



# GROUP EXERCISE SCHEDULE

## PAGE MILL YMCA

\* \$10 Fee  
♥ Suggested for new or returning exercisers

### MULTI-PURPOSE ROOM SCHEDULE

Yoga, Pilates and Healthy Back classes

MONDAY		
9:30 - 10:45 am	Vinyasa Flow Yoga	Camella
11:00 am - 12:15 pm	Adaptive Yoga ♥	Camella
TUESDAY		
7:30 - 8:45 am	Vinyasa Flow Yoga	Anne
9:00 - 10:15 am	Back Care Yoga ♥	Anne
10:30 am - 12:00 pm	Yoga Fundamentals ♥	Chihiro
12:15 - 1:15 pm	Vinyasa Flow Yoga	Thoa
7:30 - 8:45 pm	Hatha Yoga	Camella
WEDNESDAY		
7:00 - 8:15 am	Vinyasa Flow Yoga	Fiona
9:45 - 10:45 am	PiYo	Yue
11:00 am - 12:15 pm	Adaptive Yoga ♥	Camella
12:30 - 1:45 pm	Hatha Yoga	Camella
THURSDAY		
9:00 - 10:15 am	Yoga Fundamentals ♥	Chihiro
12:15 - 1:15 pm	Vinyasa Flow Yoga	Thoa
FRIDAY		
9:00 - 10:15 am	Pilates	Anne
10:15 - 11:30 am	Iyengar/Flow Yoga ♥	Anne
SATURDAY		
8:10 - 9:20 am	Yoga Fundamentals ♥	Chihiro
9:30 - 10:25 am	Yoga & Pilates	Stephanie
10:30 am - 12:00 pm	Inter/Adv Hatha Yoga	Anne
SUNDAY		
10:00 - 11:15 am	Intermediate Yoga	Stephanie
3:00 - 4:30 pm	Restorative Yoga ♥	Chihiro
4:45 - 6:00 pm	Vinyasa Flow Yoga	Anne/Sonjia

**Note:** For hygienic reasons, please bring your own yoga mat.

### CYCLING STUDIO SCHEDULE

MONDAY		
6:00 - 7:00 am	Dawn Ride	Larre
11:15 am - 12:15 pm	RPM	Mary Jo
12:30 - 1:30 pm	Group Cycle	Joel
TUESDAY		
9:30 - 10:30 am	RPM	Rosa
11:15 - 12:15 pm	Group Cycle	Bonnie
6:45 - 7:45 pm	RPM	Kerry
WEDNESDAY		
6:00 - 7:00 am	Dawn Ride	Larre
11:15 am - 12:15 pm	RPM	Dianne
12:30 - 1:30 pm	Group Cycle	Joel
THURSDAY		
9:30 - 10:30 am	RPM	Victoria
11:15 am - 12:15 pm	Group Cycle	Bonnie
6:00 - 6:45 pm	RPM	Kerry
FRIDAY		
6:00 - 7:00 am	Cycle/Sculpt	Victoria
12:30 - 1:30 pm	Group Cycle	Joel
SATURDAY		
9:15 - 10:15 am	RPM	Rosa
10:30 - 11:30am	Group Cycle ♥	Staff
SUNDAY		
8:00 - 9:00 am	Group Cycle ♥	Roya
10:30 - 11:30 am	RPM	Kerry

Classes are evaluated on a continuous basis and are subject to change. Class changes may occur due to low attendance and instructor availability.

