

## Rancho Family YMCA - Group Fitness Descriptions

\*Beginner, \*\*Intermediate, \*\*\*Advanced

**FITNESS CLASSES ARE FREE WITH MEMBERSHIP**

**Ab Lab\*\*** - Strengthen and tone your abdominal muscles in a concentrated core exercise experience! (30 min)

**Arthritis Foundation YMCA Aquatic Program (AFYAP)\*** - A recreational warm water exercise program designed for anyone living with arthritis. Pool is shared with adult lap swimmers. Aquatic facility is easily accessible through a convenient pool ramp. For further assistance please contact the Aquatic Department.

**Body Sculpting\*\*/\*\*** - Add muscle definition to your body through the intense strength workout using weights and bands. All the major muscle groups will be worked. All fitness levels are welcome!

**Boot Camp\*\*/\*\*** - Come join this high energy class and train like the pros! Class includes cardio, endurance, strength, and flexibility exercises.

**Cardio Flex and Balance\*** - Move to the music through a variety of exercises for cardio, muscular strength, range of movement, and flexibility. Hand held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. This 90 minute class will offer 45 minutes of cardio and strength and 45 minutes of chair yoga to work on your balance and coordination. Come join the fun!!

**Cardio Mix/Cardio Karate\*\*/\*\*** - This class is a cardio and strength combined with an instructor's choice format! All fitness levels are welcome for this challenging and always fun workout!! **Thursday 7:00 pm class** will combine cardio with Karate for **ages 10+**

**Cardio Polynesian Dance\*\*/\*\*** - A Polynesian Cardio Fitness program specifically designed for effective cardio and muscular exercise. It incorporates the fitness benefits of traditional Polynesian dance moves in combination with various aerobic & strength training strategies. Infused elements of yoga and Pilates make for an optimal full body workout routine.

**Family Yoga\*** - This class format is designed for kids ages 4-13. Class will offer strength, flexibility, breathing exercises, self confidence, listening skills, and discipline. Parents please be respectful for other members if your child becomes disruptive during Family Yoga. We ask that you quietly leave and try the class on a different day.

**Hatha Yoga \*continuing** -Tone the body and tune the mind. Learn to be calm and focus your energies and regain inner peace while improving physical strength. Emphasize awareness and relaxation through supported positions. All levels are welcome. **NEW—Hatha Gentle Yoga Friday 6:00 pm** This slower paced class will focus on breathing and releasing stress. All fitness levels welcome!

**Monday /Wednesday 6:30pm and Friday 6:00pm for ages 10+** Parents please be respectful for other members if your child becomes disruptive during Yoga. Please leave quietly and try the class on a different day.

**Mat Pilates\*** - This class will include development of physical and mental control through the Pilates Method of Body Conditioning. Emphasis will be on physical alignment, strengthening, breathing and balance control.

**Monday/Wednesday 7:30pm for ages 10+** Parents please be respectful for other members if your child becomes disruptive during Mat Pilates. We ask that you quietly leave and try the class on a different day.

**Nutrition Workshop** -Join us for a new outlook on nutrition and healthy lifestyles with others looking to increase their physical activity, modify eating habits, and better their overall health. Please contact Mar Lane at mlane@ymca.org for more information. (Offered 11/21/09 at 11am PC)

**On the Ball\*\*/\*\*** - This beginner to advanced class will offer core strengthening, and toning for all major muscle groups. Modifications will be offered for those with physical limitations. Please bring your own exercise ball if you have one.

**PiYo\*\*/\*\*** - This beginner class will include development of physical and mental control through the Pilates Method of Body Conditioning. Emphasis will be on physical alignment, strengthening, breathing and balance control. Stretches and classis Yoga postures that tone your entire body, while enhancing the skeletal, muscular, circulatory, respiratory, and endocrine systems. Focus on breathing, fluidity, strength and flexibility.

