

## Class Descriptions

**AOA SIT 'N GET FIT** - Chair fitness for older adults with special needs or seeking an alternative cardio workout.

**BASIC STEP** - Introductory movement on a step.

**BLT** - Butt, Legs, Tummy 40 minute target class.

**BOSU BOOTCAMP** - Balance, cardio, weights and agility drills bootcamp style.

**BOOTCAMP FITNESS** - A rigorous bootcamp circuit. Plyometrics, strength and cardio.

**BUILD & BURN** - Combines simple low impact step moves on the bench using light weights, and strength techniques.

**CARDIO & ABS** - 45-minute cardiovascular conditioning including a warm-up, aerobic segment (step and/or low impact) and abdominal work Beginner or returning exerciser.

**CARDIO/KICKBOXING** - Incorporates techniques from boxing/kickboxing into an aerobic workout.

**CARDIO SCULPT** - Strength training with cardio intervals/high impact.

**CORE** - An abdominal workout that combines typical abdominal exercises and Pilate's movement.

**CORE FUSION** - Focuses on core strength using techniques derived from Pilates, Yoga, Dance and conventional strength training.

**LOW IMPACT** - A "traditional aerobics" cardiovascular class with large, dynamic movements for an effective, vigorous workout.

**MUSCLE CONDITIONING** - Work with a variety of equipment (i.e. the step, weights, tubes and body bars).

**PILATES FUSION** - High energy metabolic boost, utilizing balls, weights, and bands.

**YOGA FUSION** - Pilates, Yoga & Dance Stretch combinations for strength and flexibility.

**PRIME TIME STRETCH 'N TONE** - Uses tubing, resist-a-balls, and free weights to improve balance, strength, and flexibility.

**REP REEBOK** - Group strength training with barbells and dumbbells.

**SALSA AEROBICS** - Aerobics with a Latin flair.

**STRENGTH & ENDURANCE** - Total body muscle conditioning, using weights and bands.

**STEP** - High intensity, low/moderate impact workout using an adjustable step.

## Class Descriptions

**TBW** - Total Body Workout incorporates 3 components of fitness (cardiovascular, strength work and flexibility) in one class.

**TRIPLE TRAIN** - Low impact Cardio Dance or Step, light weight training. A portion of the class may use the ball.

**ZUMBA** - Low impact aerobics with a latin flair.

☉ **Baby Friendly** = Babies too young for Kid's Place may accompany their mother to class. Babies must be in stroller or car seat. (Unhappy babies should leave immediately).

**Extra Fee Classes** - Please see Member Service Desk.

## Group Exercise Staff

Our instructors are certified by either YMCA, ACE, AFAA, and/or ACSM, or have a minimum of a four-year degree in a health/fitness field. To stay current with fitness trends our instructors attend training programs, work-shops, seminars and conventions. Music volume levels and class structure are set in accordance with industry standards.

Classes are monitored on a regular basis to ensure safe, effective and enjoyable workouts. We value your feedback, please contact the Group Exercise Coordinator or leave comments in the suggestion box anytime!

### **Group Exercise Staff:**

Jason Bell	Michele Noack
Robin Beltran	Corrie Noll
Venetta & Fred Bergeon	Tracy Purcell
Brian Brett	Monique Ramirez
Lesley Dobalian	Lorrel Ruben
Jill Drexler	Patricia Schantz
Ginny Dahlen	Kathy Schossow
Shirley Floyd	Melissa Severeid
Leo Francisco	Ninfa Skezas
Jill Giddings	Pam Toomes
Jane Haig	Cindy Webster
Tara Kearney	Bridget Savant
Joanne Kohlberg	
Claire Maund	

### **Group Exercise Coordinator:**

MaryAnn Nowell

## GROUP EXERCISE PROGRAMS

Sixty-two fitness classes are offered each week. We encourage participation in a variety of classes, exercising at a comfortable yet challenging level. Please select classes suitable to your skills and abilities. Classes are labeled for **INTENSITY**.