### UPSTAIRS EXERCISE STUDIO SCHEDULE

MON	TUES	WEDS	THURS	FRI	SAT	SUN
7:00 - 8:00 am <b>Step &amp; Sculpt</b> ♥ Paula	5:00 - 5:45 am <b>TRX Boot Camp*</b> Prys	6:00 - 6:45 am <b>TRX Boot Camp*</b> Prys	5:00 - 5:45 am <b>TRX Boot Camp*</b> Prys	6:00 - 6:45 am <b>TRX*</b> Teri	7:30 - 9:00 am <b>Step, Sculpt &amp; Core</b> Dana	8:30 - 10:15 am <b>Zumba/Sculpt</b> Jennifer
8:35 - 9:35 am <b>Zumba</b> Ernie	6:00 - 7:00 am <b>BODYPUMP</b> Sue	7:15 - 8:15 am <b>Step</b> ♥ Paula	6:00 - 7:00 am <b>BODYPUMP</b> Janet	7:15 - 8:25 am <b>Step</b> ♥ Paula	9:10 - 10:15 am <b>Zumba</b> Donna/Emma/ Carey	11:45am - 12:45pm <b>BODYPUMP</b> Rick
9:45 - 10:45 am <b>Low &amp; Tone</b> ♥ Milda	8:00 - 8:55 am <b>Pilates Fundamental</b> V	8:35 - 9:35 am <b>BODYPUMP</b> Paula	7:45 - 8:45 am <b>BODYPUMP</b> Angela	8:35 - 9:35 am <b>BODYPUMP</b> Paula	10:30 - 11:15 am <b>TRX*</b> Drop-in Class Chris/Steve	
11:00am - 12:15pm <b>Body Sculpt</b> Carey	9:05 - 10:05 am <b>Step (level 2-3)</b> Yue	9:45 - 10:45 am <b>Low &amp; Tone</b> ♥ Cheryl	9:00 - 10:00 am <b>Zumba</b> Carey	9:45 - 10:45 am <b>Low &amp; Tone</b> ♥ Carey	11:30am - 12:30pm <b>BODYPUMP</b> Sue D.	
12:30 - 1:15 pm <b>Express Circuit Training</b> ♥ Elly	10:10 - 11:10 am <b>BODYPUMP</b> Orna	11:00am - 12:15pm <b>Body Sculpt</b> Bonnie	10:15 - 11:15am <b>Step (level 2-3)</b> Sonjia	11:00am - 12:15pm <b>Body Sculpt</b> Bonnie		
5:00 - 6:00 pm <b>Hi-Lo Aerobics</b> ♥ Diane	12:30 - 1:30 pm <b>Body Sculpt</b> Bonnie	12:30 - 1:15 pm <b>Express Circuit Training</b> ♥ Yue	1:30 - 3:30 pm <b>Tai Chi</b> ♥ Margo	12:30 - 1:15 pm <b>Express Circuit Training</b> ♥ Yue		
6:15 - 7:15 pm <b>Power Pilates</b> Terri	3:30 - 4:25 pm <b>Stretch</b> ♥ Anne	12:30 - 1:45 pm <b>TRX*</b> Bonnie	4:30 - 5:30 pm <b>Pilates</b> Kathy	12:30 - 1:45 pm <b>TRX*</b> Bonnie		
	4:30 - 5:25 pm <b>Pilates</b> Anne	3:45 - 4:45 pm <b>Zumba Gold</b> ♥ Sue	5:35 - 6:30 pm <b>Zumba</b> Ela/Janet	5:30 - 6:30 pm <b>Zumba</b> Janet T.		
	5:35 - 6:35 pm <b>BODYPUMP</b> Orna	5:00 - 6:00 pm <b>Hi-Lo Aerobics</b> ♥ Diane	7:00 - 8:00 pm <b>BODYPUMP</b> Orna			
		6:05 - 7:05 pm <b>Zumba</b> Jennifer				
		7:15 - 8:15 pm <b>BODYPUMP</b> Hugo				

#### HOTLINE

Call 650 687 6914 for daily sub information.

#### WEEKLY EMAIL UPDATES

Join our Group X Community email list.

Just send an email to Deirdra Purins at [dpurins@ymcasv.org](mailto:dpurins@ymcasv.org)

# GROUP EXERCISE CLASS DESCRIPTIONS

♥ **ADAPTIVE YOGA** is for people with special needs and conditions, or for anyone new to yoga. This style of yoga offers modifications to traditional Hatha yoga postures. You will increase your strength, range of motion, flexibility, and energy level while also cultivating steadiness and a quiet mind. All levels are welcome.

**BODY SCULPTING** takes your body on a journey through movement. You will lift, lunge, squat and crunch your way to a healthy, well-defined body. Hand weights, resistance tubing, body bars, and your own body weight will be used to help define and tone your muscles.

**BODYPUMP** challenges all the muscle groups by using the best weight room exercises to shape, tone and improve your overall fitness and well-being. Great music, new equipment, and trained instructors will lead you through this exciting program.

**DAWN RIDE** is the way to start your morning off right. This spinning class is perfect for anyone who needs to go to the office or start their day early.

♥ **EXPRESS CIRCUIT TRAINING** is a great 45 minute cardio and strength workout held in the fitness center. The instructor will time your circuit progression and keep you moving between the cardio equipment and weight machines.