**PowerFit 4 Kids** - Cardio/strength class will offer different activities that will change every 5 weeks. Class format will help participants develop muscular strength, flexibility, and cardiovascular health, as well as self-confidence, listening skills, and discipline.

**Power Yoga\*\*/\*\*** - This class is a more demanding yoga workout through the development of strength, motion and balance. This class is taught in a room with elevated temperature to increase efficiency of muscle movement.

**Rise and Shine TBW\*\*/\*\*** - Start your day with an energizing total body workout!. M/W/F class will focus on cardio and T/Th will focus on strength.

**Sit and Get Fit** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated or standing support.

**Step It Up\*\*/\*\*** - This cardio/strength workout is full of powerful combinations that will challenge both your mind and your body. Expect fun choreography that is designed for those participants who have already mastered the basics of a step class.

**Step-n-Sculpt\*\*** - This class includes combinations on step as well as body sculpting exercises. Get all of your fitness needs in just one class!

**Step PLUS\*\*/\*\*** - Each class begins with a basic Step warm up, followed by a complete body workout that includes lower and upper muscle groups using hand weights. Class also works on inner/outer thighs, glutes and abs for a complete floor workout!!

**Spirit, Mind and Body Yoga\*** - Tone the body and tune the mind. Learn to be calm focus your energies and regain inner peace while improving physical strength. Emphasizes awareness and relaxation through supported positions. All levels are welcome.

**Tai Chi for Health\*** - Gain balance and strength the Eastern Way! Relax, rejuvenate , and develop your mind and body.

**T.K.B.(Turbo Kick Box)\*\*/\*\*** - Have fun and challenge your body in this fast paced, choreographed kickboxing class. All classes are taught using the heart-pumping beat of today's music that will leave you feeling strong and energized!

**Walking Club\*\*/\*\*** - Meet your fitness goal and enjoy the scenery along the way! The class will meet at the entrance to our new Scripps Ranch site offering a walk in the surrounding community. Boot Camp format, speed walking tips, along with core and stretching are included. Come join us for a fun walk. Great for stroller walking!!!

**Water Exercise\*\*/\*\*** - Beginning to advanced, low impact class that includes at least a 20-minute aerobic segment with an emphasis on strength training exercises designed to increase body alignment, posture and flexibility. Classes are taught in shallow water with optional deep water exercises in some classes. No swimming skills necessary!

**ZUMBA\*\*/\*\*** - Class will offer a choreographed Latin routine with easy to follow dance moves. Have fun dancing while burning away the calories. Ditch the workout and join the party in this energizing class!!



## **Fitness Schedule**

**November 2009**

### **Facility Hours:**

**Mon-Thurs: 5:30am-10:00pm**

**Friday: 5:30am-9:00pm**

**Saturday: 7:00am-7:00pm**

**Sunday: 9:00am-5:00pm**



**Rancho Family YMCA**

**9410 Fairgrove Lane**

**San Diego, CA 92129**

**Phone: 858.484.8788**

### **Mission Statement**

The Rancho Family YMCA is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the Spirit, Mind, and Body.

# Rancho Family YMCA Fitness Schedule

## NOVEMBER 2009 Revised

### Monday

<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
<b>AM</b>			
6-7	Rise and Shine TBW	PC	Rebekah
7:45-8:30	Body Sculpting	MPR	Dee
8:30-9	Ab Lab	MPR	Patty
8:30-9:30	Water Ex	Pool	Diane or Linda
9-10	Walking Club	Scripps Ranch	Mar
9:15-10:25	Step It Up	MPR	Patty
9:45-10:40	Arthritis Ex	Pool	Kristina
10:30-11:25	Yoga	MPR	Patty
11:30-12:25	Sit and Get Fit	MPR	Kristina
<b>PM</b>			
5:30-6:25	Boot Camp	PC	Dennis
6:05-7:00	Water Ex	Pool	Veena
6:30-7:30	Hatha Yoga	MPR	Sussan
6:30-7:25	T.K.B.	PC	Jimmy
7:30-8:25	Mat Pilates	PC	Julia

