

CONFERENCE ROOM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:25 am Gentle Yoga Janet		6:30 - 7:25 am Gentle Yoga Annette				
7:30 - 8:25 am Abs, Back & Stretch Peter	7:30 - 8:25 am Abs, Back & Stretch Annette	7:30 - 8:25 am Abs, Back & Stretch Peter	7:30 - 8:25 am Abs, Back & Stretch Annette	7:35 - 8:45 am Fitness Yoga Claudia		
8:30 - 10:00 am Fitness Yoga Jean	8:30 - 10:00 am Fitness Yoga Jean			9:00 - 9:45 am Yang Tai Chi Open Ray	9:05 - 10:20 am Vinyasa Flow Yoga Nicole/Annette/Setsuko Katharine/Claudia	
		9:00 - 9:45 am Yang Tai Chi Level 2-3 ● Ray				
				10:30 - 11:30 am Gentle Yoga Jean		10:30 - 11:45 am Vinyasa Flow Yoga Nicole
11:30 am - 12:30 pm Pilates Level 1-2 Anne G.	11:35 am - 12:30 pm Back & Balance Char	11:30 am - 12:30 pm Hatha Flow Yoga Jackie		11:35 am - 12:30 pm Pilates Level 1-2 Anne G.		
	6:15 - 7:00 pm Pilates All Levels Setsuko			4:30 - 5:00 pm Core Conditioning Orna		
7:15 - 8:30 pm Fitness Yoga Annette/Lynda/ Janet	7:05 - 8:05 pm Hatha Yoga Polly	8:15 - 9:15 pm Fitness Yoga Janet/Claudia				



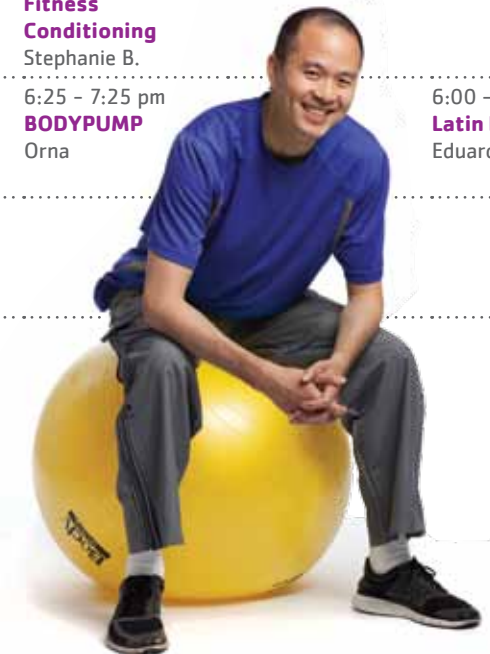
GYMNASIUM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:35 - 7:30 am Double Step Lynny	7:00 - 7:55 am Fitness Conditioning Eileen	6:35 - 7:30 am Step Lynny	7:00 - 7:55 am Fitness Conditioning Eileen		
	7:30 - 8:30 am Small Group Training ● Shelley		7:30 - 8:30 am Small Group Training ● Yaser			
8:30 - 9:25 am Low & Tone Claudia		8:30 - 9:25 am Zumba Ying		8:30 - 9:25 am VivAsia Ying		
9:30 - 10:25 am Step Yue	9:00 - 10:25 am Zumba/Sculpt Nerissa	9:30 - 10:25 am Step Claudia	9:00 - 10:25 am Zumba/Sculpt Nerissa	9:30 - 10:25 am Step Ugochi	9:00 - 9:55 am Fitness Conditioning Stephanie	9:05 - 10:00 am Zumba Ying
10:30 - 11:25 am Basic Fitness Diana T.		10:30 - 11:25 am Basic Fitness Christina		10:30 - 11:25 am Zumba Gold/Sculpt Kim L.		
5:20 - 6:15 pm Zumba Sue S.		5:20 - 6:15 pm Zumba Bhuvna				
6:25 - 7:25 pm Boot Camp Steph H.						



