STUDIO 2

is available for "open workouts" when there are no classes or other YMCA programming. Members are welcome to workout in the outdoor functional space and turf area.

*TRX EXPRESS classes are weather permitting and is scheduled seasonally.

ANNOUNCEMENTS

World of Dance UJAM Party Event
Come join us for the BIGGEST Dance Party of the year on Saturday, September 7th, 12:00-2:30 PM at our Eastlake YMCA! Experience two and half hours of a cardio fitness workout that infuses the hottest world beats with an urban flair! Register for your spot today!

LES MILLS QUARTERLY LAUNCH DATES
Save the dates and get ready for another exciting launch as we release new music and choreography.

SOUTH BAY YMCA GROUP EXERCISE SCHEDULE

MONDAY

Hatha Yoga
7:00a - 8:15a
Nicole (Studio 3)

BODYPUMP®
6:00a - 7:00a
Lisa (Studio 1)

PIATES
7:00a - 8:15a
Linda (Studio 3)

BODYCOMBAT®
8:00a - 8:55a
Michelle (Studio 1)

ZUMBA®
9:00a - 9:55a
Michelle (Studio 1)

ZUMBA GOLD®
10:00a - 10:55a
Rachel (Studio 2)

EXERCISE LITE
10:00a - 10:55a
Olivia (Studio 2)

FOREVER FIT
11:15a - 12:00p
Olivia (Studio 2)

Chair Yoga
11:15a - 12:00p
Lisa (Studio 3)

Bouncin Buddies
1:00p - 1:45p
Rita/Stephanie (Studio 2)

Kids Only FIT
4:00p - 4:45p
Kevin (Studio 2)

Cycle/Interval
5:00p - 5:45p
Linda (Studio 1)

TRX™ EXPRESS®
5:30p - 6:15p
Jessi (Outdoor)

BODYCOMBAT®
6:00p - 6:55p
Cecy (Studio 1)

Vinyasa Yoga
7:00p - 8:15p
Anna (Studio 3)

BODYPUMP®
7:05p - 8:05p
Patty/Kelly (Studio 1)

ZUMBA®
7:15p - 8:10p
Adriana (Studio 2)

TUESDAY

Cycling
5:00a - 6:15a
Allison (Studio 1)

PIATES
8:00a - 8:55a
Linda (Studio 3)

BODYPUMP®
9:00a - 10:00a
Renelyne (Studio 1)

PIATES
9:00a - 9:55a
Lisa (Studio 3)

BODYCOMBAT®
10:05a - 11:05a
Renelyne (Studio 1)

FOREVER FIT
11:15a - 12:00p
Olivia (Studio 2)

Chair Yoga
11:15a - 12:00p
Lisa (Studio 3)

Bouncin Buddies
1:00p - 1:45p
Rita/Stephanie (Studio 2)

Kids Only FIT
4:00p - 4:45p
Kevin (Studio 2)

Cycle/Interval
5:00p - 5:45p
Linda (Studio 1)

TRX™ EXPRESS®
5:30p - 6:15p
Jessi (Outdoor)

BODYCOMBAT®
6:00p - 6:55p
Cecy (Studio 1)

Vinyasa Yoga
7:00p - 8:15p
Anna (Studio 3)

BODYPUMP®
7:05p - 8:05p
Patty/Kelly (Studio 1)

ZUMBA®
7:15p - 8:10p
Adriana (Studio 2)

WEDNESDAY

BODYPUMP®
6:00a - 7:00a
Lisa (Studio 1)

PIATES
7:00a - 8:15a
Patricia (Studio 3)

STRENGTH
8:00a - 8:55a
Daniza (Studio 1)

PIATES
8:30a - 9:45a
Patricia (Studio 3)

BODYPUMP®
9:00a - 10:00a
Yoyo (Studio 1)

PIATES
9:00a - 9:55a
Jacquie (Studio 3)

PIATES
10:15a - 11:05a
Michelle (Studio 1)

BODYPUMP®
10:30a - 11:30a
Olivia (Studio 2)

FOREVER FIT
11:15a - 12:00p
Olivia (Studio 2)

Chair Yoga
11:15a - 12:00p
Jacquie (Studio 3)

Bouncin Buddies
1:00p - 1:45p
Rita/Stephanie (Studio 2)

Kids Only FIT
4:00p - 4:45p
Eduardo (Studio 2)

Cycle/Interval
5:00p - 5:45p
Stephanie (Studio 1)

BODYPUMP®
6:00p - 6:55p
Eduardo (Studio 1)

BODYPUMP®
7:05p - 8:05p
Kelly (Studio 1)

