



# GROUP FITNESS SCHEDULE

## NORTHWEST YMCA

**LEGEND** AS Aerobics Studio P Pool  
 CR Community Room PT Personal Training Studio  
 FP Family Pavilion

\$ Additional fee. See Member Services for details.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
6:00-7:00 am <b>Zumba + Sculpt</b> Bhuvna - FP	4:00-5:15 pm <b>Living Strong Living Well</b> Trish - FP	6:00-7:00 am <b>Piyo™</b> Monique - FP	5:00-6:00 pm <b>VivAsia</b> Noriko - AS	6:00-7:00 am <b>Cycling</b> Monique - AS	4:00-5:00 pm <b>Dodgeball \$</b> Staff - FP	6:00-7:00 am <b>Zumba® + Sculpt</b> Bhuvna - FP	5:00-6:00 pm <b>Nia</b> Gilia - FP	6:00-7:00 am <b>BodyPump</b> Debbie - FP	12:45-1:45 pm <b>Gentle Yoga</b> Julie M. - FP	8:15-9:15 am <b>Cycling</b> Steve - AS	7:15-8:15 am <b>Mat Pilates</b> Anh/Lily - FP
6:00-7:15 am <b>Cycling/TRX Combo</b> Constance - AS	4:30-5:30 pm <b>Beginning Breakdance</b> George - AS	6:00-7:00 am <b>Cycling</b> Patricia - AS	5:15-6:15 pm <b>Family Zumba®</b> Vanya/Julie Y. - FP	6:00-7:00 am <b>BodyPump</b> Wendy - FP	4:15-5:00 pm <b>Family Yoga</b> Sachin - AS	6:00-7:15 am <b>Cycling/TRX Combo</b> Anne - AS	5:45-6:45 pm <b>Cycling</b> Eric/Vrinda - AS	6:00-7:00 am <b>Cycling</b> Danny - AS	4:00-4:45 pm <b>Jr Kids in Motion</b> Michelle/Mike - AS	8:30-9:30 am <b>Zumba</b> Wendy - FP	8:30-9:30 am <b>Cycling</b> Silvano - AS
7:15-8:15 am <b>Mat Pilates</b> Rose - FP	5:45-6:45 pm <b>Cycling</b> Steve - AS	7:45-8:45 am <b>Traditional Yoga</b> Sachin - FP	6:10-6:55 pm <b>TRX®</b> Carla - AS	7:15-8:15 am <b>Mat Pilates</b> Patrick - AS	5:05-5:30 pm <b>Living Strong Living Well</b> Trish - AS	7:45-8:45 am <b>Traditional Yoga</b> Sachin - FP	6:15-7:15 pm <b>Step &amp; Sculpt</b> Cathi - FP	7:15-8:15 am <b>Mat Pilates</b> Patrick - AS	4:00-5:00 pm <b>Dodgeball \$</b> Staff - FP	9:30-10:30 am <b>Dance Fusion</b> Jill - AS	8:30-9:30 am <b>BodyPump™</b> Carla/Wendy - FP
8:45-9:45 am <b>Aqua Fitness</b> Diane - P	6:15-7:15 pm <b>BodyPump™</b> Carla/Dana - FP	8:15-8:45 am <b>Foam Roll</b> Carla - AS	6:30-7:25 pm <b>Aerobics &amp; Core</b> Anita - FP	7:30-8:30 am <b>Zumba®</b> Vanya - FP	5:15-6:00 pm <b>Kids in Motion</b> Tricia - FP	8:45-9:45 am <b>Aqua Dance</b> Diane - P	7:00-7:45 pm <b>Youth Karate \$</b> Curt - AS	7:45-8:45 am <b>Zumba®</b> Vanya - FP	5:00-5:45 pm <b>Kids in Motion</b> Michelle/Mike - AS	9:45-11:00 am <b>Super Cardio Step</b> Rob - FP	9:45-10:45 am <b>Beginning Zumba®</b> Cathy - AS
9:00-10:00 am <b>Cycling</b> Angela - AS	6:30-7:30 pm <b>Aqua Fitness</b> Meena - P	8:45-9:45 am <b>Aqua Fitness</b> Diane - P	7:00-7:45 pm <b>Youth Karate \$</b> Curt - AS	8:45-9:45 am <b>Aqua Fitness</b> Lida - P	5:45-6:45 pm <b>Cycling</b> Silvano - AS	9:00-10:00 am <b>Cycling</b> Seema - AS	7:30-8:30 pm <b>Cardio Groove</b> Rob - FP	8:45-9:45 am <b>Aqua Fitness</b> Lida - P	6:00-7:00 pm <b>Cardio Kickboxing</b> Sonjia - AS	10:40-11:25 am <b>TRX®</b> Staff - AS	9:45-10:45 am <b>Multi Step</b> Joe - FP
