

GROUP EXERCISE

Winter effective January 2nd



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Classes located in the Group Exercise Room-- unless otherwise noted.
B=Beginning **S**=Fee-based class
I=Intermediate = Space is limited. Sign up at Welcome desk.

•Group Exercise classes/instructors/rooms are subject to change without notice.

Classes	Key	Monday	Tuesday	Wednesday	Thursday	Friday	Sat. & Sun
Adult Aikido S	B/I	7:45-9:30p Don			7:45-9:30p Don		
Baby Buggy Bootcamp Activity Center	All	4:00-5:00pm On Hiatus					
BodyCombat™	All	On Hiatus until Spring					
CardioBoxing	I		6:35-7:45p Montse		6:30-7:30p Luisa		
Cardio Hip Hop	B/I	Intro 4:10p Gina 4:25-5:25p					
Cycling Upstairs	All	6:00-6:45a Natalie 8:30-9:30a Roseanne 12:15-1:15p Merritt 5:30-6:15p Becky	8:30-9:30a Jamie 5:30-6:30p Michelle	6:00-7:00a Natalie 8:30-9:30a Heather 12:15-1:15p Dawn 5:30-6:15p Brandon	8:30-9:30a Jamie 5:30-6:30p Howard	6:00-6:45a Staff 8:30-9:30a Dia 12:15-1:15p Natalie	Saturday 8:30-9:30a Natalie/Becky
Feldenkrais Conference Room	All			1:30-2:30p Donna			
Gentle Strength & Stretch	B		1:00-2:00p Beverley	2:30-3:30p Beverley	1:00-2:00p Beverley	2:30-3:30p Beverley	
Jazz	All		12-1p Jill				
Madness!	I			9:00-10:15a Laurie		9:00-10:15a Merritt	
Meditation (Conference Room)	All		12:30-1:30p Holly 2 nd & 4 th Tuesday of Month only				
Pilates (mat)	B/I	12:00-1:00p Nicole M 5:30-6:30p Jasmine	5:30 – 6:30p Colleen	12:00-1:00p Dia			
PiYo Strength (1st & 3rd Saturday of Month)	All						Saturday 8:45-10:00a Roseanne
Prenatal Yoga	B	5:30-6:30p Kendra Conference Room					
R.I.P.P.E.D.	All				Begins Jan 12 th 4:30-5:30p Becky		
Stay Fit Forever	B	11:00-12:00n Dawn		11:00-12:00n Dia		11:00-12:00n Tredia-- dance emphasis	
Step	B/I		9:00-10:15a Darcie		9:00-10:15a Darcie		(2 nd & 4 th Saturday of Month) 8:45-10:00a Laurie
Straighten Up & Move	All			6:45-7:45p Mary			
Tai Chi	B/I				12:00-1:00p Nancy		
The Y Walking Club Outside	All		12:00-1:00p Eddie		12:00-1:00p Eddie		
The Weekend Y Walk (3 rd Saturday of Month)	All						Saturday 10:00a Lynn
Y's Way to Fitness	All	6:30-7:30a Jerry		6:30-7:30a Jerry		6:30-7:30a Jerry	
Yoga	All	9:00-10:15a Laura B. Power Yoga 1:15-2:15p Nicole Gentle 6:35-7:35p Nasrina Intermediate	10:30-11:45a Nichole T Multi 4:30-5:30p Laura L Gentle	1:15-2:15p Laura B Gentle 5:30-6:45p Nichole T Multi	10:30-11:45a Nasrina Power Yoga 5:30-6:30p Shelley/Laura	1:15-2:15p Laura B Gentle 5:30-7:00p Ruth Intermediate	Sunday 2:00-3:20p Power 3:30-4:30p Gentle Nasrina
Yoga/Pilates @Hahn Elementary (Rohnert Park)	All				8:30-9:30a Nicole M		
Yoga Bugs	All	10:15-10:45a Maria					
Youth Aikido (7-12yrs) S	All		3:30-4:30p Jay		3:30-4:30p Jay		
Zumba®	B/I		5:30-6:30p Ruth Activity Center		5:30-6:30p Ruth Activity Center	12:00-1:00p Tina	Saturday 7:30-8:30a Angela/Ruth