STUDIO SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30 - 7:30 am Group Cycle Janet	6:35 - 7:30 am Mixed impact Lynny	6:30 - 7:30 am Group Cycle David	6:20 - 7:20 am BODYPUMP Sue D./Rick	7:05 - 8:00 am BODYPUMP Janet	
7:30 - 8:25 am Group Cycle Claudia				7:30 - 8:25 am Group Cycle Sue S.	8:05 - 8:55 am Cardio Dance Sue S.	
8:30 - 9:25 am Nia Nancy	8:25 - 9:25 am BODYATTACK Wendy	8:30 - 9:25 am Low & Tone Claudia	8:20 - 9:25 am Fitness Yoga Keyko	8:30 - 9:25 am Low & Tone Nancy	9:00 - 9:55 am Step Helen	9:05 - 10:00 am Basic Step Lisa/Ugochi
9:30 - 10:30 am Group Cycle Elizabeth	9:30 - 10:30 am BODYPUMP Angela B.	9:30 - 10:30 am Group Cycle Elizabeth	9:30 - 10:30 am BODYPUMP Kim V./Orna	9:30 - 10:30 am Group Cycle Janet	10:05 - 11:05 am Group Cycle Adrina/Elizabeth/ Heather	10:05 - 11:00 am Advanced Step Sonjia
10:40 - 11:40 am BODYPUMP Heather W.	10:40 - 11:40 am Hatha Yoga Christine	10:40 - 11:40 am BODYPUMP Katharine	10:40 - 11:40 am Hatha Yoga Christine	10:40 - 11:40 am BODYPUMP Heather W.	11:15 am - 12:15 pm BODYPUMP Orna	11:10 am - 12:10 pm BODYPUMP Orna
12:35 - 1:35 pm Pilates Level 2-3 David	12:00 - 1:00 pm Group Cycle Nettie		12:00 - 1:00 pm Group Cycle Heather K.	12:35 - 1:35 pm Pilates/Franklin Level 2-3 Fran	12:20 - 1:20 pm BODYATTACK Orna	12:20 - 1:20 pm Tae Kwon Do Matt/Michael
1:40 - 2:35 pm Zumba Gold Camille				1:40 - 2:20 pm Body Rolling Fran	1:30 - 2:30 pm Belly Dancing Yolanda	
	4:00 - 5:10 pm BODYPUMP Sue D.		4:00 - 5:10 pm BODYPUMP Sue D.			3:10 - 4:10 pm Strength Yoga Andrea
5:15 - 6:10 pm Fitness Conditioning Stephanie B.	5:15 - 6:10 pm Cardio Dance Sue S.	5:15 - 6:10 pm Fitness Conditioning Stephanie B.	5:25 - 6:25 pm BODYATTACK Wendy	5:15 - 6:10 pm Fitness Conditioning Stephanie B.		
6:20 - 7:20 pm BODYPUMP Orna	6:15 - 7:15 pm Teen Zumba ● Ana/Junior	6:20 - 7:20 pm Belly Dancing Yolanda	6:30 - 7:20 pm Pilates All Levels Setsuko	6:25 - 7:25 pm BODYPUMP Orna		6:00 - 7:25 pm Latin Dance ● Eduardo/Katie
7:30 - 8:30 pm BODYATTACK Orna	7:30 - 8:30 pm Hula Dance Nerissa	7:30 - 8:30 pm BODYPUMP Sue D.	7:30 - 8:30 pm Zumba Donna/Nicole			
	8:35 - 9:35 pm Tae Kwon Do Matt/Michael		8:35 - 9:35 pm Tae Kwon Do Matt/Micheal			



KEY

- All sessions require registration
- There is a fee for this class and requires registration
- Level 1-2** Appropriate for beginner to intermediate students
- Level 2-3** Appropriate for intermediate to advanced students (previous experience in the discipline is required)

CLASSES SUITABLE FOR BEGINNERS

- | | | |
|---------------------|----------------------|----------------|
| Abs, Back & Stretch | Fitness Conditioning | Tai Chi Lv 1-2 |
| Back & Balance | Gentle Yoga | Zumba Gold |
| Basic Fitness | Hatha Yoga | |
| Basic Step | Hula Dance | |
| Belly Dance | Pilates Lv 1-2 | |



IT'S GOOD FOR THE HEART

Group Exercise Guide PALO ALTO FAMILY YMCA

JANUARY 2 – FEBRUARY 29



CELEBRATE HEALTHY WEIGHT WEEK IN JANUARY!

