

GROUP FITNESS SCHEDULE

SOUTH VALLEY FAMILY YMCA

FACILITY HOURS

Monday – Friday 5:00am – 10:00pm
 Saturday 6:30am – 7:30pm
 Sunday 7:00am – 7:00pm

KID'S CLUB HOURS

Monday – Friday 8:30am – 8:30pm
 Saturday & Sunday 8:30am – 12:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30 am Mod/Hi Group Cycling - Rick	7:00-8:00 am Mod/Hi TRX Group Training - Sarah Starts 2/7	5:30-6:30 am Mod/Hi Group Cycling - Yvette	5:30-6:30 am Low/Mod Yoga - Jenna	5:30-6:30 am Mod/Hi Group Cycling - Steve	7:45-8:55 am Mod/Hi Boot Camp - Cyndi
8:30-9:15 am Mod/Hi Zumba - Elizabeth	8:30-9:00 am Mod/Hi Strength & Abs - Jeanann	8:30-9:15 am Mod/Hi Zumba - Revathi	8:30-9:00 am Mod/Hi CXWORX™ - Jeanann	8:30-9:25 am Mod/Hi BODYCOMBAT™ - Donna	9:00-10:00 am Mod/Hi BODYSTEP™ - Veronica
9:00-10:00 am Low/Mod Hatha Yoga - Heather	9:00-10:00 pm Low/Mod Aqua Aerobics - Anne	9:00-10:00 am Low/Mod Aqua Aerobics - Anne	9:00-10:00 am Low/Mod Aqua Aerobics - Marlene	9:00-10:00 am Low/Mod Aqua Aerobics - Anne	9:15-9:55 am Low/Mod Family Yoga - Kendall
9:00-10:00 am Low/Mod Aqua Aerobics - Debbie	9:05-10:00 am Mod/Hi BODYSTEP™ - Marie	9:20-10:20 am Mod/Hi BODYPUMP™ - Sherrie	9:05-10:00 am Mod/Hi Zumba Toning - Revathi	9:15-10:15 am Mod/Hi TRX Boot Camp - Marni	10:00-10:45 am All/Kids Zumbatomic® - Janet
9:20-10:20 am Mod/Hi BODYPUMP™ - Sherrie	10:15-11:15 am Mod/Hi BODYCOMBAT™ - Arti	10:30-11:15 am Mod/Hi Group Cycling - Cyndi	10:15-11:15 am Mod/Hi BODYCOMBAT™ - Arti	9:30-10:25 am Mod/Hi BODYFLOW™ - Donna	10:05-11:05 am Mod/Hi BODYFLOW™ - Julie D./AI
10:30-11:15 am Mod/Hi Group Cycling - Marni	10:15-11:15 am Low/Mod Dance Aerobics - Lily	10:30-11:25 am Low/Mod Dance Aerobics - Sherry	10:15-11:15 am Low/Mod Dance Aerobics - Lily	10:30-11:00 am Kids Little Gymsters - Khalilah	11:15am - 12:15pm Low/Mod SharQui™ - Sandra
10:30-11:30 am Mod/Hi TRX Boot Camp - Sarah	10:15-11:15 am Low/Mod Meditative Yoga - Heather	10:30-11:30 am Mod/Hi TRX Boot Camp - Marni	11:20am - 12:20pm Low/Mod Body Sculpting - Sherry	10:30-11:30 am Low/Mod Dance/Sculpt - Lily	SUNDAY
11:20am - 12:20pm Low/Mod Dance Aerobics - Sherry	11:20am - 12:20pm Low/Mod Body Sculpting - Sherry	11:30am - 12:30pm Mod Pilates - Cyndi	12:30-1:45 pm Low/Mod Gentle Yoga - Nancy	11:05-11:50 am Kids Gym Ventures - Khalilah	7:15-8:15 am Mod/Hi BODYCOMBAT™ - Marci/Malena
3:55-4:25 pm Mod/Hi CXWORX™ - Sarah	12:30-1:45 pm Low/Mod Gentle Yoga - Nancy	3:00-3:45 pm Kids Gym Ventures - Rita	4:25-5:25 pm Mod/Hi BODYPUMP™ - Jeanann	11:40am - 12:25pm Mod/Hi Group Cycling - Dennis	7:30-8:30 am Low/Mod Sunrise Yoga - Tuyet
4:30-5:15 pm Mod/Hi Intro to Zumba - Angie	3:30-4:15 pm Low/Mod Family Yoga - Kendall	3:55-4:55 pm Mod/Hi Zumba - Iris	5:30-6:00 pm Mod/Hi CXWORX™ - Jeanann	12:35-1:45 pm Low/Mod Vinyasa Yoga - Kendall	8:30-9:30 am Mod/Hi BODYPUMP™ - Jodie
5:20-6:20 pm Mod/Hi BODYFLOW™ - Carol	4:25-5:25 pm Mod/Hi BODYPUMP™ - Jeanann	5:00-5:55 pm Mod/Hi BODYCOMBAT™ - Tom	6:10-6:55 pm Mod/Hi Group Cycling - Tom/Rick	4:30-5:30 pm Mod/Hi BODYFLOW™ - Julie D.	9:00-10:00 am Low/Mod Aqua Aerobics - Anne/Rita
6:25-7:25 pm Mod/Hi BODYPUMP™ - AI	5:30-6:00 pm Mod/Hi CXWORX™ - Tom	6:00-7:00 pm Mod/Hi BODYSTEP™ - Robin	6:10-6:55 pm Mod/Hi Boot Camp Express - Erica	5:35-6:35 pm Mod/Hi BODYPUMP™ - Jodie	9:45-10:15 am Mod/Hi CXWORX™ - AI
6:30-7:30 pm Low/Mod Aqua Aerobics - Rita	5:30-6:25 pm Low/Mod Yin Yoga - Judie	6:30-7:30 pm Mod Aqua Zumba - Angie	7:00-8:00 pm Low/Mod Yin Yoga - Tuyet	6:30-7:30 pm Mod Aqua Zumba - Janet	9:45-10:30 am Mod/Hi Group Cycling - Sarah
7:15-8:15 pm Low/Mod Intro to Yoga - Mary	6:10-6:55 pm Mod/Hi Group Cycling - Eda	7:00-8:00 pm Low/Mod Intro to Yoga - Heather	7:05-8:05 pm Mod/Hi BODYSTEP™ - Veronica	7:00-8:30 pm Low/Mod Ballroom Dance - Frank/Holt	10:40-11:40 am Mod/Hi Zumba - Janet
7:30-8:30 pm Mod/Hi Yoga - Kendall	6:10-6:55 pm Mod/Hi Boot Camp Express - Erica	7:05-8:00 pm Low/Mod Yoga - Tuyet	8:10-9:10 pm Mod/Hi BODYFLOW™ - AI		11:45am - 12:30pm Mod/Hi Zumba Toning - Janet
8:35-9:35 pm Low/Mod Pilates - Bill	7:00-7:30 pm Low/Mod Intro to Tai Chi - Roz	8:05-9:05 pm Low/Mod Pilates - Bill			
	7:05-8:05 pm Mod/Hi Zumba - Janet				
	7:30-8:30 pm Low/Mod Tai Chi - Roz				
	8:10-9:10 pm Mod/Hi BODYFLOW™ - Robin				



