

AEROBICS – A low impact, beginning to intermediate level aerobics class packed with fun choreography.

BEYOND LIMITS– Not limiting to just Parkinson's, and Alzheimer's, our BEYOND LIMITS Exercise Program is a fitness program designed to empower people diagnosed with brain diseases, by optimizing their physical function and helping to delay the progression of symptoms. The goal of this program is to motivate participants to develop a habit of consistent exercise routines best suited to their individual needs. Each class includes exercises to improve cardiovascular endurance, strength, flexibility and balance.

BODY CONDITIONING– Classes are comprised of combinations of strength and metabolic conditioning exercises, including bodyweight exercises, weightlifting movements using kettlebells and dumbbells, running, and rowing. There are no prerequisite fitness levels or abilities, and we scale the workouts for every fitness level.

CHI TRAINING – A practice of aligning body, breath, and mind for health, meditation, and martial arts training. With roots in Chinese medicine, philosophy, and martial arts, qigong is traditionally viewed as a practice to cultivate and balance qi (chi) or what has been translated as "life energy."

CORE – This abs and back class focuses on enhancing functional core strength and stability.

CIRCUIT – Alternating between cardio, core and strength stations, performing exercises at 45 secs of work, with 15 secs rest at each station.

CYCLE – An intense workout, done on stationary bikes. It's low-impact, but high calorie burning. You can manage the resistance you apply to your bike, to build endurance. All while simulating hills and flat rides, pedal at varying speeds and resistance.

FULL BODY STRENGTH – Challenge your muscles using hand-held weights and bands in this total body, simple, easy to follow strength & conditioning class.

FUNCTIONAL FLEXIBILITY –Conditioning and releasing muscle tension through various methods, while using props.

GROUP POWER® – A full body, high rep weight training workout. Using a barbell, weight plates, and body weight set to Dynamic music and a motivating group atmosphere to make you sweat!

GUIDED VISUALIZATION – This form of deliberate and directed daydreaming is a powerful, time-honored method for understanding yourself, healing your body and mind, and maintaining your overall well-being.

LEGS, BUMS & TUMS– LBT targets the common problem areas, incorporating a mixture of abdominal, legs, thigh, and glutes exercises. A conditioning class focusing on re-shaping the lower body.

LONGEVITY– Functional Movement to Increase Mobility, Agility, Coordination and Strength for High-Functioning Active Older Adults. **SPACE IS LIMITED TO 12 PEOPLE** Come early. **Must be able to comfortably get up and down from the floor.**

PILATES – Pilates improves flexibility, builds strength, and develops control and endurance in the whole body. Members must master Pilates I class prior to attending Pilates II.

PILATES/YOGA FUSION – While there are differences between yoga and Pilates (yoga emphasizes awareness of your body's alignment and movement patterns and is therapeutic, while Pilates is more aimed at working the entirety of your body) there are also similarities. It is these similarities that have caused the fusion of these two previously separate types of workouts, into a new combination of late. There are six principles in Pilates, which are flow, breath, concentration, centering, precision and control, and these principles are quite similar to what many forms of yoga themselves use.

STRETCH & RESTORE – S&R is a unique class that inspires relaxation and empowerment for self-care. In addition to traditional stretch movements, classes include the use of massage balls, foam rollers, and straps, to perform self-myofascial release techniques. Understanding that one's own body and its areas of tension are important first steps towards better self-care and overall health.

STRENGTH AND BALANCE– A dynamic combination of strength development and cardiovascular conditioning for the active older adult without the impact on the joints. You will use equipment such as dumbbells, tubing, and bodyweight. Exercises are performed standing and seated.

STEP – Learn the basics or simply enjoy a great workout that is geared towards the beginning to intermediate exerciser.

TOTAL HIIT– Total HIIT is the best combination of cardiovascular, and strength exercises with high intensity training. High Intensity Interval Training (H.I.I.T.) is an enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods.

HATHA YOGA – Hatha is most often used to describe gentle, basic yoga classes with no flow between poses. Expect a slower-paced stretching-focused class with some basic pranayama breathing exercises and perhaps a seated meditation at the end. Hatha classes are a good place to work on your alignment, learn relaxation techniques, and become comfortable with doing yoga while building strength and flexibility.

