



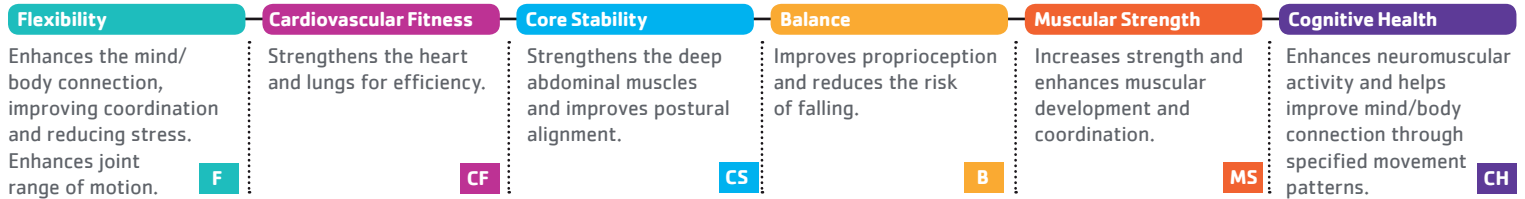
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLASSES INCLUDED WITH MEMBERSHIP

DAN MCKINNEY FAMILY YMCA • SHEPHERD YMCA FIREHOUSE

Membership includes access to all group exercise classes. Current group exercise class schedules are available at the Welcome Center and on our website: ymca.org/lajolla

Class Benefits:



Cardio & Strength

Barre **F CS B MS**
Sculpt your body and improve your posture using basic ballet principles

BODYCOMBAT® **CF CS B**
This martial arts-inspired, full-body LES MILLS® workout helps deliver superior results. Punch and kick your way to fitness with moves inspired by Karate, Tae Kwon Do, Boxing, Muay Thai, Capoeira and Kung Fu

BODYPUMP® **CF MS CS**
A pre-choreographed full-body workout program using light to moderate weights, performing high repetitions

Cardio Blast **CF CS MS**
A total-body, high-intensity cardio and strength workout

Cardio Kickboxing **CF CS B**
Non-contact, high-intensity boxing and kickboxing movements

Core Fit **CS MS B**
Strengthen your abs, obliques, lower back and more in this core-focused class.

Cycling **CF**
Cardio workout to music on specially designed stationary bicycles. Workout towel required.

Dance! **CF B**
High-energy, dance-inspired workout. No partner or special footwear required.

Exercise Lite **CF MS CH**
Low-impact workout followed by strength/stretching exercises. May include floor work.

Extreme Fit **CF CS MS**
Rigorous boot camp circuits combining plyometrics, agility, strength and cardio exercises

Forever Fit **CF MS CH**
Chair-based fitness using seated and standing exercises

Pound Fit™ **CF B MS CH**
A combination of cardio conditioning, strength training, yoga and pilates-inspired movements. Designed for all levels.

Step **CF B MS**
High-energy choreographed workout that uses adjustable step (step-board optional)

Strength **CS MS**
A full-body strength and conditioning class using a variety of equipment

TRX® **CS MS B**
A suspension training system that leverages gravity and your body weight to perform a variety of exercises

Stroller Jam **CF**
A unique cardio challenge that includes various walk terrains and a chance to meet new friends

STRONG by Zumba **CF CS B**
This full-body workout combines muscle conditioning, cardiovascular training and plyometric work synced to original music. No equipment needed; all levels welcome

Zumba® **CF**
Combines unique Latin moves and rhythms to create an exciting dynamic workout

Mind & Body

Balance **F B MS CH**
Reduce the risk of falling through improved balance

Foam Roller **F**
Helps restore muscular and joint function through myofascial release

Gentle Yoga **F CS B CH**
Breathing and relaxation in postures that are gentle on the joints

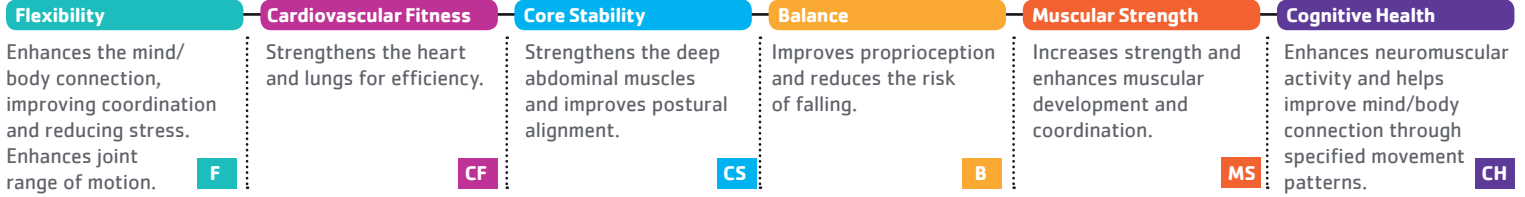
Hatha Yoga **F CS B CH**
Series of traditional postures that release tension and stress



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Class Benefits:



Pilates F CS MS CH
 A sequence of carefully performed movements that strengthen the body, open joints and release tension

Power Yoga F CS B MS CH
 Dynamic and challenging high-energy workout for experienced yogis

Restorative Yoga F CH
 Designed to revitalize the body and energize the spirit. Please bring a blanket or towel.

Stretch F
 Improve range of motion, joint health and posture

Tai Chi F B CH
 A form of martial arts that builds strength and balance

Vinyasa Yoga F CS B MS CH
 Series of poses that unite movement with breath

Water Exercise

Aqua Fit CF CS MS
 Low-impact water exercise in shallow water. Non-swimmers welcome.

Aqua Interval CF CS MS
 A tough workout that utilizes intervals and high-intensity activity appropriate for pool temperature.

Aqua Mind Body F CS B CH
 Movement is linked with breath creating awareness and relaxation

Aqua Strength CS MS
 Uses resistance equipment to strengthen your entire body

Aqua Zumba CF CS
 Water resistance with a Zumba philosophy offers a low-impact, high-energy aquatic pool party

Arthritis F CS B
 Arthritis class designed to alleviate pain and stiffness associated with arthritis and increase range of motion. Participant release required.

Deep Aqua Interval CF CS MS
 Non-impact exercise in deep water with assistance of a flotation belt. A tough workout that utilizes intervals and high-intensity activity appropriate for pool temperature

Deep Aqua Strength CF CS MS
 Non-impact exercise in deep water with assistance of a flotation belt. Uses resistance equipment to strengthen your entire body

Hydro Healing F CS B MS
 Gentle exercise designed to enhance joint mobility beneficial for participants with chronic health conditions