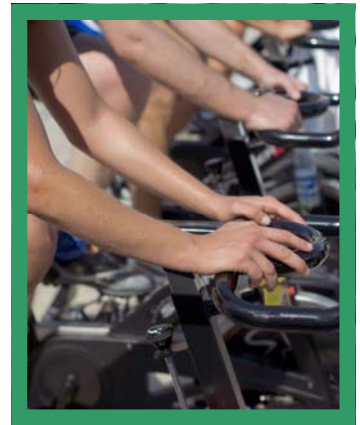




WINTER CLASS SCHEDULE

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.



MONDAY

Time	Class	Room
6:00 am - 7:00 am	Body Blast	CR-Lez
7:00 am - 8:00 am	Cycle/Abs	CR-Carmen
8:30 am - 9:45 am	T.B.W ⊕	CR-Lez
10:15 am - 11:15 am	Beginner Fitness	CR-Celia
11:15 am - 12:00 pm	SilverSneakers Yoga Stretch®	CR-Donna
4:30 pm - 5:30 pm	Cycle	CR-Pam
5:30 pm - 6:30 pm	Body Works	CR-Liz
6:30 pm - 7:30 pm	Cycle	CR-Liz
7:30 pm - 8:45 pm	Yoga	CR-Anahit

TUESDAY

Time	Class	Room
6:30 am - 7:30 am	Cycle ⊕	CR-Carmen
7:30 am - 8:00 am	All Abs ⊕	CR-Carmen
8:15 am - 9:00 am	Cycle	CR-Jeannette
9:00 am - 10:10 am	Yoga	CR-Diane
9:00 am - 10:00 am	Hi/Low Abs	Gym-Celia
10:15 am - 11:15 am	Silver Sneakers® msrom	CR-Mary Ann
11:15 am - 12:15 pm	Dance Party	CR-Celia
3:30 pm - 4:30 pm	Kung Fu Kids	CR-Master Zhen
4:30 pm - 5:30 pm	Shaolin Kung Fu	CR-Master Zhen
5:45 pm - 6:45 pm	Yoga	CR-Shau-Mey
7:00 pm - 8:15 pm	Tai Chi	Keck-Master Zhen

WEDNESDAY

Time	Class	Room
6:00 am - 7:00 am	Body Blast	CR-Lez
8:00 am - 9:00 am	Body Works	CR-Liz
8:30 am - 9:45 am	T.B.W ⊕	Gym-Lez
9:00 am - 10:00 am	Cycle	CR-Liz
10:15 am - 11:15 am	Beginner Fitness	CR-Pam S.
11:15 am - 12:15 pm	Tap Dance	CR-Pam K.
6:45 am - 7:45 pm	Yoga	Keck-Shau-Mey

THURSDAY

Time	Class	Room
6:30 am - 7:30 am	Cycle ⊕	CR-Carmen
7:30 am - 8:00 am	All Abs ⊕	CR-Carmen
8:15 am - 9:00 am	Cycle	CR-Jeannette
9:00 am - 10:10 am	Yoga	CR-Moriah
9:00 am - 10:00 am	Hi/Low Abs	Gym-Celia
10:15 am - 11:15 am	SilverSneakersCC®	CR-Pam
11:15 am - 12:15 pm	Dance Party	CR-Celia
5:30 pm - 5:45 pm	All Abs	CR-Liz
5:45 pm - 6:45 pm	Body Works	CR-Liz
6:45 pm - 7:30 pm	Cycle	CR-Liz
7:30 pm - 8:30 pm	Zumba	CR-Linda

FRIDAY

Time	Class	Room
6:00 am - 7:00 am	Body Blast	CR-Lez
8:30 am - 9:45 am	T.B.W ⊕	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
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
11:00 am - 12:00 pm	Yoga	CR-Anahit

SUNDAY

Time	Class	Room
11:00 am - 12:00 pm	Yoga	CR-Shau-Mey

LEGEND

⊕ = Time change

For More Information (818) 352-3255

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CLASS DESCRIPTION

All Abs– Traditional abdominal exercises, Pilates based.

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.

Dance Party- Cardio workout incorporating variety of dance moves.

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!

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.

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.