INTEGRAL KRIYA YOGA – Kriya Yoga is so effective because it works directly with the source of growth - the spiritual energy deep in our spines. One half-minute of revolution of energy around the sensitive spinal cord of man effects subtle progress in his evolution; that half-minute of Kriya equals one year of natural spiritual unfoldment

MILITARY–VET YOGA—This wonderful program is offered to all current and former service members. Individuals who attend these classes build strength, stability, and flexibility, which quickens recovery and builds resilience.

MINDFUL YOGA – Mindful Yoga is different than many traditional yoga practices in that there is less of a focus on the exact posture achieved and more focus on body/mind awareness.

VINYASA FLOW –This power flow class can incorporate more challenging postures and core work. Come to this class prepared to work out your body and your mind as theming, music, and adjustments will be offered. Have fun while you build your strength, flexibility, and endurance.

ZUMBA® – Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Oct/ Nov
2019

BE HEALTHY
BE STRONG
BELONG



Group Fitness
Schedule



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For more information, email: jmarquez@ymcaeastbay.org

GROUP FITNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-6:55AM GROUP POWER® Richelle ●	8-8:55AM ZUMBA® Elaine ●	6-6:55AM GROUP POWER® Richelle ●	8-8:55AM ZUMBA® Elaine ●	6-6:55AM GROUP POWER® Richelle ●	10-10:55AM ZUMBA® Elaine ●	10-10:55AM ZUMBA® Elaine ●
8-8:55AM FULL BODY STRENGTH Diogo ●●	9-9:55AM FULL BODY STRENGTH Shelly ●●●	8-8:55AM FULL BODY STRENGTH Diogo ●●	9-9:55AM FULL BODY STRENGTH Shelly ●●●	8-8:45AM Stretch & Restore Staff ●	<div style="border: 2px solid purple; border-radius: 20px; padding: 10px; text-align: center;"> <p>CLASS INTENSITY LEVELS:</p> <p>● Easy/ Beginner</p> <p>● Medium / Intermediate</p> <p>● Hard / Advanced</p> </div>	
9-9:55AM AEROBICS Stacey ●	10-10:55AM GROUP POWER® Stacey ●	9-9:55AM AEROBICS Stacey ●	10-10:55AM GROUP POWER® Stacey ●	9-9:55AM AEROBICS Stacey ●		
10-10:55AM ZUMBA® Elaine ●	11:15AM-12PM STRENGTH & BALANCE Aubrey ●	10-10:55AM ZUMBA® Saejin ●	11:15AM-12PM STRENGTH & BALANCE Aubrey ●	10-10:55AM STEP/CORE Stacey ●●		
11:15AM-12PM STRENGTH & BALANCE Staff ●	5-5:55PM TOTAL HIIT Lucy ●	11:15AM-12PM STRENGTH & BALANCE Mehrnan ●	5-5:55PM TOTAL HIIT Lucy ●	11:15AM-12PM STRENGTH & BALANCE Staff ●		
4:00-5:00PM Beyond Limits* Rachel ●	7-7:55PM ZUMBA® Saejin ●	12-12:45PM CHI TRAINING Mehrnan ●	7-7:55PM ZUMBA TONE® Beatriz ●	6:30-7:25PM ZUMBA® Trina ●		
5-5:25PM HIIT Lauren ●		4:00-5:00PM Beyond Limits* Rachel ●				
5:30-6:25PM GROUP POWER® Nicole ●		5-5:25PM LEGS, BUMS & TUMS Meghan ●				
7:30-8:25PM ZUMBA® Trina ●		5:30-6:25PM GROUP POWER® Stacey ●●				
		7:30-8:25PM ZUMBA® Beatriz ●				