9:00-10:00 am <b>Line Dance</b> Kathy/Limay - FP	7:00-8:00 pm <b>Belly Dance</b> Parri - AS	9:00-10:00 am <b>Step &amp; Sculpt</b> Cathi - FP	7:30-8:30 pm <b>Step</b> Rob - FP	8:45-9:45 am <b>Mat Pilates</b> Dana - FP	6:15-7:15 pm <b>BodyPump™</b> Marie - FP	9:00-10:00 am <b>Line Dance</b> Kathy/Limay - FP	8:00-9:15 pm <b>Adult Karate \$</b> Curt - AS	9:00-9:45 am <b>Express Cycling</b> Marie - AS	11:15 am-12:15 pm <b>Body Sculpt</b> Staff - FP	11:00 am-12:00 pm <b>Zumba®</b> Lisa L. - FP	
9:55-10:55 am <b>Aqua Arthritis</b> Diane - P	7:30-8:30 pm <b>Zumba®</b> Lisa L. - FP	9:00-10:00 am <b>Cycling</b> Roger - AS	8:00-9:15 pm <b>Adult Karate \$</b> Curt - AS	9:00-10:00 am <b>Cycling</b> Seema - AS	7:00-8:00 pm <b>Hatha Yoga</b> Chuck - AS	9:55-10:55 am <b>Aqua Arthritis</b> Diane - P	8:40-9:40 pm <b>Zumba</b> Marcia - FP	9:00-10:00 am <b>Step</b> Monica - FP	11:15 am-12:15pm <b>Meditation</b> Staff - CR	11:00 am-12:00 pm <b>Zumbatomic® (Kids)</b> Vanya - AS	
10:15-11:15 am <b>BOSU® Bootcamp</b> Seema - AS	8:15-9:15 pm <b>Yoga</b> Gloria - AS	9:55-10:55 am <b>Aqua Arthritis</b> Diane - P	8:40-9:40 pm <b>Zumba</b> Marcia - FP	9:55-10:55 am <b>Aqua Arthritis</b> Lida - P	7:30-8:30 pm <b>Zumba®</b> Lisa L. - FP	10:15-11:15 am <b>Aerobics</b> Monica - AS		9:55-10:55 am <b>Aqua Arthritis</b> Lida - P	11:30 am-12:30 pm <b>Mat Pilates</b> Dee - AS	12:15-1:15 pm <b>Family Yoga</b> Sachin - FP	
10:15-11:15 am <b>Zumba®</b> Ying - FP		10:15-11:00 am <b>Core &amp; More</b> Leyla - AS		10:15-11:10 am <b>Bootcamp Interval</b> Dale - AS	8:15-9:45 pm <b>Tai Chi</b> Vivian - AS	10:15-11:30 am <b>Hatha Yoga</b> Chuck - FP		10:00-10:30 am <b>Foam Roll/Stretch</b> Carla - AS	12:30-1:45 pm <b>Wild Goose Qi Gong</b> Aileen - FP		
11:30 am-12:15 pm <b>TRX® Stretch &amp; Flex</b> Tracy - AS		10:15-11:30 am <b>Hatha Yoga</b> Chuck - FP		10:00-11:00 am <b>Nia</b> Gilia - FP		11:30 am-12:45 pm <b>Medical Qi Gong</b> Aileen - AS		10:15-11:15 am <b>Yogalates</b> Becky - FP	2:00-2:45 pm <b>Youth Karate \$</b> Curt - AS		
11:30am-12:30 pm <b>Qi Gong</b> Julie N. - FP		11:10-11:55 am <b>TRX®</b> Cyndi - AS		11:15 am -12:15 pm <b>Body Sculpt</b> Annabel - FP		11:45 am-12:45 pm <b>Dance Fusion</b> Jill - FP		10:35-11:35 am <b>VivAsia</b> Ying - AS	2:00-3:30 pm <b>Tai Chi</b> Vivian - FP		
12:30-1:30 pm <b>Stretch &amp; Balance</b> Ron - AS		11:45 am-12:45 pm <b>BodyPump</b> Diane Fo. - FP		11:20 am -12:20 pm <b>Yogalates</b> Tracy - AS		1:00-2:00 pm <b>Zumba Gold®</b> Marla - AS		11:00 am-12:00 pm <b>Aqua Bootcamp</b> Lida - P	3:00-4:30 pm <b>Adult Karate \$</b> Curt - AS		
12:45-1:45 pm <b>Gentle Yoga</b> Julie M. - FP		12:10-12:55 pm <b>Express Cycling</b> Michelle - AS		12:30-1:30 pm <b>Gentle Yoga</b> Tracy - FP				11:30 am-12:30 pm <b>BodyPump™</b> Carla - FP	4:00-6:00 pm <b>Dodgeball \$</b> Staff - FP		
		1:00-2:00 pm <b>Flow Yoga-Int.</b> Sonjia - FP		12:30-1:30 pm <b>Stretch &amp; Balance</b> Ron - AS				11:30 am-12:30 pm <b>Chair Yoga</b> Julie M. - PT	5:00-6:00 pm <b>Latin Dance Workshop \$</b> Lisa L./Dan - AS		
		1:10-2:10 pm <b>Healthy Back</b> Ron - AS						11:40 am-12:40 pm <b>Qi Gong</b> Julie N. - AS			