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- New
- Registration required. There may be a fee. See our Front Desk for details.
- For this class, sign-up is required at the front desk 45 minutes before start time to secure your spot.
- A or B Indicates the sides of the Group Exercise Room
- M Multi-purpose room
- W Wellness Center

GROUP FITNESS CLASS DESCRIPTIONS

SOUTH VALLEY FAMILY YMCA

AQUA AEROBICS A high-energy class utilizing a variety of routines in the water to increase cardiovascular endurance, muscle strength and flexibility.

BALLROOM DANCING Introduces you to a variety of Latin and smooth dances for physical and social benefits, increased body awareness and improved balance, grace, stamina, coordination and confidence.

BODYCOMBAT™ An energetic class inspired by Karate, Boxing, Taekwondo, Tai Chi and Muay Thai.

BODYFLOW™ Combines Yoga, Tai Chi and Pilates to build flexibility and strength and leave you feeling centered and calm. Includes controlled breathing, concentration, stretches, moves and poses to music for a holistic workout.

BODYPUMP™ A group barbell workout that challenges every major muscle in your body. Use weights and music to strengthen and tone, boost your endurance, and speed your metabolism.

BODYSTEP™ Uses a step bench with high intensity intervals and muscle conditioning. Shapes and tones the entire lower body while pushing fat-burning systems into high gear.