- Facts and Myths of Weight Loss**
 Wednesday, Jan 18 | 11:00 am – 12:00 pm
 Learn about the realities of weight loss, from exercise to nutrition. This is a free community lecture so invite your friends! Please RSVP to Diana Turner at 650 842 7157 or dturner@ymcasv.org.
- Dream Jeans Weight Loss Challenge**
 Thursday, Jan 19 – Mar 22 | 6:30 – 8:00 pm
 Take the Dream Jeans Challenge and learn strategies on how to make healthy choices every day to help you achieve your weight loss goals. Check with our Member Services team for the fees for the class.
- Meditation and Pranayama**
 Saturday, Jan 21 – Feb 11 | 11:00 am – 12:00 pm
 A great way to start off your new year, enhancing your experience with meditation and yogic breathing. This class is designed for people with previous meditation experience but beginners are welcome. Check with our Member Services team for the fees for the class.

FEBRUARY IS AMERICAN HEART MONTH!

- Red Dress Luncheon**
 Thursday, Feb 2 | 11:30 am – 1:00 pm
 This is a free community lecture so invite your friends! Please RSVP to Diana Turner at 650 842 7157 or dturner@ymcasv.org.
- Zumbathon**
 Saturday, Feb 4 | 5:45 – 7:45 pm
 Get the heart pumping and primed for fitness at the Zumbathon! We will be raising money for YMCA youth programs – like the popular youth basketball! Fees are \$15 for pre-registration and \$20 at the door.

Check out the Program Guide for additional activities and classes upcoming in January and February!

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FACILITY HOURS

Monday-Thursday	6:15 am – 10:00 pm
Friday	6:15 am – 8:00 pm
Saturday	7:00 am – 8:00 pm
Sunday	9:00 am – 8:00 pm

For information regarding group exercise, contact Diana Turner, 650 842 7157 or dturner@ymcasv.org or Nicole Wargo at nwargo@ymcasv.org. Call the Group Exercise Hotline for up-to-date information: 650 842 2700

Classes are evaluated on a continuous basis and are subject to change. Class changes may occur for several reasons, such as low attendance.

GROUP EXERCISE CLASS DESCRIPTIONS

AEROBIC EXERCISE CLASSES

Group cardio classes offering varied degrees of intensity & duration

- BODYATTACK** Sports inspired cardio workout for building strength and stamina.
- Cardio Dance** Gets you moving with a true blend of different dance and music styles.
- Low & Tone** Modified low impact, low intensity aerobics, combined with muscle conditioning exercises.
- Mixed Impact** Offers a great cardio workout that combines high & low impact movement.

CYCLING CLASSES

Group cardio classes on indoor stationary bikes

- Group Cycle** A non-impact workout on an indoor stationary cycle with motivating music. Please bring a water bottle and a towel. Bikes have standard cages and SPD pedal systems. Space is limited – sign in is required prior to each class.

DANCE CLASSES

Variety of dance and dance-inspired workouts

- Belly Dance** Learn this popular Middle Eastern, cabaret style of belly dance. All dance props will be provided.
- Hula Dance** Experience aloha with this beautiful blend of aerobic dance and flowing Hawaiian movement meditation
- Latin Dance** Learn a variety of Latin dance styles (merengue, salsa, cha cha, etc.). No partner is necessary.
- Nia** A journey through movement with a blend of eastern and western movement patterns and philosophies.
- VivAsia** A cardio dance trip across the continent of Asia blending a workout of Bollywood and other Asian dances.
- Zumba** Exciting dance workout that blends Latin rhythms with sizzling dance steps. Burn calories and have a blast.
- Zumba/Sculpt** A great Zumba workout followed by muscle conditioning exercises. Cover it all in one class.
- Zumba Gold** All the fun of Zumba at a slightly slower pace. Perfect for the true beginner or active older adult.
- Teen Zumba** Designed for the young at heart. All the fun of Zumba just for teens.

