

**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.

**HIGH FITNESS** – Think Old School Aerobics meets HIIT training. A sweaty blast Nostalgic and fun music from all decades and genres that will motivate you to the max. Simple and easy to follow fitness choreography with Interval training moves

**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** – Pilates fusion works the body through techniques derived from Yoga, Pilates, and Ballet Bar to create a unique flow of strengthening, lengthening and stretch for a complete core experience

**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.



# Group Fitness Schedule

March 2020

BE HEALTHY

BE STRONG

BELONG



Pleasant Hill YMCA



Pleasant Hill YMCA



YMCA of the East Bay App



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# GROUP FITNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-6:55AM <b>GROUP POWER®</b> Richelle	6-6:55AM <b>HIGH FITNESS</b> Kelli/Aly	6-6:55AM <b>GROUP POWER®</b> Richelle	8-8:55AM <b>ZUMBA®</b> Chandra	6-6:55AM <b>GROUP POWER®</b> Richelle	9-9:55AM <b>HIGH FITNESS</b> Kelli/Aly	10-10:55 <b>ZUMBA®</b> Judi
8-8:55AM <b>FULL BODY STRENGTH</b> Diogo	8-8:55AM <b>ZUMBA®</b> Beatriz	8-8:55AM <b>FULL BODY STRENGTH</b> Diogo	9-9:55AM <b>FULL BODY STRENGTH</b> Shelly	8-8:45AM <b>Stretch &amp; Restore</b> Staff	10-10:55AM <b>ZUMBA®</b> Priscilla	
9-9:55AM <b>AEROBICS</b> Stacey	9-9:55AM <b>FULL BODY STRENGTH</b> Shelly	9-9:55AM <b>AEROBICS</b> Stacey	10-10:55AM <b>GROUP POWER</b> Stacey	9-9:55AM <b>AEROBICS</b> Stacey		
10-10:55AM <b>ZUMBA®</b> Megan	10-10:55AM <b>GROUP POWER®</b> Stacey	10-10:55AM <b>ZUMBA®</b> Saejin	11:15AM-12PM <b>STRENGTH &amp; BALANCE</b> Aubrey	10-10:55AM <b>STEP/CORE</b> Stacey		
11:15-12PM <b>STRENGTH &amp; BALANCE</b> Staff	11:15AM-12PM <b>STRENGTH &amp; BALANCE</b> Aubrey	11:15-12PM <b>STRENGTH &amp; BALANCE</b> Mehran	5-5:55PM <b>TOTAL HIIT</b> Lucy	11:15-12PM <b>STRENGTH &amp; BALANCE</b> Staff		
5-5:25PM <b>HIIT</b> Lauren	5-5:55PM <b>TOTAL HIIT</b> Lucy	12-12:45PM <b>CHI TRAINING</b> Mehran	6-6:55PM <b>HIGH FITNESS</b> Kelli/Aly	6:30-7:25PM <b>ZUMBA®</b> Trina		
5:30-6:25PM <b>GROUP POWER</b> Nicole	7-7:55PM <b>ZUMBA®</b> Saejin	5-5:25PM <b>LEGS, BUMS &amp; TUMS</b> Meghan	7-7:55PM <b>ZUMBA TONE®</b> Beatriz			
7:30-8:25 PM <b>ZUMBA®</b> Trina		5:30-6:25PM <b>GROUP POWER®</b> Stacey				
		7:30-8:25PM <b>ZUMBA®</b> Beatriz				

# MIND BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-9:45AM <b>CORE</b> Jasmine	7-7:45AM <b>STRETCH &amp; RESTORE</b> Rochelle	8-8:45AM <b>STRETCH &amp; RESTORE</b> Wenlan	7-7:45AM <b>STRETCH &amp; RESTORE</b> Rochelle	8-8:55AM <b>VINYASA FLOW YOGA</b> Level II/III Sherry	8:30-9:25AM <b>PILATES/ YOGA FUSION</b> JoAnn	9-10AM <b>MILITARY VET YOGA</b> Kelly
10-10:55AM <b>MINDFUL YOGA</b> Gina	8-8:55AM <b>PILATES II</b> Teresa	9:15-9:45AM <b>CORE</b> Jasmine	8-8:55AM <b>PILATES II</b> Teresa	9:15-9:45AM <b>CORE</b> Sherry	9:30-11AM <b>GENTLE YOGA</b> JoAnn/Maxine	
11-11:55AM <b>GUIDED VISUALIZATION</b> Gina	9-9:55AM <b>PILATES I</b> Eibleis	10-10:55AM <b>HATHA YOGA</b> Level II Wenlan	9-9:55AM <b>PILATES I</b> Eibleis	10-10:55AM <b>DEEP FLOW YOGA</b> Level II/III Sherry		
12-12:55PM <b>HATHA YOGA</b> Level I/II Wenlan	10-10:55AM <b>HATHA YOGA</b> Level I/II Linda	12-12:55PM <b>HATHA YOGA</b> Level I Wenlan	10-10:55AM <b>VINYASA YOGA</b> Level I/II Amy	6:30-7:25PM <b>INTEGRAL KRIYA YOGA</b> Donna		
6-6:55PM <b>PILATES/ YOGA FUSION</b> Annika	12-12:55PM <b>MINDFUL YOGA</b> Gina	5:30-6:25PM <b>GENTLE HATHA YOGA</b> Annika	12-12:55PM <b>MINDFUL YOGA</b> Gina			
7-7:55PM <b>HATHA YOGA</b> Level I/II Wenlan	5:30-6:15PM <b>CORE</b> Lauren	6:30-7:25PM <b>PILATES/ YOGA FUSION</b> Annika	5:30-6:15PM <b>CORE</b> Lauren			
	6:20-6:55PM <b>STRETCH &amp; RESTORE</b> Jo		6-7PM <b>GUIDED VISUALIZATION</b> Gina			
	7-8:15PM <b>MINDFUL YOGA</b> Gina		6:20-6:55PM <b>STRETCH &amp; RESTORE</b> Lauren			
			7-8:15 PM <b>MINDFUL YOGA</b> Gina			

# SPECIALTY CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9-10AM <b>Body Conditioning</b> Julien	5:30-6:30AM <b>Body Conditioning</b> Gina D.	9-10AM <b>Body Conditioning</b> Gina D.	5:30-6:30AM <b>Body Conditioning</b> Julien	5:30-6:30AM <b>Body Conditioning</b> Julien	9:15-10:15AM <b>Body Conditioning</b> Cameron/Saundra
10-11AM <b>CIRCUIT</b> Saundra	9-10AM <b>Body Conditioning</b> Gina D.	10-11AM <b>CIRCUIT</b> Jasmine	9-10AM <b>Body Conditioning</b> Gina D.	9-10AM <b>Body Conditioning</b> Julien	
10:30-11:15AM <b>LONGEVITY</b> Diogo	10:30-11:15AM <b>LONGEVITY</b> Gina D.	10:30-11:15AM <b>LONGEVITY</b> Gina D.	10:30-11:15AM <b>LONGEVITY</b> Gina D.	10-11AM <b>CIRCUIT</b> Saundra	
5:30-6:30PM <b>Body Conditioning</b> Lauren	5:30-6:30PM <b>Body Conditioning</b> Jasmine		5:30-6:30PM <b>Body Conditioning</b> Jasmine		

**Body Conditioning:** meets on Sport Court  
**Circuit:** meets in the Open Studio  
**Longevity:** meets in the CrossFit Studio

# CYCLE STUDIO

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

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

**CLASS INTENSITY LEVELS:** Easy/Beginner Medium/ Intermediate Hard/Advanced