



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Sequoia YMCA

Winter 2012

Schedule starts
January 30, 2012
and is subject to
change

Sequoia YMCA
1445 Hudson St.
Redwood City, CA
94061 650.368.4168

Child Watch Hours:
M-Th: 8:30am-12pm
4:30pm-8pm
Friday Evening:
4:30-7pm
Saturday:
8:30am-12pm

Youth Fitness Center
M-Th: 5pm-8pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6am - 7am Group Cycling Andi Cycle Room	6:00am - 7:00am Group Cycling Rachel Cycle Room	6am - 7am Group Cycling Danny Cycle Room	6:00am - 7:00am Group Cycling Rachel Cycle Room	6am - 7:00am Group Cycling John Cycle Room	
	8am - 8:45am Balance Training Christiane Gymnasium		8am - 8:45am Balance Training Christiane Gymnasium		8:30am - 9:30am Hatha Yoga Liz Studio	
	9am - 10am Vinyasa Flow Yoga Mary Studio	9am - 10am Vinyasa Flow Yoga Mary Studio	9am - 10am Hatha Yoga Liz Studio	9am - 10am Vinyasa Flow Yoga Mary Studio		8am - 9am Group Cycling John Cycle Room
	9am - 10am Zumba Carmen Gymnasium	8:30am - 9:30am Sculpt Nora Gymnasium	9am - 10am Hi/Lo Aerobics Margaret Gymnasium	8:30am - 9:30am Sculpt Nora Gymnasium	9am - 10am Hi/Lo Aerobics Yue Gymnasium	8:30am - 9:30am Zumba Toning Gymnasium Nora
		9:30am-10:30am Group Cycling Melanie Cycling Room		9:30am - 10:30am Group Cycling Cynthia Cycle Room	9:30am-10:30am Tai Chi - Qigong Ming Studio	8:30pm - 9:30pm Kickboxing Conditioning Joseph Studio
	10:05am - 11am Tai Chi - Qigong Ming Studio	10:35am-11:05am Pilates Melanie Studio	10:05am-11am Tai Chi - Qigong Ming Studio			9:30am-10:30am Pilates Andi / Julie Studio
	5:30pm-6:30pm Group Cycling Joel Cycle Room	5:30pm-6:30pm Group Cycling Joel/ JohnCycle Room	5:30pm-6:30pm Group Cycling Adrina Cycle Room	5:30pm-6:30pm Group Cycling Danny Room		
Sunday						
9:30pm - 10:30pm Kickboxing Conditioning Joseph Studio	5:30pm-6:25pm Beginner Pilates Bonne Studio					
9:30am - 10:30am Group Cycling Rachel Cycle Room	6:30pm-7:30pm Sivananda Yoga Bonne Studio	6pm-7pm Hatha Yoga Karen Studio	6pm-7pm Beginning Yoga Linda Studio	6pm-7pm Pilates Bonnie Studio	6:30pm - 7:30pm Kickboxing Conditioning Joseph Studio	
9:30am - 10:30am Zumba Vicky Gym	6:30pm-7:25pm Kickbox Fitness Ernie Gymnasium	6:30pm-7:25pm Zumba Nora Gymnasium	6:30pm-7:25pm Sculpt II Ernie Gymnasium	6:30pm-7:25pm Zumba Sandra/ Ernie Gymnasium	6pm-7pm Family Zumba Sandra Gymnasium	
AQUA CLASSES						
Sunday						
Water Yoga 12pm - 1pm Mary Kay	9am-9:55am Arthritis Plus Johanna	9am-9:55am Aqua Level 2 Johanna	9am-9:55am Arthritis Plus Johana	9am-9:55am Aqua Level 2 Johanna	10am-10:55am Aqua Pilates Susan	9am-9:55am Aqua Fitness All Levels Terrilynn / Diana
(1st & 3rd Sunday every month) Please see flyer for exact dates.	10am-10:55am Aqua Yoga Stretch Johanna	10am-10:55am Arthritis Johanna	10am-10:55am H2O Energized Johana	10am-10:55am Arthritis Johanna	11am-11:55am Aqua Level 3 Susan	
	11am-11:55am Aqua Level 3 Mary Kay		11am-11:55am Aqua Level 3 Mary Kay			
	5:15am - 6pm Aqua Level 2 Diana		5:15am - 6pm Aqua Level 2 Terilyn		5:15am - 6pm Aqua Level 2 Terilyn	
	6:30pm-7:30pm Shallow/ Deep Pat	7:15pm-8:00pm Deep Water Meg	6:30pm-7:30pm Shallow/ Deep Pat	7:15pm-8:00pm Deep Water Meg / Mary Kay		

GROUP EXERCISE CLASS DESCRIPTIONS

LAND CLASSES

Balance Class: Improve balance and reduce your risk of falling. The class also works on muscle strength, flexibility and coordination.