MARTIAL ARTS CLASSES

Self-defense, self-control, and self-esteem in these various martial arts

- Tae Kwon Do** Means “the way of hand & foot.” You’ll learn the art of blocking, striking, kicking, and punching
- Yang Tai Chi** The most widely practiced style of Tai Chi world-wide, you will work on several poses (katas) that will help you develop strength, balance, and stability. Open Class is not instructed. Must have previous Tai Chi experience.

MUSCULAR STRENGTH & CONDITIONING

Improves overall strength, tone, and endurance of major muscle groups

- Abs, Back & Stretch** Abdominal and back exercises combined with flexibility moves to strengthen your spine and enhance your posture. Great way to help prevent back injury.
- Back & Balance** Balance class that emphasizes exercises to improve posture and core strength.
- Basic Fitness** Class combines cardio and strength activity with balance and flexibility exercises. Great for beginners.
- BODYPUMP** Muscle conditioning workout using a barbell and plates. A high intensity workout that welcomes beginners. Space is limited so sign in is required prior to each class.
- Fitness Conditioning** A basic fitness and muscle conditioning class, covers the whole body, includes balance and flexibility.
- Y 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.

STEP AEROBICS

Differs from other forms of aerobic exercise by using an adjustable, elevated platform (the step)

- Basic Step** A great workout geared toward beginner steppers. Non-complex, fluid, and fun step choreography.
- Step (mixed/all levels)** A fantastic calorie-blasting, high impact and high intensity cardio workout.
- Advanced Step** More complex choreography makes this work out a good challenge for intermediate to advanced steppers.
- Double Step** Just like your favorite step class – only double the fun. Each participant uses two steps to improve their coordination and cardiovascular health in this fun, fast-paced workout.

YOGA & PILATES CLASSES

Pilates for core strength and stability; Yoga for fitness, flexibility, and relaxation

- Body Rolling** A technique to decrease muscle soreness, increase mobility, and have a self-massage. Equipment provided.
- Fitness Yoga** A well-balanced yoga workout that offers a warm-up, work phase, and cool down. Increase strength, flexibility, balance, and your ability to breathe deeply.
- Pilates/Franklin Method** Teaches practical elements of body design, emphasizing imagery for maximum movement efficiency. Learn how to improve your posture, use your brain to improve body function, and be fit for life.
- Gentle Yoga** Hatha Yoga poses offer modifications to meet your specific needs. Great for beginners.
- Hatha Yoga** Practice poses (asanas) and breath control (pranayama) to open channels of energy between body and mind
- Strength Yoga** Yoga poses (asanas) that increase strength, flexibility, and sculpt lean muscles. Also uses weights.
- Hatha Flow Yoga** Refine postures, establish breath-body links, build core strength, and explore movement in asana.
- Vinyasa Flow Yoga** Dynamic style of yoga using creative, flowing pose sequences to heat the body, increasing your endurance, strength & flexibility. Experience a beautiful blend of asana practice, yogic philosophy, fun & inspiring music, and some chanting.
- Pilates** Workout developed by Joseph Pilates to make your body smarter. Structured around your body’s core – abs, hips, back, and glutes. Each exercise engages every muscle in your core simultaneously. Improves posture.

- Session requires registration
- There is a fee for this class and requires registration

CLASS GUIDELINES

- Ages 10-12 welcome with parent/guardian
- Ages 13+ may attend on their own
- Entry to any class is prohibited after the first 10 mins.
- Sign up is required for all BODYPUMP & Cycle classes due to limited space. Sign up is 30 mins. before class
- No gum chewing in group exercise classes, for safety
- Please keep conversations to a minimum during class
- Please follow the instructor so that they may more easily monitor your safety and reduce injury risks
- First timers, arrive 5 minutes early to get acquainted with the instructor
- If you must leave early, please do so quietly

PALO ALTO FAMILY YMCA

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