ZUMBA®
7:15p - 8:10p
Claudia (Studio 2)

PIATES
7:15p - 8:10p
Vanessa (Studio 3)

THURSDAY

Cycling
5:30a - 6:15a
Sara P. (Studio 1)

PIATES
8:00a - 8:55a
Linda (Studio 3)

BODYPUMP®
9:00a - 10:00a
Yoyo (Studio 1)

PIATES
9:00a - 9:55a
Jacquie (Studio 3)

PIATES
10:15a - 11:05a
Michelle (Studio 1)

BODYPUMP®
10:30a - 11:30a
Olivia (Studio 2)

FOREVER FIT
11:15a - 12:00p
Rebecca (Studio 2)

Chair Yoga
11:15a - 12:00p
Jacquie (Studio 3)

Bouncin Buddies
1:00p - 1:45p
Rita/Stephanie (Studio 2)

Kids Only FIT
4:00p - 4:45p
Eduardo (Studio 2)

Cycle/Interval
5:00p - 5:45p
Stephanie (Studio 1)

BODYPUMP®
6:00p - 6:55p
Eduardo (Studio 1)

BODYPUMP®
7:05p - 8:05p
Kelly (Studio 1)

ZUMBA®
7:15p - 8:10p
Claudia (Studio 2)

PIATES
7:15p - 8:10p
Vanessa (Studio 3)

FRIDAY

Hatha Yoga
7:00a - 8:15a
Patricia (Studio 3)

BODYPUMP®
6:45a - 7:45a
Yoyo (Studio 1)

PIATES
8:00a - 8:55a
Linda (Studio 3)

BODYPUMP®
8:00a - 8:55a
Eduardo (Studio 1)

Hatha Yoga
8:30a - 9:45a
Patricia (Studio 3)

HIIT
9:00a - 9:55a
Evelyn (Studio 1)

HIIT
10:00a - 10:55a
Yoyo (Studio 1)

EXERCISE LITE
10:00a - 10:55a
Jacquie (Studio 2)

Chair Yoga
11:15a - 12:00p
Rebecca (Studio 2)

Cycling
10:15a - 11:00a
Lisa/Yoyo (Studio 1)

EXERCISE LITE
10:15a - 11:05a
Jacquie (Studio 2)

Chair Yoga
11:15a - 12:00p
Jacquie (Studio 3)

ZUMBA®
6:00p - 6:55p
Adriana (Studio 2)

SUNDAY

BODYPUMP®
9:00a - 10:00a
Kelly (Studio 1)

Vinyasa Yoga
8:30a - 9:45a
Tonya (Studio 3)

Vinyasa Yoga
8:30a - 9:45a
Tonya (Studio 3)

COREFIT
10:15a - 10:45a
Eric (Studio 2)

VINYASA YOGA
9:15a - 10:10a
Linda (Studio 1)

BODYPUMP®
9:10a - 10:10a
Linda (Studio 1)

BODYPUMP®
9:10a - 10:10a
Linda (Studio 1)

EXTREME FIT
8:00a - 9:00a
Daniza (Studio 2)

VINYASA YOGA
8:30a - 9:45a
Tonya (Studio 3)

BODYPUMP®
8:30a - 9:45a
Tonya (Studio 3)

BODYPUMP®
8:00a - 9:00a
Sara P. (Studio 1)

BODYPUMP®
9:00a - 9:00a
Sara P. (Studio 1)

BODYPUMP®
6:45a - 7:45a
Yoyo (Studio 1)

BODYPUMP®
6:45a - 7:45a
Yoyo (Studio 1)

BODYPUMP®
6:45a - 7:45a
Yoyo (Studio 1)

BODYPUMP®
6:45a - 7:45a
Yoyo (Studio 1)

PASS REQUIRED.
Please pick up a pass at the Welcome Center

KIDS ONLY. Members 3–5 years can participate. Sign in is required. A minimum of 2 participants to run the class.

KIDS ONLY. Members 5+ can participate. Sign in is required.

FAMILY FRIENDLY. Members 5+ with parent can actively participate in this class.

ACTIVE ADULT. Activities designed for older adults.

GETTING STARTED. A great place to begin or restart your exercise program.

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

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

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

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

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

**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.

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

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

**HIIT**
High intensity interval training

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

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

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

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

## STRONG by Zumba®

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

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

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

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

**U-JAM™**
Dance your way into a new cardio fitness workout that infuses the hottest world beats with an urban flavor

**CORE FIT**
Strengthens your abs, obliques, lower back and more in this core-focused class

## Mind & Body

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

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

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

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

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

## Youth Fitness

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

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

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

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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.