



# GROUP EXERCISE SCHEDULE

## EL CAMINO YMCA

### LEGEND

**GV** Gym Ventures Room **P** Pool  
**L** Meet in Lobby **SA** Studio A  
**M** Multipurpose Room **SB** Studio B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
5:35 – 6:30 am <b>Cycling</b> Doods – SA	1:05 – 2:05 pm <b>Gentle Yoga</b> Camella – M	5:35 – 6:30 am <b>Yogilates</b> Sue E – Multi	2:30 – 3:30 pm <b>Youth Dance (4-5 yrs)</b> Jackie H – SB	5:35 – 6:30 am <b>Cycling</b> Celine – SA	12:30 – 1:30 pm <b>Body Pump™</b> Elly – SB	5:35 – 6:30 am <b>Yogilates</b> Celine – M	1:30 – 2:30 pm <b>Chair Exercise</b> Liz – M	5:35 – 6:30 am <b>Cycling</b> Andreas – SA	12:30 – 1:30 pm <b>Cycling</b> Sandy – SA	7:45 – 8:45 am <b>Total Body</b> Janice / Steph H – SB	8:30 – 9:30 am <b>Cycling</b> Instr rotation – SA
5:35 – 6:45 am <b>Total Body</b> Celine – M	1:15 – 1:45 pm <b>Zumba Gold</b> Kim L – SB	6:30 – 7:40 am <b>Cycle &amp; Stretch</b> Doods – SA	3:00 – 3:55 pm <b>Arthritis Aquatics</b> Dr. Knopf – P	5:35 – 6:30 am <b>Core Functionality</b> Doods – M	12:30 – 1:45 pm <b>Fundamental Iyengar Yoga</b> Betty – M	5:45 – 6:45 am <b>Body Attack</b> Jenn O – SB	3:00 – 3:55 pm <b>Arthritis Aquatics</b> Dr. Knopf – P	6:00 – 7:00 am <b>Body Pump™</b> Jenn O / Dolores – SB	1:30 – 2:30 pm <b>Feldenkrais®</b> Tom – M	8:00 – 9:00 am <b>Yogilates</b> Kathy/Crystal/ Sue – M	9:00 – 9:55 am <b>Body Pump™</b> Orna / Hugo – SB
6:00 – 7:00 am <b>Body Pump™</b> Dolores/Donna – SB	1:50 – 2:15 pm <b>Tone N Stretch</b> Kim L – SB	7:30 – 8:40 am <b>Low Impact</b> Yue – SB	3:30 – 4:30 pm <b>Youth Dance (Gr K-1)</b> Jackie H – SB	6:00 – 7:00 am <b>Body Pump™</b> Gary/Donna – SB	2:45 – 3:45 pm <b>Hearts /Balanced / Flexible</b> Debbie K – M	6:30 – 7:40 am <b>Cycle &amp; Stretch</b> Doods – SA	4:30 – 5:00 pm <b>Kids Tae Kwon Do</b> Reynaldo – SB	6:45 – 8:00 am <b>Flow Yoga</b> Pat – M	3:00 – 3:55 pm <b>Arthritis Aquatics</b> Dr. Knopf – P	8:30 – 9:30 am <b>Cycling</b> Roya – SA	9:00 – 10:10 am <b>Hi-Lo Aerobics</b> Jackie H – Multi
7:50 – 9:00 am <b>Walk Fit</b> Celine – L	2:45 – 3:45 pm <b>Hearts/Balanced/Flexible</b> Debbie K – SB	8:45 – 9:45 am <b>Cardio Kick Box</b> Andrea – M	4:15 – 4:55 pm <b>Yoga 4 Kids</b> Patricia / Margo – M	6:45 – 7:45 am <b>Yoga</b> Pauline – M	3:30 – 4:30 pm <b>Youth Dance (Gr 2-3)</b> Jackie H – SB	7:30 – 8:40 am <b>Low Impact</b> Yue – SB	5:00 – 6:00 pm <b>Adult Tae Kwon Do</b> Reynaldo – SB	7:50 – 9:00 am <b>Walk Fit</b> Celine – L	4:00 – 5:00 pm <b>Fundamental Iyengar Yoga</b> Betty – M	9:00 – 10:00 am <b>Body Pump™</b> Anna / Debbie Y – SB	9:35 – 10:35 am <b>Cycling</b> Instr rotation – SA
