

<b>MONDAY</b>	<b>HIIT</b> 6:00a - 7:00a Abraham (Studio 1)	
	<b>Vinyasa Yoga</b> 7:00a - 8:15a Dafne (Studio 3)	
	<b>BODYCOMBAT®</b> 8:00a - 8:55a Michelle (Studio 1)	7+
	<b>Vinyasa Yoga</b> 8:30a - 9:45a Dafne (Studio 3)	
	<b>ZUMBA®</b> ♦ 9:00a - 9:55a Michelle (Studio 1)	7+
	<b>ZUMBA GOLD</b> ♦ ♦ ♦ 10:00a - 10:55a Rachel (Studio 2)	65
	<b>STRONG By Zumba®</b> ♦ 10:00a - 11:00a Michelle (Studio 1)	
	<b>Chair Yoga</b> ♦ ♦ ♦ 10:00a - 10:45a Lisa (Studio 3)	65
	<b>Step/Strength</b> 11:05a - 12:00p Jacquie (Studio 3)	7+ 65
	<b>Chair Yoga</b> ♦ ♦ ♦ 11:15a - 12:00p Lisa (Studio 3)	65
	<b>Bouncin Buddies</b> 1:00p - 1:45p Rita/Stephanie (Studio 2)	3+
	<b>Kids Only FIT</b> 4:00p - 4:45p Dina (Studio 2)	5+
	<b>Cycling/Interval</b> ♦ 5:00p - 5:45p Linda (Studio 1)	
	<b>BODYCOMBAT®</b> 6:00p - 6:55p Patty (Studio 1)	7+
<b>Vinyasa Yoga</b> 7:00p - 8:15p Tonya (Studio 3)	65	
<b>BODYPUMP®</b> ♦ 7:05p - 8:05p Liliana (Studio 1)		
<b>ZUMBA®</b> 7:15 - 8:10p Nadia (Studio 2)	7+ 65	

<b>TUESDAY</b>	<b>Cycling</b> 5:30a - 6:15a Michelle (Studio 1)	
	<b>Cycling</b> 8:00a - 8:45a Lisa (Studio 1)	65
	<b>Pilates</b> 8:00a - 8:55a Linda (Studio 3)	65
	<b>BODYPUMP®</b> ♦ 9:00a - 10:00a Renelynne (Studio 1)	
	<b>Pilates</b> ♦ 9:00a - 9:55a Lisa (Studio 3)	65
	<b>Exercise Lite</b> ♦ ♦ ♦ 10:00a - 10:55a Lisa (Studio 2)	65
	<b>BODYCOMBAT®</b> 10:05a - 11:05a Renelynne (Studio 1)	7+
	<b>Forever Fit</b> ♥ 11:15a - 12:00p Lisa (Studio 2)	65
	<b>Cycling</b> ♦ 6:00p - 6:45p Linda (Studio 1)	10+ 65
	<b>HIIT</b> ♦ 7:00p - 7:55p Linda (Studio 1)	7+
	<b>ZUMBA®</b> 7:00p - 7:55p Oliva (Studio 2)	7+
	<b>Hatha Yoga</b> ♦ 7:00p - 8:15p Patricia (Studio 3)	65

**IN PARTNERSHIP WITH**



**All classes & instructors are subject to change without prior notice.**

<b>WEDNESDAY</b>	<b>BODYPUMP®</b> 6:00a - 7:00a Lisa (Studio 1)	
	<b>Hatha Yoga</b> ♥ 7:00a - 8:15a Patricia (Studio 3)	65
	<b>Strength</b> 8:00a - 8:55a Daniza (Studio 1)	7+ 65
	<b>Hatha Yoga</b> ♦ ♦ ♥ 8:30a - 9:45a Patricia (Studio 3)	65
	<b>STRONG by Zumba®</b> ♦ 9:00a - 10:00a Michelle (Studio 1)	
	<b>Chair Yoga</b> ♦ ♦ ♦ 10:00a - 10:45a Jacquie (Studio 3)	65
	<b>HIIT</b> ♦ 10:00a - 10:55a Evelyn (Studio 2)	
	<b>Chair Yoga</b> ♦ ♦ ♦ 11:15a - 12:00p Jacquie (Studio 3)	65
	<b>ZUMBA GOLD TONING®</b> ♦ ♦ ♦ 10:05a - 11:00a Michelle (Studio 1)	65
	<b>Bouncin Buddies</b> 1:00p - 1:45p Rita/Stephanie (Studio 2)	3+
	<b>Kids Only FIT</b> 4:00p - 4:45p Dina (Studio 2)	5+
	<b>Cycling/Interval</b> ♦ 5:00p - 5:45p Linda (Studio 1)	
	<b>BODYCOMBAT</b> 6:00p - 6:55p Heather (Studio 1)	7+
	<b>BODYPUMP®</b> ♦ 7:05p - 8:05p Kelly (Studio 1)	
<b>ZUMBA®</b> 7:15p - 8:10p Claudia (Studio 2)	7+ 65	
<b>Pilates</b> 7:15p - 8:10p Vanessa C. (Studio 3)	65	