## GROUP FITNESS DESCRIPTIONS

**ADULT/YOUTH KARATE** Practice skill, concentration and discipline in Shotokan Karate. Fee required.

**AEROBICS/AEROBICS & CORE** A high energy class with routines that increase cardiovascular endurance, muscle strength and flexibility.

♥ **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** A low-impact water workout for all levels. Includes cardiovascular and muscle conditioning set to motivating music.

**AQUA BOOTCAMP** Bootcamp in the pool. A total body workout using exercises to improve strength, endurance and conditioning in the water. Ability to swim is required.

**BEGINNING BREAKDANCE** (Ages 10+) Learn spins, freezes, power moves, and more. Beginners welcome.

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

**BODYPUMP™** The original barbell class that strengthens your entire body.

**BODY SCULPT** Improve your muscle strength and increase lean muscle mass through resistance training using bands, dumbbells, and your own body weight.

**BOOTCAMP INTERVAL** Incorporates drills, weights, active cardiovascular segments, BOSU® balls, bands, core conditioning and more.

**BOSU® BOOTCAMP** Get a total body workout with a BOSU® balance trainer and boot camp exercises. Improve your strength, endurance, core conditioning and balance.

**CARDIO GROOVE** Combines traditional cardio moves with dance choreography for nonstop groove. This fun, upbeat class will leave you sweating and smiling.

**CARDIO KICKBOXING** Learn kickboxing skills choreographed to music. This high intensity workout does not require any equipment.