8:20 – 9:45 am <b>Adv. Jazzy Aerobics</b> Yvonne L – SB	4:30 – 5:30 pm <b>Cycling</b> Roya – SA	9:00 – 10:00 am <b>Body Pump™</b> Isabelle – SB	4:30 – 5:15 pm <b>Beg. Family Seigokan Karate</b> Shaun/Catherine –SB	7:50 – 9:00 am <b>Walk Fit</b> Celine – L	4:30 – 5:30 pm <b>Youth Dance (Gr 4-6)</b> Jackie H – SB	8:45 – 9:45 am <b>Step II</b> Yue – SB	5:15 – 6:15 pm <b>Fit Based Yoga</b> Sandy – M	8:00 – 8:55 am <b>Cycling</b> Betty – SA	5:20 – 6:20 pm <b>Body Pump™</b> Donna G – SB	9:15 – 10:25 am <b>Hi-Lo Aerobics</b> Jackie H – M	10:00 – 11:00 am <b>Body Attack™</b> Helen/Diana – SB
8:45 – 9:40 am <b>Aqua Aerobics</b> Nancy – P	5:30 – 6:00 pm <b>Muscle Conditioning</b> Roya – SA	9:00 – 10:00 am <b>Cycling</b> Kathy K- SA	5:15 – 6:15 pm <b>Yoga</b> Katerina/Suzanne – M	8:20 – 9:45 am <b>Adv. Jazzy Aerobics</b> Yvonne L – M	4:30 – 5:30 pm <b>Youth Dance (Gr 7-8)</b> Jackie H – SB	9:00 – 10:00am <b>Stroller Aerobics</b> Stephanie – GV	5:40 – 6:40 pm <b>Cycling</b> Rick – SA	8:20 – 9:45 am <b>Adv. Jazzy Aerobics</b> Yvonne L – M	6:30 – 7:25 pm <b>Aqua Aerobics</b> Staff – P	10:00 – 11:00 am <b>Cycling</b> Betty W- SA	10:20 – 11:20 am <b>Yoga</b> Esperanza – M
9:00 – 10:00 am <b>Cycling</b> Betty W- SA	5:30 – 6:30 pm <b>Hi-Lo Aerobics</b> Jackie – SB	10:00 – 11:15 am <b>Pilates Rhythm</b> Doods – M	5:15 – 6:00 pm <b>Int. Family Seigokan Karate</b> Shaun/Catherine –SB	8:45 – 9:40 am <b>Aqua Aerobics</b> Pam – P	5:30 – 6:25 pm <b>Hi-Lo Aerobics</b> Debbie Y – SB	9:00 – 10:25am <b>Pilates Rhythm</b> Doods – M	6:20 – 7:20 pm <b>Foundational Pilates</b> Kathleen – M	8:45 – 9:40 am <b>Aqua Aerobics</b> Pam – P	6:30 – 7:15 pm <b>Beg. Family Karate</b> Shaun/Catherine – SB	10:15 – 11:15 am <b>Step Level II-III</b> JC/Diana – SB	11:30am –12:30 p <b>Step Level I – III</b> JC/Anna – SB
9:00 – 10:00 am <b>Core Functionality</b> Doods – M	5:30 – 6:30 pm <b>Pilates Level I</b> Crystal – M	10:00 – 10:30 am <b>Pilates + Strength</b> Kathy K – SA	6:05 – 7:00 pm <b>U-Jam™</b> Kathleen R – SB	8:45 – 9:45 am <b>Body Pump™</b> Debbie S – SB	5:45 – 6:45 pm <b>Cycling</b> Dolores/Margaret – SA	9:45 – 10:15 am <b>Muscle Conditioning</b> Yue – SB	6:30 – 7:30 pm <b>Cardio Kickbox</b> Gary – SB	9:00 – 10:00 am <b>Body Pump™</b> Isabelle – SB	7:15 – 8:00 pm <b>Int. Family Karate</b> Shaun/Catherine – SB	10:45 – 11:45 am <b>Aqua Aerobics</b> Staff – P	11:30 am – 12:30 pm <b>Pre-Natal Yoga</b> Camella – M
