8:20 am Arthur	Tai Chi 7:30-8:50 am Arthur	Tai Chi 7:30-8:20 am Arthur	Tai Chi 7:30-8:50 am Arthur	Tai Chi 7:30-8:20 am Arthur	Tai Chi 7-8:20 am Master Wong	Tai Chi Sword & Fan 7:30-8:20 am Arthur
Body Sculpt 8:30-9:20 am Kym		Body Sculpt 8:30-9:20 am Kym		Body Sculpt 8:30-9:20 am Elizabeth	Zumba 8:30-9:20 am Angie	Tai Chi 8:30-10:20 am Master Wong
Zumba 9:30-10:20 am Vanina	Low-Impact Cardio Sculpt 9:30-10:20 am Sari	Body Blast 9:30-10:20 am Nefertiti	Low-Impact Cardio Sculpt 9:30-10:20 am Sari	Beginning Hip Hop Dance 9:30-10:20 am Jamar	Body Sculpt 9:30-10:20 am Sari	
Gentle Movement 10:30-11:20 am Don	Zumba 10:30-11:20 am Maria	Gentle Movement 10:30-11:20 am Don	Zumba 10:30-11:20 am Tracie	Gentle Movement 10:30-11:20 am Emily	African Dance 10:30-11:20 am Kamesha	Zumba 10:30-11:20 am Maria
						Body Sculpt 11:30 am- 12:20 pm Sari
Body Blast 12:10-1 pm Jack	Circuit Training noon-12:50 pm Tracie	Body Blast 12:10-1 pm Jack	Kettlebell Training noon-12:50 pm Nefertiti	Body Blast 12:10-1 pm Jack		
	Body Sculpt 4-4:50 pm Tracie		Body Sculpt 4-4:50 pm Tracie			
Body Sculpt 5-5:50 pm Sari	Happy Hour 5-5:50 pm Jack	Body Sculpt 5-5:50 pm Sari	Happy Hour 5-5:50 pm Jack	Body Sculpt 5-5:50 pm Tracie		
African Dance 6-6:50 pm Kamesha	Zumba 6-6:50 pm Vanina	Zumba 6-6:50 pm Katie	Dance Fitness 6-6:50 pm Y Instructor	Intermediate/ Advanced Step 6-6:50 pm Tracie		
Cardio Hip Hop 7-7:50 pm Jamar	Body Sculpt 7-7:50 pm Kelvin	African Dance 7-7:50 pm Kamesha	Body Sculpt 7-7:50 pm Kelvin			

GROUP EXERCISE SCHEDULE

CYCLING STUDIO



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling 6:10-7 am Mario	Cycling 6-6:50 am Patti	Cycling 6:10-7 am Martin	Cycling 6-6:50 am Patti	Cycling 6:10-7 am Gisele		
					Cycling 7:30-8:20 am Kelvin	
	Cycling 8:30-9:20 am Sari	Cycling 8:30-9:20 am Y Instructor	Cycling 8:30-9:20 am Sari	Cycling 8:30-9:20 am Kym	Cycling 8:30-9:20 am Kelvin	Cycling 8:30-9:20 am Mario
					Cycling 9:30-10:20 am Luz	Cycling 9:30-10:20 am Katie
					Cycling 10:30-11:20 am Sari	Cycling 10:30-11:20 am Sari
Cycling 12:10-1 pm Mario	Cycling 12:10-1 pm Kym	Cycling 12:10-1 pm Nat	Cycling 12:10-1 pm Kym	Cycling 12:10-1 pm Kym		
Cycling 5:30-6:20 pm Erica	Cycling 5:30-6:20 pm Mario	Cycling 5:30-6:20 pm Mario	Cycling 5:30-6:20 pm Katie	Cycling 5:30-6:20 pm Erica		
Cycling 6:30-7:20 pm Martin	Cycling 6:30-7:20 pm Marissa	Cycling 6:30-7:20 pm Luz	Cycling 6:30-7:20 pm Marissa			

BIKE RESERVATIONS: Reserve your bike up to one day in advance of class. Please arrive 5 minutes before class begins or your bike may be given to an alternate. Reserve at the Membership Desk or by phone: 510 763 1217

Revised 6/29/2018 *Group X Class Instructors can change periodically. Please see our online schedule for the most current class instructors: www.oaklandymca.org

