



### LEGEND

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|----------------------------|-----------------------------------|
| <b>L</b> Meet in Lobby     | <b>1</b> New to Exercise          |
| <b>M</b> Multipurpose Room | <b>2</b> Beginner to Intermediate |
| <b>P</b> Pool              | <b>3</b> Intermediate to Advanced |
| <b>SA</b> Studio A         | <b>4</b> Advanced                 |
| <b>SB</b> Studio B         |                                   |

## ACTIVE OLDER ADULT GROUP EXERCISE SCHEDULE Winter 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:50-9:00 am <b>Walk Fit</b> Celine   L-2	7:30-8:40 am <b>Lo Impact</b> Yue   SB-2	6:45-7:45 am <b>Yoga</b> Pauline   M-2	7:30-8:40 am <b>Gentle Lo Aerobics</b> Staff   SB-2	6:45 - 8:00 am <b>Flow Yoga</b> Pat   M-2	9:15-10:25 am <b>Hi-Lo Aerobics</b> Jackie H   M-3	9:00-10:10 am <b>Hi-Lo Aerobics</b> Jackie H   M-3
8:45-9:40 am <b>Aqua Aerobics</b> Nancy   P-2	10:00-10:55 am <b>Aqua Aerobics</b> Kathleen   P-2	8:45-9:40 am <b>Aqua Aerobics</b> Pam   P-2	10:00 - 10:55am <b>Aqua Advance</b> Kathleen   P-2	7:50-9:00 am <b>Walk Fit</b> Celine   L-2	10:45-11:45 am <b>Aqua Multi Level</b> Dolores   P-1	10:20 - 11:20 am <b>Yoga</b> Esperanza   M-1
9:00-10:00 am <b>Cycling</b> Betty   SA-3	10:30-11:30 am <b>Gentle Strength &amp; Balance</b> Cheryl   SB-1	10:00-11:10 am <b>Flow Yoga</b> Pat   M-4	10:30-11:30am <b>Wellness Weights</b> Jeni   SB-3	8:45-9:40 am <b>Aqua Aerobics</b> Pam   P-2	11:30am-12:30 pm <b>Yoga</b> Staff   M-1	
10:05-11:05 am <b>Fit &amp; Flexible</b> Joyce   M-1	1:30-2:30 pm <b>Chair Exercise</b> Liz   M-1	10:00-11:00 am <b>Fit &amp; Flexible</b> Joyce   SB-1	12:00-1:00 pm <b>Zumba</b> Carmen   M-2	9:00 - 10:15 am <b>Cycle/Stretch/Abs</b> Jeanette   SA-2		
11:00-11:55 am <b>Aqua Fit</b> Susan/Beth   P-1	3:00-3:55 pm <b>Arthritis Aquatics</b> Karl   P-1	11:00-11:55 am <b>Aqua Fit</b> Pam   P-1	1:30-2:30 pm <b>Chair Exercise</b> Liz   M-1	10:15 - 11:15 am <b>Mind in Motion</b> Celine   SB-2		
12:00-1:15 pm <b>Lo Impact</b> Suzanne   SB-2	5:15 - 6:15 pm <b>Vinyasa Flow Yoga</b> Katerina/Suzanne   M-3	11:20am-12:20pm <b>Pilates Level I</b> Celine   M-3	3:00-3:55 pm <b>Arthritis Aquatics</b> Karl   P-1	10:00-11:00 am <b>Fit &amp; Flexible</b> Joyce   M-1		
1:05-2:05 pm <b>Gentle Yoga</b> Camella   M-2	6:00 - 6:55 pm <b>Aqua Zumba</b> Irene   P-2	12:30 - 1:45 pm <b>Hatha Yoga</b> Betty   M-1	6:00-6:55 pm <b>Aqua Noodles</b> Irene   P-2	11:00-11:55 am <b>Aqua Fit</b> Bonnie   P-1		
1:15-1:45 pm <b>Zumba Gold</b> Kim L   SB-1	7:00-8:30 pm <b>Tai Chi</b> Patrick   M-2	2:45-3:45 pm <b>Hearts /Balanced / Flexible</b> Debbie K   M-2	7:00-8:30 pm <b>Tai Chi</b> Patrick   SA-3	1:30-2:30 pm <b>Feldenkrais</b> Tom   M-1		
1:50-2:15 pm <b>Tone N Stretch</b> Kim L   SB-1		5:30-6:25 pm <b>Hi-Lo Aerobics</b> Debbie Y   SB-2		3:00-3:55 pm <b>Arthritis Aquatics</b> Karl   P-1		
2:30-3:30 pm <b>Hearts/Balanced/Flexible</b> Debbie K   SB-1		5:45 - 6:45 pm <b>Cycling</b> Dolores/Margaret   SA-2		4:00 - 5:00 pm <b>Iyengar Yoga</b> Betty   M-1		
5:30 - 6:30 pm <b>Pilates Level I</b> Crystal   M-1		6:00 - 7:00 pm <b>Pilates Multi Level</b> Aura   M-2		6:30 - 7:25 pm <b>Aqua Aerobics</b> Amy/Lucia   P-1		
7:00-7:55 pm <b>Aqua Aerobics</b> Susan   P-2		7:00-7:55 pm <b>Aqua Aerobics</b> Staff   P-2				
8:05-9:05 pm <b>Stretch</b> Roya   SA-2		7:05 - 8:00 pm <b>Foundational Pilates</b> Kathleen K   M-1				