### **CLASS INTENSITY**

**Level 1.** A moderate fitness challenge. An excellent introductory class for new or returning exercisers. *Basic movement.*

**Level 2.** Recommended for intermediate and advanced fitness levels, modifications and variations provided. *Moderate amount of combinations.*

**Level 3.** A class designed to physically challenge the regular exerciser. *Creative combinations and/or increased intensity.*

**Level ALL.** Suitable for the general population with the opportunity to *increase or decrease the intensity when desired.*

### **NOTES**

- Classes for Plus-Sized participants are offered in the pool at Friars Road (see the Water Fitness Schedule).
- Minimum age to participate in group exercise classes is 13. Children under age 13 are not allowed to "sit and observe" classes in the MPR. You will be asked to leave class and check them into Kid's Place babysitting service.
- All classes are located in the Multi-Purpose Room unless otherwise indicated on the schedule.
- Interested in yoga, Pilates, NIA, stretch or tai chi classes? Pick up a schedule for our Hazard Center Mind/Body Annex or Toby Wells YMCA!
- Interested in indoor cycling? We offer Reebok Studio cycling at our Toby Wells facility, pick up a Cycling schedule today!

## *Group Exercise*

# Mission Valley YMCA

## NOVEMBER 2009

## **GROUP EXERCISE**

*SCHEDULE SUBJECT TO CHANGE  
Please view our website for the most updated schedule.*

### **Facility Hours:**

Monday-Thursday ....4:30 a.m.-11:00 p.m.  
Friday .....4:30 a.m.-10:00 p.m.  
Saturday.....7:00 a.m.- 9:00 p.m.  
Sunday.....7:00 a.m.- 8:00 p.m.

### **Kids Place Hours:**

*1.5 hour limit unless where noted*  
Monday-Friday .....8:00 a.m.-2:00 p.m.  
*2 hour limit:* 3:00 p.m.-8:00 p.m.  
Saturday.....8:00 a.m.-2:00 p.m.  
Sunday .....9:00 a.m.-2:00 p.m.

### **Mission Valley YMCA**

5505 Friars Road • 619-298-3576  
www.missionvalley.ymca.org

# Group Exercise Class Schedule

November 2009

## MONDAY

TIME	CLASS	LEVEL	INSTRUCTOR
A.M.			
5:30- 6:40	Bootcamp	All	Jason
7:00- 7:55	Core and Strength	2-3	Cindy
8:00- 8:55	Pilates Fusion	All	Jill G.
9:30- 10:25	Basic Step ☺ <i>(Baby Friendly)</i>	All	Pam
10:30- 11:15	Intermediate Step	1-2	Claire
11:15- 12:00	Basic REP Reebok ☺ <i>(Baby Friendly)</i>	1-2	Maryann
P.M.			
4:30- 5:25	Yoga Fusion	2-3	Maryann
5:30- 6:25	Weights & Abs	2-3	Patricia
6:30- 7:25	Cardio Kickbox	2-3	Joanne
7:30- 9:00	Capoiera	<i>Extra Fee</i>	

## TUESDAY

TIME	CLASS	LEVEL	INSTRUCTOR
A.M.			
5:30- 6:25	Strength & Endurance	All	Lesley
7:00- 7:55	TBW	All	Lorrel
8:00- 8:35	Intermediate Step	2-3	Jill G.
8:40- 9:25	REP Reebok	All	Jill G.
8:25- 9:25	YMCA Walk Reebok <i>(Meet inside the Mission Valley Mall at Macy's Furnishings)</i>	1	Shirley
9:30- 10:25	Low Impact	All	Shirley
10:30- 11:15	YAA Sit 'n Get Fit	1	Jill D.
11:20- 12:05	Prime Time Stretch 'n Tone	1	Shirley
P.M.			
4:00- 4:55	Low Impact	All	Jill D.
5:00- 5:25	Muscle Conditioning ☺ <i>(Baby Friendly)</i>	All	Jill D.
5:30- 6:25	Strength & Endurance	All	Joanne
6:30- 7:25	Cardio Kickbox	All	Joanne
7:30- 8:30	<b>NEW</b> Core Fusion	All	Michelle

- NOTES:**
- Board of Director's Meeting on Thursday, December 3. No classes scheduled before 9:30 a.m.
  - Classes are subject to change when necessary.
  - Call the Fitness Class Hotline at 619-298-3576 x1310 for information on substitute teachers. Schedule updated once a week.