10:05 – 10:55 am <b>Body Pump™</b> Orna – SB	6:45 – 7:15 pm <b>Kids TKD</b> Reynaldo – M	10:05 – 11:00 am <b>Aqua Advanced</b> Staff – P	6:30 – 7:30 pm <b>Cycling</b> Gilda – SA	9:00 – 10:10 am <b>Cycling</b> Billy – SA	6:00 – 7:00 pm <b>Pilates Multi Level</b> Aura – M	10:05 – 11:00 am <b>Aqua Advanced</b> Staff – P	7:00 – 7:55 pm <b>Aqua Noodles</b> Irene – P	9:00 – 10:15 am <b>Cycle/Stretch/ Abs</b> Jeanette – SA	7:00 – 8:00 pm <b>Cycle</b> Debbie Kaya – SA	11:30 am – 12:30 pm <b>Zumba®</b> Janet- SB	12:45 – 1:45 pm <b>Zumba® (Ages 6+)</b> Marla – SB
10:05 – 11:05 am <b>Fit &amp; Flexible</b> Joyce – M	6:45 – 7:45 pm <b>Body Pump™</b> Debbie Y / Anna – SB	10:30 – 11:30 am <b>Gentle Strength &amp; Balance</b> Cheryl – SB	7:00 – 7:55 pm <b>Aqua Zumba</b> Irene – P	10:00 – 11:10 am <b>Flow Yoga</b> Pat – M	6:30 – 7:25 pm <b>Body Attack™</b> Diana – SB	10:30 – 11:30am <b>Wellness Weights</b> Jeni – SB	7:00 – 8:30 pm <b>Tai Chi</b> Patrick – SA	10:15 – 11:15 am <b>Mind in Motion</b> Celine – SB		11:30 am – 12:45 pm <b>Yoga</b> Staff Rotation – M	
11:00 – 11:55 am <b>Body Attack™</b> Suzanne – SB	7:00 – 7:55 pm <b>Aqua Aerobics</b> Susan – P	12:00 – 1:00 pm <b>Pilates + Strength</b> Jaimi – M	7:00 – 8:00 pm <b>Cardio Kickbox</b> Debbie – SB	10:00 – 11:00 am <b>Fit &amp; Flexible</b> Joyce – SB	7:00 – 7:55 pm <b>Aqua Aerobics</b> Staff – P	10:30 – 11:30am <b>Power Yoga</b> Debbie S – Multi	7:30 – 8:30 pm <b>U-Jam</b> Kathleen – M	10:00 – 11:00 am <b>Fit &amp; Flexible</b> Joyce – Multi		12:35 pm – 1:35 pm <b>Zumba Toning</b> Janet – SB	
11:00 – 11:55 am <b>Aqua Fit</b> Susan/Beth – P	7:00 – 8:00 pm <b>Cycling</b> Lisa – SA	12:00 – 1:00 pm <b>Cycling</b> Celine – SA	7:00 – 8:30 pm <b>Tai Chi</b> Patrick – M	11:00 – 11:55 am <b>Aqua Fit</b> Pam – P	7:00 – 8:30 pm <b>Cycling</b> Debbie Kaya – SA	12:00 – 1:00 pm <b>Sculpt</b> Andrea – Multi	8:00 – 9:00 pm <b>Zumba®</b> Eva – SB	11:00 – 11:55 am <b>Aqua Fit</b> Bonnie – P			
11:10 – 11:55 am <b>NIA</b> Anita – M	7:15 – 8:15 pm <b>Adult TKD</b> Reynaldo – M	12:00 – 1:00 pm <b>Zumba®</b> Eileen – SB	8:05 – 9:00 pm <b>Zumba®</b> Eva P – SB	11:20 am – 12:20 pm <b>Pilates Level I</b> Celine – M	7:30 – 8:30 pm <b>Zumba®</b> Julie – SB	12:00 – 1:00 pm <b>Cycling</b> Jenn B – SA		11:30 am – 12:30 pm <b>Body Pump™</b> Orna – SB			
12:00 – 1:00 pm <b>Cycling</b> Margaret – SA	8:05 – 9:05 pm <b>Stretch</b> Roya – SA	1:30 – 2:30 pm <b>Chair Exercise</b> Liz – M		11:10 am – 12:15 pm <b>Body Attack™</b> Donna – SB		12:00 – 1:00 pm <b>Zumba®</b> Azusa – SB					
12:00 – 1:00pm <b>Piloxing®</b> Debbie S – SB	7:50 – 8:50 pm <b>Body Attack™</b> Laura – SB			12:00 – 1:00 pm <b>Cycle &amp; Sculpt</b> Jeanette – SA							
12:00 – 1:00 pm <b>Pilates Level II</b> Celine – M											