GROUP EXERCISE SCHEDULE



MIND/BODY STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	All Levels Yoga 6-6:50 am Kawal		All Levels Yoga 6-6:50 am Tracie			
Beginning Yoga 7:30-8:20 am Tracie	Beginning Yoga 7:30-8:20 am Madoka	All Levels Yoga 7:30-8:20 am Michelle G.	Beginning Yoga 7:30-8:20 am Madoka	Beginning Yoga 7:30-8:20 am Madoka		
Pilates 8:40-9:30 am Nefertiti	Barrelates 8:30-9:20 am Tracie	Pilates 8:40-9:30 am Nefertiti	Barrelates 8:30-9:20 am Tracie	Core Yoga 8:30-9:20 am Madoka	Pilates 8:30-9:20 am Laura	Beginning Yoga 8:30-9:20 am Tracie
	Spirit Dance 9:30-10:20 am Gabriella		Spirit Dance 9:30-10:20 am Gabriella	All Levels Yoga 9:30-10:50 am Michelle G.	Beginning Yoga 9:30-10:20 am Holly	Pilates 9:30-10:20 am Nefertiti
					Advanced Yoga 10:30-11:50 am Holly	All Levels Yoga 10:30-11:50 am Ife
Beginning Yoga 11-11:50 am Nefertiti		Beginning Yoga 11-11:50 am Barbara		Beginning Yoga 11-11:50 am Michelle G.		
Intermediate Yoga noon-12:50 pm Nefertiti	Pilates noon-12:50 pm Laura	Intermediate Yoga noon-12:50 pm Barbara	Pilates noon-12:50 pm Willow	Intermediate Yoga noon-12:50 pm Nefertiti		
Feldenkrais 1-1:50 pm Frances	Therapeutic Pilates 1:10-2:30 pm Willow	Feldenkrais 1-1:50 pm Frances	Restorative Yoga 1-2:20 pm Laura			
					All Levels Yoga 4:30-5:50 pm Y Instructor	
All Levels Yoga 5-6:20 pm Melissa	Beginning Yoga 5-5:50 pm Tracie	All Levels Yoga 5-6:20 pm Laura	Beginning Yoga 5-5:50 pm Tracie			
Beginning Yoga 6:30-7:20 pm Albert	Pilates 6-6:50 pm Tracie	Beginning Yoga 6:30-7:20 pm Laura	Pilates 6-6:50 pm Laura			
	Advanced Yoga 7:00-8:20 pm Madoka	Feldenkrais 7:30-8:20 pm Frances	Adult Ballet 7:00-8:20 pm Marsha			

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GROUP EXERCISE SCHEDULE

SPIRIT STUDIO



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Roller Pilates 7-7:50 am Tracie		Roller Pilates 7-7:50 am Tracie			
						Intermediate Yoga 9:30-10:20 am Tracie
	Tai Chi 5-6:20 pm Master Wong	Tai Chi/Swimming Dragon 6:00pm-7:00pm Art & Sarasa	Tai Chi 5-6:20 pm Master Wong			
	Adult Ballet 7:00-8:20 pm Marsha		Advanced Yoga 6:30-7:50 pm Madoka			

BASKETBALL COURT



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp 5:30-6:20 am Full Court Jack & Kym		Boot Camp 5:30-6:20 am Full Court Jack & Kym		Boot Camp 5:30-6:20 am Full Court Jack & Jeffry		
	Tai Chi 10:30-11:50 am Full Court Master Wong		Tai Chi 10:30-11:50 am Full Court Master Wong			
	Adult Basketball 5-7 pm Full Court Coach Ray		Adult Basketball 5-7 pm Full Court Coach Ray			

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GROUP EXERCISE SCHEDULE

POOL PROGRAMS



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Aerobics 8:30-9:20 am Ilan	Aqua Aerobics 8:30-9:20 am Aliya	Aqua Aerobics 8:30-9:20 am Maria	Aqua Aerobics 8:30-9:20 am Maria	Aqua Aerobics 8:30-9:20 am Diana	Aqua Zumba 8-8:50 am Vanina	Aqua Zumba 8:30-9:20 am Aliya
Aqua Aerobics 9:30-10:20 am Kelvin	Cardio Aqua Pilates 9:30-10:20 am Aliya	Aqua Aerobics 9:30-10:20 am Kelvin		Aqua Aerobics 9:30-10:20 am Kelvin		Aqua Aerobics 9:30-10:20 am Suzan
Gentle Movement Aqua Aerobics 1:10-2 pm Kelvin	Gentle Movement Aqua Aerobics 1:10-2 pm Maria	Gentle Movement Aqua Aerobics 1:10-2 pm Kelvin	Gentle Movement Aqua Aerobics 1:10-2 pm Ilan	Gentle Movement Aqua Aerobics 1:10-2 pm Joe		
	Masters Swim 6:30-7:30 pm Coach Kyle		Masters Swim 6:30-7:30 pm Coach Kyle			
Aqua Aerobics 7:40-8:30 pm Diana	Aqua Aerobics 7:40-8:30 pm Joe		Aqua Aerobics 7:40-8:30 pm Joe			

Lanes Usage for Group Exercise Classes
 2 lanes: for 13 participants or less
 3 lanes: for 14-24 participants
 4 lanes: for 25 participants or more