



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# ACTIVE OLDER ADULTS – Spring 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING CLASSES</b>	6:00 – 7:15 <b>Cycling/TRX Combo</b>	7:45 – 8:45 <b>Traditional Yoga</b>	7:15 – 8:15 <b>Mat Pilates</b>	6:00 – 7:15 <b>Cycling/TRX Combo</b>	7:15 – 8:15 <b>Mat Pilates</b>	11:15 – 12:15 <b>Meditation</b>	7:15 – 8:15 <b>Mat Pilates</b>
	7:15 – 8:15 <b>Mat Pilates</b>	8:45 – 9:45 <b>Aqua Fitness</b>	8:45 – 9:45 <b>Mat Pilates</b>	7:45 – 8:45 <b>Traditional Yoga</b>	8:45 – 9:45 <b>Aqua Fitness</b>	11:30 – 12:30 <b>Mat Pilates</b>	9:45 – 10:45 <b>Beginning Zumba</b>
	8:45 – 9:45 <b>Aqua Fitness</b>	9:55 – 10:55 <b>Aqua Arthritis</b>	8:45 – 9:45 <b>Aqua Fitness</b>	8:45 – 9:45 <b>Aqua Dance</b>	9:55 – 10:55 <b>Aqua Arthritis</b>		
	9:00 – 10:00 <b>Line Dance</b>	11:30 – 12:30 <b>Senior Strength &amp; Conditioning \$</b>	9:55 – 10:55 <b>Aqua Arthritis</b>	9:00 – 10:00 <b>Line Dance</b>	10:00 – 10:30 <b>Foam Roll/Stretch</b>		
	9:55 – 10:55 <b>Aqua Arthritis</b>		10:00 – 11:00 <b>Nia</b>	9:55 – 10:55 <b>Aqua Arthritis</b>	10:15 – 11:15 <b>Yogalates</b>		
	11:30 – 12:15 <b>TRX Stretch &amp; Flex</b>		11:20 – 12:20 <b>Yogalates</b>	11:30 – 12:45 <b>Medical Qi Gong</b>	11:30 – 12:30 <b>Chair Yoga</b>		
	11:30 – 12:30 <b>Qi Gong</b>			11:30 – 12:30 <b>Senior Strength &amp; Conditioning \$</b>	11:40 – 12:40 <b>Qi Gong</b>		
<b>AFTERNOON/EVENING CLASSES</b>	12:30 – 1:30 <b>Stretch &amp; Balance</b>	12:10 – 12:55 <b>Express Cycling</b>	12:30 – 1:30 <b>Gentle Yoga</b>	1:00 – 2:00 <b>Zumba Gold</b>	12:45 – 1:45 <b>Gentle Yoga</b>	12:30 – 1:45 <b>Wild Goose Qi Gong</b>	12:15 – 1:15 <b>Family Yoga</b>
	12:45 – 1:45 <b>Gentle Yoga</b>	1:10 – 2:10 <b>Healthy Back</b>	12:30 – 1:30 <b>Stretch &amp; Balance</b>	5:00 – 6:00 <b>Nia</b>		2:00 – 3:00 <b>Tai Chi</b>	
	6:30 – 7:30 <b>Aqua Fitness</b>	6:10 – 6:55 <b>TRX</b>	4:15 – 5:00 <b>Family Yoga</b>				
	7:00 – 8:00 <b>Belly Dance</b>		8:15 – 9:45 <b>Tai Chi</b>				
	8:15 – 9:15 <b>Yoga</b>						

- Group Exercise Room
- Family Pavilion
- Community Room
- Personal Training Studio
- Pool
- \$ Additional fee

NORTHWEST YMCA

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## CLASS DESCRIPTIONS

**AQUA ARTHRITIS** A warm water, gentle aqua class designed to improve the health and fitness of people with arthritis. Endorsed by the National Arthritis Foundation.

**AQUA DANCE** This low-impact class incorporates motivating music and dance moves for a total body workout in water.

**AQUA FITNESS** This low-impact water workout for all levels. Includes cardiovascular and muscle conditioning set to motivating music.

**BEGINNING ZUMBA** Zumba for beginners. Aerobic fitness training with a latin twist. Dance styles include Salsa, Meringue, Reggaeton and more.

**BELLY DANCE** This fun, calorie burning workout tones and shapes your mid-section while you learn to move like a belly dancer.

**CHAIR YOGA** Yoga stretches taught at a slower pace and lower intensity utilizing a chair.

**CYCLING/TRX COMBO** Combines the cardiovascular workout of cycling with the strength training of a TRX workout. Improves cardio and strength together.

**EXPRESS CYCLING** A short, quick version of cycling.

**FAMILY YOGA** (Ages 5+ with a parent/guardian) Family yoga class that incorporates fun and innovative games.

**FOAM ROLL/STRETCH** Learn to improve muscle function, release and decrease muscle tension, with the use of a foam roller and stretches.

**GENTLE YOGA** Yoga poses taught at a slower pace and lower intensity.

**HEALTHY BACK** Develop a daily stretching routine for a healthy back. Learn a variety of exercises to alleviate and prevent back pain.

**LINE DANCE** Learn fun choreographed dances in lines. No partner needed.

**MAT PILATES** Develop core strength and tone your body. Pilates improves posture, alignment and general fitness.

**MEDICAL QI GONG** The art of cultivating vital life force energy (Qi-'chee') in the body. The healing movements are gentle and non-impact. Relax your body through creative visualization and breathing techniques.

**MEDITATION** Guided focus of the mind to increase awareness of the present, promote relaxation and reduce stress.

**NIA** A spirit, mind, body fitness program that integrates martial arts, dance arts and healing arts.

**QI GONG** A self-healing art that combines movement and meditation. Uses visualizations to enhance the mind/body connection and to assist healing.

**SENIOR STRENGTH & CONDITIONING** Small group class for seniors to help build functional strength, improve endurance and stamina, and increase flexibility and balance.

**STRETCH & BALANCE** Focus and work through balance and stretching exercises to achieve greater flexibility and improved fitness.

**TAI CHI** Traditional Chen Taijiquan combines martial arts aspects with health benefits. Develops strength and coordination and promotes muscle relaxation and flexibility.

**YOGA/TRADITIONAL YOGA** 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 relaxation.

**TRX®** Total Body Resistance Exercise training will challenge you to the core. Perform hundreds of exercises that build power, strength, flexibility and balance at your own intensity.

**TRX STRETCH & FLEX®** Develop a daily stretching routine for a healthy back. Learn a variety of exercises to alleviate and prevent back pain.

**WILD GOOSE QI GONG** A safe and powerful healing system popular in China. The delightful, carefree and fun-to-learn movements imitate that of wild geese.

**YOGALATES** A fusion of Yoga and Pilates exercises set to Latin and International music. Develops core strength, tones muscles, and increases flexibility.

**ZUMBA®** Aerobic fitness training with a latin twist. Dance styles include Salsa, Meringue, Reggaeton and more.

**ZUMBA GOLD®** Zumba routines feature aerobic/fitness training at a slower pace.