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

**CORE & MORE** Strengthen your core and improve your balance by using a variety of equipment. Beginners welcome.

**CYCLING** Using specialized indoor bikes, this class incorporates different levels of resistance, speed and intensity for a great workout. Bikes are compatible with athletic shoes and clip-in shoes.

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

**DANCE FUSION** Utilizes a variety of dance styles and techniques to give you a total body workout.

**DODGEBALL** (Ages 7-15) Provides a playful experience while building sportsmanship, skills, strength, and agility. Fee required.

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

**FAMILY ZUMBA®** (Ages 5+ with a parent/guardian) Zumba for families to dance together with fun music.

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

**FLOW YOGA-INTERMEDIATE** Take your yoga fitness to the next level. This class incorporates elements of fitness into traditional yoga poses.

♥ **GENTLE YOGA** Yoga poses taught at a slower pace and lower intensity. Great for beginners.

**HATHA YOGA** Emphasis is on proper body alignment and coordinating breathing with movement, grace and power within each pose.

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

**JUNIOR KIDS IN MOTION** (Ages 4-6) Kids will be introduced to the skills used in Kids in Motion. Athletic shoes required.

**KIDS IN MOTION** (Ages 7-14) This energetic class will improve your child's balance, flexibility and overall body strength. Athletic shoes required.

**LATIN DANCE WORKSHOP** Provides great body isolation exercises to help you improve flexibility and coordination, increase stamina, and tone your body. Performed to rhythms such as Salsa, Cha Cha, Hip Hop, Bachata, Merengue, Cumbia and Reggaeton. Fee required.

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

**LIVING STRONG LIVING WELL (LSLW)** A small-group fitness training program for adult cancer survivors. Participants are referred by the Stanford Health Improvement Program.

♥ **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.

**MULTI STEP** Incorporates two or more steps to give you a high energy workout. Intermediate/Advanced level.

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

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

**PIYO™** With a foundation in Pilates and yoga, Piyo is designed to build strength and increase flexibility with intense choreography that's fun, challenging and will make you sweat. Think sculpted abdominals, increased overall core strength, and greater stability.

**STEP/STEP & SCULPT** A high energy class using a step and other equipment to increase muscle strength and improve cardio.

♥ **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. Fee for Program Members.

**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** A Pilates/yoga inspired workout to increase total body flexibility and develop core strength. Incorporates floor yoga work and stretching on the TRX® to release tight areas like the chest, shoulders and hips.

**VIVASIA** Dance to the music and rhythms of Asia and increase your upper body strength with the use of props such as fans, ribbons and drumsticks. Non-stop fun, easy to follow choreography.

♥ **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. Great for all levels.

**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.

**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.

**ZUMBA® + SCULPT** Traditional Zumba dance moves plus toning exercises—a great combination of dance and conditioning.

**ZUMBATOMIC®** (Ages 7-14) Zumba® just for kids.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE HEALTHIER

## Group Fitness NORTHWEST YMCA



### Winter-Spring 2012

#### OUR FOCUS

Because we know that healthy lifestyles are achieved through nurturing spirit, mind and body, well-being and fitness at the Y includes more than just working out. Beyond our fitness classes and facilities, we provide educational programs to promote healthier decisions and offer a variety of programs that support physical, intellectual and spiritual strength.

- Our group fitness classes accommodate all fitness levels. If you are new to a class, be sure to let your instructor know. Before starting any new exercise program, consult your doctor.

- Arrive in time for the warm-up at the beginning of each class, so that your body is prepared for the rest of the workout. Instructors will not allow late participants after the first 10 minutes.
- The minimum age to participate in a group fitness class is 14, unless otherwise noted.
- In the event that your regular group fitness instructor is not available to lead your class that day, you can find out who is leading your class as a substitute instructor by calling our **Group Fitness Hotline at 408 351 2438** or by stopping by our Member Services Desk.

#### NORTHWEST YMCA

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