



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

LEWIS AND JOAN PLATT EAST PALO ALTO FAMILY YMCA

Winter

Schedule begins
January 16

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 6:55 am	Cycling Laverne – Studio 2	6:30 – 7:00 am Beginner Abs Jamar – Studio 1	6:00 – 6:55 am Cycling Laverne – Studio 2	6:30 – 7:00 am Beginner Abs Jamar – Studio 1	6:00 – 6:55 am Cycling Wendy – Studio 2	7:05 – 8:05 am Step Lucy – Studio 1
8:30 – 9:25 am	Zumba Lucy – Studio 1	8:30 – 9:25 am Step Lucy – Studio 1	8:30 – 9:25 am Zumba Carey – Studio 1	8:30 – 9:25 am Aerobics Lucy – Studio 1	8:30 – 9:25 am Zumba Lucy – Studio 1	8:30 – 9:55 am Zumba Paula – Studio 1
9:00 – 9:30 am	Circuit Jamar – Family FC	9:30 – 9:55 am Beginner Abs Jamar – Studio 1	9:00 – 9:30 am Circuit Jamar – Family FC	9:30 – 9:55 am Beginner Abs Jamar – Studio 1	9:00 – 9:30 am Circuit Jamar – Family FC	10:00 – 10:55 am Cycling Laverne – Studio 2
5:30 – 6:20 pm	Zumba-Tone Emma – Studio 1	5:30 – 6:20 pm Cycling Alma – Studio 2	5:30 – 6:20 pm Body Sculpt Roya – Studio 1	10:00 – 10:25 am PIYO Strength Verenice – Studio 1	6:00 – 6:55 pm Zumba Step Emma – Studio 1	11:00 am – 4:00 pm Teen Freestyle Studio 1
5:30 – 6:25 pm	Cycling Wendy – Studio 2	5:30 – 6:00 pm PIYO Strength Verenice – Studio 1	6:00 – 6:55 am Cycling Melissa – Studio 2	5:30 – 6:20 pm Belly Dance Yolanda – Studio 1	7:00 – 7:55 pm Teen Freestyle Studio 1	
6:30 – 7:20 pm	Aerobics Anita – Gym	6:00 – 6:30 pm Brazilian Butt Lift Verenice – Studio 1	6:30 – 7:50 pm Zumba Paula – Studio 1	6:30 – 7:20 pm Aerobics Anita – Gym		
7:30 – 8:25 pm	Belly Dance Yolanda – Studio 1	6:30 – 7:20 pm Turbo Kick Wendy – Studio 1	8:30 – 9:25 pm Teen Freestyle Studio 1	7:00 – 7:50 pm Tae Kwon Do Matt – Gym (Court 2)		
		7:00 – 7:50 pm Tae Kwon Do Matt – Community Room/Gym (Court 2)				
		7:30 – 8:55 pm Soul Line Dance Juanita – Studio 1				

- NEW
- Community Room
- Family Center
- Gym
- Studio 1
- Studio 2
- Wellness Center





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GROUP EXERCISE CLASS DESCRIPTION

LEWIS AND JOAN PLATT EAST PALO ALTO FAMILY YMCA

Aerobics	Join to move, sweat, have fun and get in shape. This class has it all! Moving, stretching, strengthening, fun music – all put together in a welcoming and encouraging environment.	PIYO Strength	A fusion of yoga and pilates, this class is designed to help get you stronger, fitter, leaner and more flexible. All levels are welcome. Yoga mats are available.
Beginner Abs ♥	A class to focus on your core – designed for the beginner. This half hour class is perfect way to supplement your workout and a great way to prevent back injury!	Soul Line Dance ♥	No dance partner? No problem. This is a dance typically associated with Country and Western, but here, we add a touch of SOUL. Simple choreography makes certain that this class is right for just about anyone!
Belly Dance	Learn or refine traditional belly dance moves. Class is open to all levels, all backgrounds. Come work your core like never before!	Tae Kwon Do ♥	A Korean martial art that emphasizes the use of kicking techniques with many physical and mental benefits. Conditioning, building endurance, developing muscle tone, and increased concentration and focus are some of the benefits. Class is open to ages 6 and up. Youth 6–10 yrs old must attend with parent.
Body Sculpt ♥	A low impact class designed for muscle conditioning with weights to improve tone, strength, flexibility and balance.	Teen Freestyle Dance	Classes allow teens to create and choreograph routines in a fun, safe and supervised environment. Please wear non-marking shoes.
Boot Camp	A combination of intense cardio training and muscle conditioning designed to increase agility and enhance overall endurance. Athletic drills are modified for less impact. Great cross training class to add to your regular routine.	Turbo Kick	An intense cardiovascular and strength conditioning class that incorporates movements from boxing, Tae Kwon Do and various martial arts. Focus is on punches, kicks and jabs that give you a dynamic, energetic and heart pumping workout.
Brazilian Butt Lift	Brazil Butt Lift® combines Brazilian dance moves, cardio, and signature lower-body sculpting moves to effectively isolate and exercise the lower body muscles focusing on the buttocks, hips and thighs.	Zumba	High energy and fun music with unique moves. Zumba is a fusion of Latin and International music with dance themes that create a dynamic, exciting, and effective workout. Routines feature aerobic and interval training with combinations of fast and slow rhythms to tone and sculpt the body.
Circuit Training	Interval training class using short bursts of strength with exercises to build muscular strength and endurance while giving you a great workout. Perfect for seniors and folks new to fitness.	Zumba-Step	Class format is similar to Zumba, but also includes some move utilizing the aerobic step for increased intensity.
Cycling	Indoor group cycling classes on stationary bikes give you a fun and challenging workout for all fitness levels. Bring a water bottle and a towel to class. Arrive early. Class size is limited and based on the number of cycles.	Zumba-Tone	Class format is similar to Zumba, but also includes some abs and strength exercises with weights at the end of class.