



GROUP EXERCISE SPRING 2011

APRIL - JUNE CLASS SCHEDULE

| MONDAY | | | THURSDAY | | |
|---------------------|------------------------------|-----------------|---------------------|-----------------------|----------------|
| Time | Class | Room | Time | Class | Room |
| 6:00 am - 7:00 am | Body Blast [Adv] | CR/Gym-Lez | 7:00 am - 8:00 am | Cycle | CR-Carmen |
| 7:00 am - 8:00 am | Cycle/Abs | CR-Carmen | 8:15 am - 9:00 am | Cycle | CR-Jeannette |
| 7:00 am - 8:00 am | Flex & Abs | CR/Gym-Lez | 9:00 am - 10:10 am | Yoga | CR-Eden |
| 8:30 am - 10:15 am | T.B.W [Adv] | CR/Gym-Lez | 10:15 am - 11:15 am | SilverSneakersCC® | CR-Pam |
| 10:15 am - 11:15 am | Beginner Fitness | CR-Pam/Mary Ann | 4:30 pm - 5:30 pm | Nia | CR-Nicole |
| 11:00am - 12:00 pm | Body Blast [Beg/Int] | CR/Gym-Lez | 5:30 pm - 5:45 pm | All Abs | CR-Liz |
| 11:15 am - 12:15 pm | SilverSneakers Yoga Stretch® | CR-Pam | 5:45 pm - 6:45 pm | Body Works | CR-Liz |
| 12:15 pm - 1:15 pm | Nia | CR-Nicole | 6:45 pm - 7:30 pm | Cycle | CR-Liz |
| 4:30 pm - 5:30 pm | Cycle | CR-Pam | 7:30 pm - 8:30 pm | Zumba | CR-Nicole |
| 5:30 pm - 6:30 pm | Body Works | CR-Liz | | | |
| 6:30 pm - 7:15 pm | Cycle | CR-Liz | FRIDAY | | |
| 7:30 pm - 8:45 pm | Yoga | CR-Anahit | Time | Class | Room |
| | | | 6:00 am - 7:00 am | Body Blast [Adv] | CR/Gym-Lez |
| | | | 7:00 am - 8:00 am | Flex & Abs | CR/Gym-Lez |
| | | | 8:30 am - 10:15 am | T.B.W [Adv] | CR/Gym-Lez |
| | | | 9:30 am - 10:30 am | Tai Chi | CR-Master Zhen |
| | | | 10:30 am - 11:30 am | Silver Sneakers®msrom | CR-Mary Ann |
| | | | 11:00am - 12:00 pm | Body Blast [Beg/Int] | CR/Gym-Lez |
| | | | 12:00 pm - 1:00 pm | Pilates | CR-Ann |
| | | | 5:30 pm - 6:15 pm | Yoga | CR-Emily |
| | | | 6:30 pm - 7:00 pm | Hoop Dance | CR-Leela |
| | | | 7:00 pm - 8:00 pm | Belly Dance | CR-Leela |
| | | | SATURDAY | | |
| | | | Time | Class | Room |
| | | | 8:00 am - 9:00 am | Cycle | CR-Liz/Carmen |
| | | | 9:00 am - 10:00 am | Body Works | CR-Liz/Carmen |
| | | | 10:00 am - 11:00 am | Nia | CR-Nicole |
| | | | 11:00 am - 12:15 pm | Yoga | CR-Anahit |
| | | | SUNDAY | | |
| | | | Time | Class | Room |
| | | | 11:00 am - 12:00 pm | Yoga | CR-Shau-Mey |

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 For More Information (818) 352-3255

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CLASS DESCRIPTION

All Abs– Traditional abdominal exercises, Pilates based.

Balance Fit: Entry level movement program focusing on key components of balance to help prevent falls. This class is designed to provide on-going support for graduates of the FallProof program.

Beginner Fitness- A cardiovascular, non-jumping, and strength training workout to improve fitness and muscular conditioning.

Belly Dance- An excellent way to improve balance, coordination, posture, muscle tone, and self-expression through graceful, traditional, Middle Eastern and freestyle dance movements.

Body Blast!- An hour, intense, dynamic total body workout.

Body Works- The ultimate muscular challenge. This class uses hand-held weights, bands, step, body bars, and resist-a-balls. The focus is muscle strength, endurance and body definition by using proper alignment.

Cycle- A non-impact, high-energy cardio ride on stationary bikes, simulating a road bike workout to music.

Hi/Lo & Abs- 30-40 minute cardio workout followed by abs/core focused exercises using a variety of equipment.

Hoop Dance– Learn the basic techniques to use modern, specially designed Dance Hoops for a fun, exciting workout to music. Some of the advantages include: increased cardio, burn calories, improve coordination and feel like a kid again!

Nia- A dynamic blend of dance arts, martial arts and healing arts, Nia balances technical expression with free-form expression, bringing the body, mind, emotions and spirit to optimum health.

SilverSneakers®msrom- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. Hand held weights, elastic tubing and a ball are offered for resistance, and a chair is used for seated and or standing support.

SilverSneakers II-Cardio Circuit class- Standing SilverSneakers circuit workout. **(Advanced Class)**

SilverSneakers YogaStretch®- YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered and restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Tai Chi/ShaoLin Kung Fu– A mind-body discipline that will teach you stress relief, self- defense and enhance your health.

Total Body Workout (T.B.W.)– A total body challenge incorporating various sport activities, weight training, and core strength training.

Yoga- Emphasizes physical and mental relaxation, controlled breathing, balance, proper posture and alignment and flexibility. Develop a keen sense of body/mind awareness. Designed for all levels.

Zumba– Zumba fused hypnotic Latin rhythms and easy to follow moves to create a cardio experience that is exhilarating and energizing.

CLASS ETIQUETTE

- Appropriate footwear and shirts required. Wipe down mat, exercise equipment and floor space when done. Towels are not provided; please bring your own.
- Warm-up and cool-downs are important to achieve full benefit of your workout.
- Weights and/or other equipment to be used only in classes when instructed to do so.
- Notify instructor if you need to modify workout routine.
- Gym bags, personal belongings are to be stored in locker room.
- No cell phones, please.

Membership includes over 30 group exercise classes weekly, taught by fitness professionals who provide fun, effective and safe workouts for a variety of fitness levels and interests. To achieve the best results, cross-train. Participate in a variety of classes, exercising at a comfortable, yet challenging, level.

For more information on group exercise,
please call Nate Pisa at (818) 352-3255, ext. 302.