BODY SCULPTING Lively exercises to music strengthen and tone your muscles. Great for beginners and active older adults.

BOOT CAMP A total body cross-training workout combining cardio and muscle exercises with music. Held indoors and outdoors.

CXWORX™ Really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

DANCE AEROBICS Cardiovascular fitness with easy routines using popular music. You'll increase flexibility, endurance, body toning, and overall fitness.

FAMILY YOGA Parents and children come together to enjoy a variety of positions and poses with exciting music and fun animal noises. Children 7 and older are not required to have a parent accompany them in the class.

GENTLE YOGA Enjoy gentle Yoga poses and positions. Great for beginners.

GROUP CYCLING Interval drills are based on cadence, speed, work resistance, and recovery periods. No rhythmic or choreographed patterns.

HATHA YOGA Helps you achieve balance between the body and the mind through physical poses (Asanas), breathing techniques (Pranayama), and meditation. Asanas are body positions designed to improve health. Pranayama is the science of breath control.

INTRODUCTION TO YOGA A beginner class teaching opening poses, standing poses, salutations, shoulder and hip exercises, back and forward bends, inversions, twists, and finishing poses. Must be 15 or older.

PILATES Promotes flexibility, agility, good posture and body awareness. Develops a strong core of deep abdominal and pelvic muscles and muscles closest to the spine.

SHARQUI™ An anatomical approach to belly dance that works the entire body. No dance experience needed.

STRENGTH AND ABS A 30-minute sculpting class targeting all your major muscles.

TAI CHI Promotes serenity and focus through gentle movements connecting the mind and body. Originally developed in China, Tai Chi has evolved into a form of exercise suitable for all members—from people just beginning exercise to those looking for a new challenge.

TRX BOOT CAMP Increase core strength, cardio fitness, and flexibility, while learning proper form and technique. Increase the duration and intensity of your workouts.

TRX GROUP TRAINING Learn how to make TRX work for you (intensity/difficulty) in this all-TRX workout. Class size is limited to six so the instructor is focused on you, your form and execution. All levels welcome.

VINYASA YOGA Poses flow from one to another while focusing on breathing.

YIN YOGA Emphasizes deep, long stretches and targets the connective tissues in the hips, pelvis and lower spine. This class is yoga for the joints, not muscles.

YOGA Combines flexibility, strength, endurance, and breathing. Stretch your tight muscles and relax your cares away.

ZUMBA® A fusion of Latin and International music with dance themes that create a dynamic, exciting, effective fitness system. Features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Great for all levels.

ZUMBATOMIC® Is 100% kid friendly with songs and dances specially designed for children ages 4-12. The class promotes a healthy lifestyle while introducing your child to a fun group exercise experience.

ZUMBA TONING A Latin-inspired dance and tone program that utilizes light weights to build coordination and muscle endurance.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE HEALTHIER

Group Fitness Schedule Effective February 1, 2012 SOUTH VALLEY FAMILY YMCA



GROUP FITNESS

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body.

The Y is a place where you can work toward that balance through participating in our group fitness classes, fostering connections with friends, or bringing your loved ones closer together through our many family-centered activities.

At the Y, it's not about the activity you choose as much as it is about the benefits of living healthy on the inside as well as the outside.

SOUTH VALLEY FAMILY YMCA
5632 Santa Teresa Blvd., San Jose, CA 95123
408 226 9622 | southvalleyymca.org

GENERAL INFORMATION

- If you are new to group exercise or returning after an absence, tell your instructor in case you need modifications.
- Warming up is a vital part of exercise. If you are more than 10 minutes late, be sure to join us for the next class.
- If you need to leave a class early, inform your instructor at the beginning of the class.
- Closed-toe athletic shoes and athletic wear are required for all classes except Yoga and Pilates.
- No food, gum or drink allowed except for water in plastic containers.
- Turn off cell phones. If you need to take a call, be sure to step out of the room.
- Leave your bags in our locker rooms during your workout.

All fitness levels welcome. Ask our instructors to demonstrate modifications if you need them. Work at your own pace. Three days a week will maintain your current fitness level. Four-to-six days will improve your fitness. The best exercise program includes aerobic exercise, strength training and flexibility training. Minimum age to participate in group exercise classes is 9, with parent supervision. Observers should remain at the door.