### Tuesday

<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
<b>AM</b>			
6-7	Rise and Shine TBW	PC	Rebekah
8-8:55	Water Ex	Pool	Dee
8:45-9:40	Cardio Mix	PC	Francine
9:15-10:10	Mat Pilates	MPR	Julia
10-10:55	On The Ball	PC	Mar
11-12:30	Cardio Flex and Balance	MPR	Francine
<b>PM</b>			
5:30-6:30	PIYO	MPR	Patty
6:30-7:25	Water Ex	Pool	Dennis
6:45-7:40	Step PLUS	MPR	Katie
7:45-9	Power Yoga	MPR	Craig

### Wednesday

<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
<b>AM</b>			
6-7	Rise and Shine TBW	PC	Rebekah
7-7:55	Tai Chi for Health	PC	John
7:45-8:30	Body Sculpting	MPR	Dee
8:30-9	Ab Lab	MPR	Patty
8:30-9:30	Water Ex	Pool	Kathy
9-10	Walking Club	Scripps Ranch	Mar
9:15-10:25	Step and Sculpt	MPR	Diane
9:45-10:40	Arthritis Ex	Pool	Kristina
10:30-11:25	Yoga	MPR	Diane
11:30-12:25	Sit and Get Fit	MPR	Kristina
<b>PM</b>			
5:30-6:25	Boot Camp	PC	Dennis
6:05-7:00	Water Ex	Pool	Kathy
6:30-7:30	Hatha Yoga	MPR	Sussan
6:30-7:25	T.K.B.	PC	Jimmy
7:30-8:25	Mat Pilates	PC	Julia

### Thursday

<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
<b>AM</b>			
6-7	Rise and Shine TBW	PC	Rebekah
8-8:55	Water Ex	Pool	Dee
8:45-9:40	Cardio Mix	PC	Francine
9:15-10:10	Mat Pilates	MPR	Julia
10-10:55	On The Ball	PC	Mar
11-12:30	Cardio Flex and Balance	MPR	Francine
<b>PM</b>			
4-4:45	PowerFit 4 Kids	PC	Diane
5:30-6:25	Cardio Polynesian Dance	MPR	Jennifer
6:30-7:25	Water Ex	Pool	Dennis
6:45-7:40	Step PLUS	MPR	Katie
7:45-9	Spirit, Mind, Body Yoga	MPR	Francine

### Friday

<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
<b>AM</b>			
6-7	Rise and Shine TBW	PC	Rebekah
8-8:40	Body Sculpting	MPR	Patty
8:30-9:30	Water Ex	Pool	Mary
8:45-9	Ab Lab	MPR	Patty
9:15-10:25	Step it Up	MPR	Patty
9:45-10:40	Arthritis Ex	Pool	Kristina
10:30-11:25	Yoga	MPR	Patty
11:30-12:25	Sit and Get Fit	MPR	Kristina
<b>PM</b>			
5:30-6:25	Boot Camp	PC	Dennis
6-7	<b>New</b> Hatha Gentle Yoga	MPR	Laura
7:30-8:25	Zumba	PC	Emma

### Saturday

<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
<b>AM</b>			
8:00-8:55	Water Ex	Pool	Alternate
8:45-9:55	Step and Sculpt	MPR	Diane or Mimi
10:00-10:55	T.K.B.	MPR	Jimmy
11:00-11:55	Yoga	MPR	Kellie or Shelly
11:00-12:00	Family Nutrition Workshop	PC Conference	Offered 11/21/09
12:00-12:30	Power Fit 4 Kids	PC	Kellie
12:30-1:00	Family Yoga	PC	Kellie

### Sunday

<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
<b>AM</b>			
10:00-11:15	Hatha Yoga	MPR	Sussan