SPECIALTY CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00AM BODY CONDITIONING Julien	5:30-6:30AM BODY CONDITIONING Gina D.	9:00-10:00AM BODY CONDITIONING Gina D.	5:30-6:30AM BODY CONDITIONING Julien	5:30-6:30AM BODY CONDITIONING Julien	9:15-10:00AM BODY CONDITIONING Cameron
10-11AM CIRCUIT Saundra *Space is limited	9:00-10:00AM BODY CONDITIONING Gina D.	10-11AM CIRCUIT Jasmine *Space is limited	9:00-10:00AM BODY CONDITIONING Gina D.	9:00-10:00AM BODY CONDITIONING Julien	
10:30-11:15AM LONGEVITY Diogo *Space is limited	10:30-11:15AM LONGEVITY Gina D. *Space is limited	10:30-11:15AM LONGEVITY Gina D. *Space is limited	10:30-11:15AM LONGEVITY Gina D. *Space is limited	10-11AM CIRCUIT Saundra *Space is limited	
5:30-6:30PM BODY CONDITIONING Lauren	5:30-6:30PM BODY CONDITIONING Jasmine		5:30-6:30PM BODY CONDITIONING Jasmine		

- **BODCON** meets on Sport Court
- **CIRCUIT** meets in the Open Studio
- **LONGEVITY** meets in CrossFit Studio

CYCLE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6AM CYCLE Irma	5:45-6:25AM CYCLE Michele	5:15-6AM CYCLE Irma	5:45-6:25AM CYCLE Michele	5:15-6AM CYCLE Irma	10:30-11:25AM CYCLE Staff/ Imelda
5-5:55PM CYCLE Whitney	10:30-11:25AM CYCLE Julien		10:30-11:25AM CYCLE Julien		
6-6:55PM INTRO CYCLE Karen	5:30-6:15PM CYCLE HIIT Kelly		5:30-6:15PM CYCLE HIIT Kelly		

All Cycle classes will vary in intensity depending on the routine.

● **INTRO** Cycle is designed for beginners, and those needing a more paced routine.

MIND BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15-9:45AM CORE Jasmine ●	7-7:45AM Stretch & Restore Rochelle ●	8-8:45AM Stretch & Restore Wenlan ●	7-7:45AM Stretch & Restore Rochelle ●	8-8:55AM VINYASA FLOW YOGA Level II/III Sherry ●●	8:30-9:25AM Pilates/ Yoga Fusion JoAnn ●●
10-10:55AM MINDFUL YOGA Gina ●	8-8:55AM PILATES II Teresa ●	9:15-9:45AM CORE Jasmine ●	8-8:55AM PILATES II Teresa ●	9:15-9:45AM CORE Sherry ●	9:30-11AM GENTLE YOGA JoAnn/ Maxine ●
11-11:55AM Guided Visualization Gina *Teen Center ●	9-9:55AM PILATES I Eibleis ●	10-10:55AM HATHA YOGA Level II Wenlan ●	9-9:55AM PILATES I Eibleis ●	10-10:55AM DEEP FLOW YOGA Level II/III Sherry ●●	SUNDAY 9-10AM MILITARY VET YOGA Kelly ●●
12-12:55PM HATHA YOGA Level I/II Wenlan ●	10-10:55AM HATHA YOGA Level I/II Linda ●	12-12:55PM HATHA YOGA Level I Wenlan ●	10-10:55AM VINYASA YOGA Level I/II Amy ●	6:30-7:25PM INTEGRAL KRIYA YOGA Donna ●●	
6-6:55PM Pilates/ Yoga Fusion Annika ●●	12-12:55PM MINDFUL YOGA Gina ●●	5:30-6:25PM GENTLE HATHA YOGA Annika ●	12-12:55PM MINDFUL YOGA Gina ●●		
7-7:55PM HATHA YOGA Level I/II Wenlan ●	5:30- 6:15PM CORE Lauren ●	6:30-7:25PM Pilates/ Yoga Fusion Annika ●●	5:30- 6:15PM CORE Lauren ●		
	6:20-6:55PM Stretch & Restore Jo ●		6-7PM Guided Visualization Gina *Teen Center ●		
	7- 8:15PM MINDFUL YOGA Gina ●		6:20-6:55PM Stretch & Restore Lauren ●		
			7- 8:15PM MINDFUL YOGA Gina ●		