☺ = Baby Friendly - see notes.

## WEDNESDAY

TIME	CLASS	LEVEL	INSTRUCTOR
A.M.			
5:30- 6:40	Bootcamp Fitness	All	Jason
7:00- 7:55	Low Impact/Tone & Stretch	All	Corrie
8:00- 8:40	Pilates Fusion ☺ <i>(Baby Friendly)</i>	All	Maryann
8:45- 9:25	B.L.T. ☺ <i>(Baby Friendly)</i>	All	Maryann
9:30- 10:25	Basic Step ☺ <i>(Baby Friendly)</i>	All	Pam
10:30- 11:15	Cardio & Abs	1-2	Jane
11:15- 12:00	REP Reebok	1-2	Jane
P.M.			
4:30- 5:25	Cardio Sculpt	2-3	Maryann
5:30- 6:25	Zumba	All	Melissa
6:30- 7:25	Cardio Kickbox	2-3	Joanne
7:30- 8:30	Break Dance (ages 13-adult)		<i>Extra Fee</i>

## THURSDAY

TIME	CLASS	LEVEL	INSTRUCTOR
A.M.			
5:30- 6:25	Build & Burn	All	Lesley
8:00- 8:25	Intermediate Step	2-3	Jill G.
8:30- 9:25	REP Reebok	All	Jill G.
8:30- 9:30	YMCA Walk Reebok <i>(Meet inside the Mission Valley Mall at Macy's Furnishings)</i>	1	Shirley
9:30- 10:25	Low Impact	All	Ginny
10:30- 11:10	YAA Sit 'n Get Fit	1	Jill D.
11:15- 12:00	Prime Time Stretch 'n Tone	1	Shirley
P.M.			
4:00- 4:55	Low Impact	All	Jill D.
5:00- 5:25	Muscle Conditioning	All	Jill D.
5:30- 6:25	Strength & Endurance	All	Maryann
6:30- 7:25	Zumba	All	Monique
7:30- 8:30	Salsa Aerobic	All	Leo
7:30- 8:30	Tribal Fusion (Hazard)		<i>Extra Fee</i>
8:30- 10:00	Caboiera		<i>Extra Fee</i>

## FRIDAY

TIME	CLASS	LEVEL	INSTRUCTOR
A.M.			
5:30- 6:25	Bootcamp Fitness	All	Patricia
7:00- 8:00	High Intensity/Low Impact	All	Corrie
8:30- 9:25	Bosu Bootcamp ☺ <i>(Baby Friendly)</i>	All	Maryann/Cindy
9:30- 10:25	Cardio Sculpt ☺ <i>(Baby Friendly)</i>	2-3	Maryann
10:30- 11:30	REP Reebok	All	Kathy
P.M.			
4:30- 5:30	Yoga Fusion	2-3	Maryann
5:35- 6:35	Boot Camp Fitness	2-3	Jason
6:40- 8:00	Ballroom		<i>Extra Fee</i>

## SATURDAY

TIME	CLASS	LEVEL	INSTRUCTOR
A.M.			
7:15- 8:15	Cardio Kickbox	2-3	Joanne
8:30- 9:25	Low Impact	All	Jill D.
9:00- 10:00	YMCA Walk Reebok <i>(Meet inside the Fashion Valley Mall at Bloomingdales)</i>	1	Shirley
9:30- 10:25	Zumba	All	Ninfa
11:00- 11:55	Triple Training	All	Tracy/Patricia
P.M.			
3:00- 5:00	Capoiera Music (ages 8-adult)		<i>Extra Fee</i>

## SUNDAY

TIME	CLASS	LEVEL	INSTRUCTOR
A.M.			
8:00- 9:00	Bootcamp	3	Jason
9:10- 10:00	Low Impact	2	Robin
10:00- 11:00	REP Reebok	All	Robin
11:00- 12:00	Salsa Aerobic ☺ <i>(Baby Friendly)</i>	All	Leo
P.M.			
12:05- 1:05	Hip Hop (ages 10-adult)		<i>Extra Fee</i>
4:00- 5:00	Low Impact	All	Jill D.