#### FACILITY HOURS

Monday - Thursday 5:30 am - 10 pm  
Friday 5:30 am - 9 pm  
Saturday & Sunday 7 am - 7 pm

#### HOTLINE

Call 650 429 1356 for daily sub information.

#### QUESTIONS?

Contact Jeanette Somo at 650 429 1323 or jsomo@ymcasv.org.

#### GENERAL INFORMATION

For your safety and as a courtesy to other members, **please do not enter a class if you are more than 10 minutes late** (i.e., 10 minutes after class has begun). **Please bring water and a towel to all classes.**

#### Aqua recommended items

- aqua shoes, waterproof sunscreen, sunglasses, visor, plastic water bottle, rash guard / aqua jacket.

**Cycling required items** - fitted pants or shorts; bottle of water; towels (provided at our Member Services Desk).

**Cycling recommended items** - cycling shoes with clips (SPD); gel seat; padded bike shorts; heart rate monitor.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE HEALTHIER

## Active Older Adult Group Exercise Schedule EL CAMINO YMCA



### WINTER 2012

**AQUA AEROBICS** A vigorous workout including cardio, strength and flexibility exercises.

**AQUA FIT** Moderate-level workout for returning to exercise or focusing on moderate-level cardio, strength and flexibility. \$

**AQUA ZUMBA** A "pool party" for all ages, integrating Latin-based dance with traditional aqua fitness.

**ARTHRITIS AQUATICS** Gentle aqua class for arthritis sufferers. Fee for all participants. Register through Foothill College.

**CHAIR EXERCISE** For people challenged by a physical condition or limited mobility. \$

**CYCLING** Non-impact cardio class conducted on a stationary bike. All levels. Requires sign-up 30 minutes before class.

**FELDENKRAIS** Discover how the basic functions of your body are organized through a system of gradually evolving movements.

**FIT & FLEXIBLE** Improve flexibility and joint stability by combining stretching and gentle, dynamic movement. Perfect for ages 50+ and people returning from illness, injury, or a sedentary lifestyle.

**GENTLE STRENGTH & BALANCE** Gentle, beginner class focused on muscle strength, balance, stability and coordination.

**HEARTS/BALANCED/FLEXIBLE** Focuses on balance, flexibility and gentle weight lifting for strength, posture and coordination, and to prevent falls. \$

**HI-LO AEROBICS** Combines high and low intensity aerobics for fat burning and toning.

**LOW IMPACT** Enjoy energetic aerobics without excessive impact. Choreography varies per instructor.

**MIND IN MOTION** A refreshing look at yoga. All levels are welcome. Bring your own mat.

**PILATES (I, II, Foundational, Multi Level)** Strengthen and lengthen your muscles, improve posture, enhance stability, increase core muscle strength, and improve flexibility.

**STRETCH** Blends yoga, Pilates, dance, and stretches. All levels.

**TAI CHI** Improve your physical and mental health through this ancient art based on classic Yang-style movements. Routines feature fitness interval training with a combination of fast and slow rhythms to tone and sculpt the body.

**WALK FIT** Get ready for quick pace walking around the beautiful neighborhoods surrounding the Y. Meet in the lobby. Intermediate to advanced.

**WELLNESS WEIGHTS** Gentle, beginner level strength training class. Improves joint stability, bone density, and strength.

**YOGA (Hatha)** For people new to yoga and yoga veterans. Compliments Gentle Yoga. Bring a mat.

**YOGA (Iyengar)** Develop your mind and body in a harmonious way, achieving strength, flexibility, and relaxation. Emphasizes alignment and precision while teaching physical postures, breathing exercises, and deep relaxation.

**YOGA (Vinyasa Flow)** Links breathing with movement for an invigorating, yet soothing class. Bring a mat.

**ZUMBA** Fun and exciting dance class full of Latin and World music flavors!

**ZUMBA GOLD** Takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those starting their fitness journey. This is a dance-fitness class that is friendly and fun.

**EL CAMINO YMCA**  
650 969 9622  
elcaminoymca.org