<b>THURSDAY</b>	<b>Cycling</b> 5:30a - 6:15a Sara P. (Studio 1)	
	<b>Step</b> 8:00a - 8:55a Yoyo (Studio 1)	65
	<b>Pilates</b> 8:00a - 8:55a Linda (Studio 3)	65
	<b>BODYPUMP®</b> ♦ 9:00a - 10:00a Yoyo (Studio 1)	
	<b>Pilates</b> ♦ 9:00a - 9:55a Jacquie (Studio 3)	65
	<b>Exercise Lite</b> ♦ ♦ ♦ 10:00a - 10:55a Jacquie (Studio 2)	65
	<b>Cycling</b> 10:15a - 11:00a Yoyo (Studio 1)	65
	<b>Forever Fit</b> ♥ 11:15a - 12:00p Jacquie (Studio 2)	65
	<b>Cycling</b> ♦ 6:00p - 6:45p Sunny (Studio 1)	10+ 65
	<b>HIIT</b> 7:00p - 7:55p Margot (Studio 1)	7+
	<b>UJAM®</b> 7:00p - 7:55p Renelynne (Studio 2)	7+ 65
	<b>Somatic Yoga</b> ♥ 7:15p - 8:30p Sunny (Studio 3)	65

**ANNOUNCEMENTS**

STUDIO 2 is available for "open workouts" when there are no classes or other YMCA programming. Members are welcome to workout in the outside courtyard area.

New Music. New Choreography. New Release. Join us for BODYPUMP Launch on Saturday, January 12th at 6:45 AM and 9:15 AM.

CXWORX New Release - Friday, January 11th at 10:00 AM

<b>FRIDAY</b>	<b>HIIT</b> 6:00a - 7:00a Abraham (Studio 1)	
	<b>Hatha Yoga</b> ♥ 7:00a - 8:15a Patricia (Studio 3)	65
	<b>BODYCOMBAT®</b> 8:00a - 8:55a Heather (Studio 1)	7+ 65
	<b>Hatha Yoga</b> ♦ ♦ ♥ 8:30a - 9:45a Patricia (Studio 3)	65
	<b>HIIT</b> ♦ 9:00a - 9:55a Evelyn (Studio 1)	7+
	<b>CXWORX®</b> 10:00a - 10:30a Lisa (Studio 1)	
	<b>Exercise Lite</b> ♦ ♦ ♦ 10:00a - 10:55a Jacquie (Studio 2)	65
	<b>Chair Yoga</b> ♦ ♦ ♦ 11:15a - 12:00p Lisa (Studio 3)	65
	<b>Kids Only Yoga</b> 4:00p - 4:45p Ondrya/Abraham (Studio 2)	7+
	<b>ZUMBA®</b> 6:00p - 6:55p Liliana (Studio 2)	65

<b>SATURDAY</b>	<b>BODYPUMP®</b> 6:45a - 7:45a Yoyo (Studio 1)	
	<b>Cycling</b> ♦ 8:00a - 9:00a Sara P. (Studio 1)	10+ 65
	<b>Extreme Fit</b> 8:00a - 8:55a Daniza (Studio 2)	7+ 65
	<b>Vinyasa Yoga</b> ♥ 8:30a - 9:45a Tonya (Studio 3)	65
	<b>BODYPUMP®</b> 9:10a - 10:10a Linda (Studio 1)	
	<b>ZUMBA®</b> 9:15a - 10:10a Eric (Studio 2)	7+ 65
	<b>COREFIT</b> 10:15a - 10:45a Linda (Studio 1)	7+ 65
	<b>Vinyasa Yoga</b> 8:30a - 9:45a Tonya (Studio 3)	65
	<b>BODYPUMP®</b> 9:00 - 10:00a Kelly (Studio 1)	



- ♦ **PASS REQUIRED.**
- 3+ **KIDS ONLY.** Members 3-5 years can participate Sign in is required.
- 5+ **KIDS ONLY.** Members 5+ can participate Sign in is required.
- 7+ **FAMILY FRIENDLY.** Members 7+ with parent can actively participate in this class
- ♥ **Y ACTIVE ADULT.** Activities designed for older adults
- 65 **GETTING STARTED.** A great place to begin or restart your exercise program



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CLASSES INCLUDED WITH MEMBERSHIP

## SOUTH BAY FAMILY YMCA

Participants pay the appropriate day-use fee. Current group exercise class schedules are also available online.