**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, Group Exercise Director, at 650 429 1323 or jsomo@ymcasv.org, or Andrew Matthews, Aquatics Coordinator, at 650 429 1372 or amattthews@ymcasv.org.

# GROUP EXERCISE CLASS DESCRIPTIONS

**ADULT TKD** Basic of Tae Kwon Do with Australian Olympic black belt Reynaldo Soraino.

**ADVANCED JAZZY AEROBICS** An upbeat, highly choreographed dance-based class that includes muscle conditioning. Advanced level.

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

**AQUA ADVANCED** Increases your cardio strength and flexibility while swimming and using aqua fitness equipment.

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

**AQUA MULTI** Combines Aqua Fit and Aqua Aerobics, focusing on moderate-intensity cardio, strength and flexibility. \$

**AQUA NOODLES** An intense core and balance workout engaging all your stabilizing muscles. Advanced level.

**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.

**BODY ATTACK** Combines athletic, aerobic movement with strength and stabilization exercises. Intermediate level.

**BODY PUMP** Cardio barbell class to challenge and strengthen major muscle groups. Requires sign-up 30 minutes before class.

**CARDIO KICKBOX** Kick, punch, jab, and power your way through this endurance workout.

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

**CORE FUNCTIONALITY** Build a strong core and good balance. Intermediate to advanced levels.

**CYCLE & SCULPT** Blends cardio cycling and sculpting. Requires sign-up 30 minutes before class.

**CYCLE & STRETCH** Non-impact cardio class conducted on a stationary bike, followed by 15 minutes of stretch. Requires sign-up 30 minutes before class.

**CYCLE /STRETCH /ABS** Non-impact cardio class conducted on a stationary bike, followed by 15 minutes of abs and stretch. Requires sign-up 30 minutes before class.

**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.

**INDOOR INTERVAL** Challenges you in cardio and strength training. All levels.

**KIDS TKD (ages 5 - 13)** Basic Learn the basics of Tae Kwon Do with Australian Olympic black belt Reynaldo Soraino.

**LOW IMPACT** Enjoy energetic aerobics without excessive impact. Choreography varies per instructor. Good for those new to exercise.

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

**MUSCLE CONDITIONING** Strengthen your muscles using a variety of resistance equipment and techniques.

**NIA** Integrates your mind, body, emotions and spirit for overall well-being.

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

**PILATES (Foundational)** Strengthen and lengthen your muscles and increase core muscle strength.

**PILATES RHYTHM** Combines Pilates, yoga, fluid movements, and core strength with world music for an invigorating workout. Advanced level.

**PILATES+STRENGTH** Sculpt with weights and Pilates. All levels.

**PILOXING** A fun and challenging workout that uniquely mixes Pilates and boxing moves into a fat-torching, muscle-sculpting, core-centric, interval workout guaranteed to whip you into shape.

**PRE-NATAL YOGA** Prepare for pregnancy physically and mentally. Follows American College of OB/GYN guidelines. \$

**STEP II** Intermediate / advanced step aerobics, followed by muscle conditioning and abs.

**STEP INTERVAL** Step aerobics combined with cardio / sculpt work.

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

**STROLLER AEROBICS** Enjoy interacting with other adults, as you walk through Cuesta Park (weather permitting) with your child in a stroller. Preand Post Natal Program Members are welcome. \$

**TAI CHI** Improve your physical and mental health through this ancient art based on classic Yang-style movements.

**TONE N STRETCH** Use light weights and gentle movement to shape your arms, legs and stomach. Stretch for greater flexibility to improve daily functioning.

**TOTAL BODY** Strengthens your muscles using a variety of resistance equipment and techniques.

**UJAM** UJam fitness is an athletic, hip-hop dance and fitness workout that combines dance and high energy music for a workout that is bound to get your heart rate up and your body moving.

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

**WELLNESS WALK** Gentle, beginner level outdoor walking class. Walk through beautiful Cuesta Park, weather permitting. Meet in the lobby.

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

**YOGA** Multi-level class emphasizing Iyengar / Ashtanga Yoga. Prerequisite: Beginning Yoga. Bring a mat.

**YOGA (Fit-based)** Multi-level class integrates elements of fitness into traditional Yoga. Bring a mat.

**YOGA (Gentle)** Perfect for ages 50 and older. Promotes a healthy spirit, mind and body. Props are helpful. Bring a mat.

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

**YOGA (Fundamental 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 (Power)** Vigorous, fitness-based approach to Vinyasa-style flow yoga with an emphasis on strength and flexibility. For all levels.

**YOGA 4 KIDS (ages 5 - 11)** A playful version of beginner yoga. Builds a child's flexibility and discipline while having fun. Mats are provided.

**YOGILATES** Enhances posture, balance, strength, and flexibility using a combination of yoga, Pilates, and stability training. Please bring a yoga mat.

**YOUTH DANCE** Children learn to dance in an atmosphere focused on self-expression, stage performance, and fun! The emphasis is on expression of mind and body, not perfection of movement. Registration required. \$

**ZUMBA** Fun and exciting dance class full of Latin and World music flavors! Routines feature fitness interval training with a combination of fast and slow rhythms to tone and sculpt the body.

**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.

**ZUMBA TONING** Use lightweight, maraca-like Toning Sticks to enhance rhythm and tone target zones (arms, abs, thighs). Zumba Toning is the perfect way to sculpt your body naturally while having a blast.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE HEALTHIER

## Group Exercise Schedule EL CAMINO YMCA

FEBRUARY 2012

Revised February 8, 2012

### 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.

**EL CAMINO YMCA**  
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Mountain View, CA 94040  
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