Gentle Yoga: A gentler form of Yoga. Class focuses on gentle poses and breathing. Class is for all levels.

Group Cycling: A non-impact class taught on stationary bikes. This is a great cardiovascular ride for all levels. Water bottle and towel are required. To reserve a bike, pick up a cycle pass at the front desk 15 minutes prior to the start time of the class.

Kickbox Fitness: A non-contact cardiovascular workout incorporating kickboxing moves. The classes are challenging and fun.

Hatha Yoga: This class incorporates awareness of breath and body alignment in poses. The breath is linked with movement into and out of poses. This class is open to all fitness levels.

Hi/Lo Aerobics: A cardiovascular workout. Easy to follow and fun choreography.

Hi/Lo Interval: Cardiovascular workout alternating between high intensity and low intensity segments. Come challenge yourself! All levels welcome. Options are shown for both hi and low impact.

Pilates: Beginner: Learn the basics movements. This class is a prerequisite for the regular mat classes. Take it as many times as you like. Mat Pilates: Specific mat work exercises developed to increase muscle strength, balance and flexibility.

Sculpt Classes: Strengthen and tone your muscles in this group class using a variety of equipment (bands, weights and tubing) 1: Beginners and Active Older Adults 2: Intermediate

Sivananda Yoga: Class incorporates relaxation, breathing, sun salutations, and yoga postures to promote flexibility, strength and inner calm. All levels welcome!

Tai Chi-Qigong for Health: Gentle exercises to help improve health, increase flexibility and balance.

Vinyasa Flow Yoga: This dynamic style of Yoga uses creative, flowing pose sequences to build heat, endurance and strength.

Youth Yoga: A fun class for kids ages 6-10 years old.

Zumba Fitness: A fun Latin and international dance based exercise class. It's a high energy class with motivating music and easy to follow steps.

Zumba Fitness: A fun Latin and international dance based exercise class. It's a high energy class with motivating music and easy to follow steps with Zumba Sticks and/or 1lb to 3lb weights.

AQUA CLASSES

Aqua Fitness: Enjoy this exhilarating total body workout in the pool! These classes are held in the shallow end of the pool but may use the deep end. They include an active warm-up, cardiovascular session, strengthening exercises, a warm-down, and a stretch. Choose the appropriate level for you.

Level 1: Beginners and Active Older Adults, Level 2: Beginners and intermediate, Level 3: Intermediate and Advanced

Aqua Yoga Stretch: Come try some yoga poses in the pool. This class does gentle yoga poses and stretching. All fitness levels are welcome.

Arthritis Aqua Fitness: Sanctioned by the Arthritis Foundation, this class is specially designed for people of all ages suffering from arthritis. Improve flexibility and strengthen muscles. Arthritis PLUS is a more advanced level for those who want a more vigorous workout. A physician's authorization is required for participation. Pre-registration is required for program members.

Deep Water Fitness: Invigorating workout without the impact. Put on a floatation belt and join the fun. Class focuses on cardiovascular endurance and muscular strength. The deep water combo class begins as a shallow water workout and continues as a deep water fitness class. Deep water class participants must be able to swim.

Healthy Back Exercises: Strengthen your back with exercises that specifically work those muscles. Some part of the class will be in the deep water. Deep water class participants must be able to swim.

Aqua Core/Pilates: A "mind/body" water class designed to: Strengthen and tone core muscles, Improve Posture, Provide flexibility and balance. Designed for all levels. Please arrive on time -- the initial cuing is important.

All Group Exercise classes are included in the facility membership. Program members may pay to attend Aqua Arthritis classes. Youth members ages 10-12 may attend class with parent and instructors approval. Youth members 13 and up may attend classes on their own. Class schedules are subject to change. Please check the board for class updates. If you have any questions, please contact Nora Colin, Interim Health and Fitness Director at 650-481-1214 or by email at ncolin@ymcasv.org.