**GROUP CYCLE** is an intense cardiovascular spinning workout. Sign-up at the front desk to reserve a space in this popular class.

**HATHA YOGA** is the practice of poses (asanas) and breath control (pranayama) to open channels of energy throughout the body and promote overall health and well-being. All levels are welcome.

♥ **HI-LO AEROBICS** blends high and low impact aerobic exercises into a fun and upbeat workout that gets your heart pumping and your body moving. Toning and stretching exercises complete your workout.

♥ **IYENGAR YOGA** focuses on proper alignment and spending adequate time in poses (asanas) to build strength and flexibility. Props are often used for those who are new to yoga, deconditioned or have special needs.

♥ **LOW & TONE** is a well-balanced workout (cardio, strength and stretch) for the active and older adult or for anyone just beginning a fitness program.

**PILATES**, focuses on your body's "powerhouse" or "core" — the abs and back muscles. These simple, precisely executed exercises engage and strengthen the core; improve your posture, coordination, balance and flexibility; and give you longer, stronger and leaner muscles. Synchronized breathing techniques connect the body, mind and spirit while improving stamina and concentration.

♥ **PILATES FUNDAMENTALS** is a class for anyone new to Pilates or for those who want a better understanding of the fundamental movement principles and concepts that make this method different from other exercise routines. Also for those who want to improve their technique and practice the Mat Work - levels I and II.

**PIYO** is a fusion style format of Pilates and Yoga with short bursts of cardiovascular work and strength training for an all over body conditioning.

♥ **RESTORATIVE YOGA** is a gentle, healing and nurturing practice focused on self-care, letting go and being present. Props such as blankets, bolsters and blocks are used to safely support the body in various postures allowing for deep relaxation. No prior yoga experience is necessary.

**RPM** is the cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring coach who leads the pack through hills, flats, mountain peaks, time trials and intervals. This intense workout will take your fitness to the next level.

**STEP AEROBICS** differs from other forms of aerobic exercise by utilizing an adjustable, elevated platform to vary the workout intensity. Energetic music and fun choreography make for a great cardiovascular workout.

**STEP & SCULPT** is the best of both classes rolled into one. Get your cardio workout while you tone and strengthen in this class for all levels.

♥ **STRETCH AND RELAXATION** is a class that gives you time for both. Increase your flexibility and release any stress with gentle stretching exercises and breathing techniques for a relaxed mind and body.

**VINYASA FLOW YOGA** encourages movement synchronized with the breath. This dynamic style of yoga uses creative, flowing movement sequences to build heat, endurance, strength and increase flexibility. All levels are welcome.

**YOGA AND PILATES** is a fusion class that combines the principles and exercises from two great systems of movement — yoga and Pilates. Stretch, strengthen, lengthen, breathe and tone your core while increasing your flexibility and range of motion.

♥ **YOGA FUNDAMENTALS FOR BEGINNERS** Learn the fundamentals and experience the benefits of yoga in this beginner level class.

**ZUMBA** is a workout that blends Latin rhythms with sizzling international dance steps (Cumbia, Salsa, Samba and Merengue). In Zumba, you'll move fast, burn calories, and have a blast.

♥ **ZUMBA GOLD** is the same great workout but at a slower, easy-to-follow pace.

♥ **Suggested for new or returning exercisers**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## HELPING YOU LIVE HEALTHIER

### Group Exercise Schedule PAGE MILL YMCA



### FEBRUARY 2012

#### HAPPENING THIS MONTH...

##### Need to get out of an exercise rut?

- Come and try a new class. You'll spice up your workout and meet new friends
- Thursday Step Class has returned! See schedule for details.

#### FEBRUARY CHANGES

##### New Class

###### Step

Thurs, 10:15 - 11:15 am

###### Restorative Yoga

Sun, 3:00 - 4:30 pm

##### New Time

###### Body Pump

Tues, 10:10 - 11:10 am

###### Body Pump

Thurs, 7:45 - 8:45 am

###### Pilates

Thurs, 4:30 - 5:30 pm

##### New Instructors

###### Express Circuit with Elly

Mon, 12:30 pm

##### Cancelled Class

###### Restorative Yoga

Mon, 7:30 - 8:30 pm

###### Kickboxing

Sun, 10:30 - 11:30 am

#### FACILITY HOURS

##### Monday - Friday

5:00 am - 10:30 pm

##### Saturday & Sunday

7:00 am - 8:00 pm

#### PAGE MILL YMCA

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