NOTICES

- Most **classes FREE** to Facility Members (fee-based classes are noted with a **\$**)
- Ages **13 & up** are welcome
- Please **do not wear perfume/cologne** to classes
- Please wear **layered clothing** Body temperature is usually low at the beginning & end of class and higher in the middle.
- We are not responsible for lost or stolen items

Class Descriptions

Fee based classes- please see class flyers for details: Adult Aikido, Youth Aikido

BodyCombat – This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

CardioBoxing – A high energy, fast-paced aerobic workout utilizing the drills & skills of kick boxing. Space is limited. Please sign up at the Welcome Desk.

Cardio Hip Hop – A great opportunity to workout with a fun, funky dance style. Easy to learn for all levels. Ages 13 and up.

Cycling (indoor) – A self-paced group indoor cycling workout for all levels to improve cardiovascular endurance and cycling stamina. Space is limited. Please sign up at the Welcome Desk.

Feldenkrais – Slow, gentle motions designed to increase awareness & ease of movement. Class formatted for participants to be seated or laying down.

Gentle Strength/Stretch – For the beginner or if you are just returning to exercise. Geared toward the 50+ crowd. Basic weight training for strength and endurance, flexibility training to release tension, gain shoulder mobility, and core strengthening which may reduce low-back stress.

Jazz Dance – Choreographed routines for the participant familiar with this style of movement and having a dance background.

Madness! – This total body conditioning class uses weights, bands, jump ropes, and exercise balls to improve your strength, flexibility, balance, and cardiovascular health. Class ends with 7-10 minutes of stretching/relaxation. **Adaptable to beginning levels.**

Pilates (mat) – Based on the work of Joseph Pilates. Mat work is a combination of highly specialized strength work to empower and elongate muscles creating balance and correction in movement and posture. Must be able to get up & down from the floor.

PiYo Strength – PiYo™ is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability. For all levels, beginning to advanced.....consider it yoga and pilates barefoot bootcamp!

R.I.P.P.E.D. Experience this total body "plateau proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines **Resistance, Intervals, Power, Plyometrics, Endurance, and Diet** components of **R.I.P.P.E.D.** to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

Stay Fit Forever – Designed for anyone desiring a less strenuous aerobic workout for the 40+ crowd, this class offers 20-35 minutes of choreographed cardiovascular exercise then 15-20 minutes muscular toning & 5-10 minutes of stretching to improve posture and balance. ****Friday Stay Fit** is 40-50 minutes of dance-based interval choreography sometimes incorporating weights and stretches throughout the choreography.

Step – Low-impact movements performed on and off an adjustable step. Intensity is determined by speed, travel patterns, and choreography. Includes strength work and stretch at the end of class.

Straighten Up & Move – Improve joint range of motion and overall freedom of movement with a combination of Egoscue® postural fitness exercises and Patch whole-body functional movement. Proper alignment will be taught using warm-up exercises drawn from the Egoscue® method. The Patch program uses a variety of movements that are intended to be fun and functional, the kind of movement we did naturally as kids.

Tai Chi – Release physical & mental tension with this ancient Eastern breathing & moving technique. Improve flexibility, enhance strength. Learn special modifications for your unique abilities

Y Walking Club – An instructor led opportunity to walk outdoors in the Hidden Valley & Historic McDonald areas around the YMCA. Group also meets offsite for walks in the community once a month.

Y's Way to Fitness – A national YMCA Adult Physical Fitness Program designed to utilize standard calisthenics- windmills, donkey kicks, bands, weights- suited equally for beginning to advanced participants. Includes core strengthening.

Yoga – a physical, mental, and spiritual discipline. The goal of the person practicing yoga, is the attainment of a state of perfect spiritual insight and tranquility. The goals of yoga are varied and range from improving health to achieving moksha, which is liberation from all worldly suffering and the cycle of birth and death.

Zumba - combines irresistible Latin and international dance music with easy-to-learn moves, borrowing steps from salsa, cumbia, cha cha, samba, reggaeton, and more! Space is limited. Please sign up at the Welcome Desk.