### Class Benefits:

Flexibility	Cardiovascular Fitness	Core Stability	Balance	Muscular Strength	Cognitive Health
Enhances the mind/body connection, improving coordination and reducing stress. Enhances joint range of motion.	Strengthens the heart and lungs for efficiency.	Strengthens the deep abdominal muscles and improves postural alignment.	Improves proprioception and reduces the risk of falling.	Increases strength and enhances muscular development and coordination.	Enhances neuromuscular activity and helps improve mind/body connection through specified movement patterns.

## Cardio & Strength

### BODYPUMP®

A pre-choreographed full-body workout program using light to moderate weights, performing high repetitions

CF MS CS

### Cardio Blast

A total-body, high-intensity cardio and strength workout

CF CS MS

### Cycling

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

CF

### CXWORX®

Experience this 30-minute workout using resistance tubes, weight plates and body exercises like crunches and hovers. You will also train the hips, glutes and lower back.

CS MS

### Exercise Lite

Low-impact workout followed by strength and stretching exercises. May include floor work.

CF MS CH

### Forever Fit

Chair-based fitness using seated and standing exercises

CF MS CH

### HIIT

High Intensity Interval training

CF

### Step

High-energy choreographed workout that uses adjustable step (step-board optional)

CF B MS

### Strength

A full-body strength and conditioning class using a variety of equipment

CS MS

### BODYCOMBAT™

A pre-choreographed non-contact martial arts-inspired workout with moves from Karate, Taekwondo, Boxing, Mu Thai, Capoeira and Kung Fu.

CF CS MS

### Extreme Fit

Rigorous boot camp circuits combining plyometric, agility, strength, and cardio exercises

CF CS MS

## STRONG by Zumba®

High Intensity Tempo Training (HITT) class with movements like tuck jumps, burpees, squats, & mountain climbers all done to the sounds and flair of Zumba® music!

CS CF

### Zumba®

Combines unique Latin moves and rhythms to create an exciting dynamic workout

CF

### Zumba® Gold

A modified Zumba class that recreates the original moves you love at a lower intensity

CF

### Zumba® Gold Toning

A modified Zumba class with a redefining total body workout using Zumba Toning Sticks to shake up those muscles

MS CF

### U-JAM™

Dance your way into a new cardio fitness workout that infuses the hottest world beats with an urban flavor

CF

### CORE FIT

Strengthen your abs, obliques, lower back and more in this core-focused class

CS MS B

## Youth Fitness

### Bouncin' Buddies

For 3-5yrs old. Age appropriate poses, parent/guardian must remain in facility and sign-in is required

CF

### Kids Only Fit

For 5-12 yrs. old. Age appropriate exercises. Parent/guardian must remain in facility and sign-in is required

CF

### Kids Only Yoga

For 5-12 yrs. old. Age appropriate poses. Parent/guardian must remain in facility and sign-in is required.

F B CH

## Mind & Body

### Chair Yoga

Enjoy the benefits of yoga utilizing a chair for support (bring your own mat)

F CS B CH

### Hatha Yoga

Series of traditional postures that release tension and stress (bring your own mat)

F CS B CH

### Pilates

A sequence of carefully performed movements that strengthen the body, open joints and release tension (bring your own mat)

F CS MS CH

### Somatic Yoga

Moving, sensing and feeling the body through exercise (bring your own mat)

F CH

### Vinyasa Yoga

Series of poses that unite movement with breath (bring your own mat)

F CS B MS CH

## GROUP EXERCISE

### ETIQUETTE & POLICES

- Please be on time to get a full & effective workout. Late arrival is not permitted.
- Follow the instructor's format, modifications are provided for various fitness levels
- Cell phones must be turned off or set to "silent."
- No texting or headphones in class
- Excessive use of cologne, perfumes, etc. are not permitted
- Bring your own workout towel and/or yoga mat
- Opened-toed, sling backs, flip flops and denim jeans are not permitted in class
- Limit your conversations in class; it is disruptive for other members
- Wipe off bikes after use. Bikes are only to be moved by designated staff.
- All equipment should be returned to the proper storage. Re-rack weights.
- Do not enter the class while another is in progress. Honor the transition times between classes.
- Class design may be temporarily formatted differently to accommodate instructor subbing
- All classes & instructors are subject to change without prior notice

Classes are free for members. Participants pay the appropriate day-use fee. Current group exercise class schedules are also available online. Schedule and Instructors are subject to change.