



WINTER GROUP EXERCISE SCHEDULE

MON	TUE	WED	THUR	FRI	SAT	SUN
5:45a (30 MIN) GRIT™ Sheri T.	5:45a BODYPUMP™ Lewelyn F.	5:45a (30 MIN) SPRINT™ Sheri T.	5:45a BODYPUMP™ Pam D.			
6:00a AOA Circuit Bob O.		6:00a AOA Circuit Bob O.		6:00a AOA Circuit Bob O.		
6:15a (30 MIN) CXWORX Sheri T.		6:15a (30 MIN) CXWORX Pam D.				
7:30a AOA Circuit Fabiola N.	8:00a (45 MIN) BODYFLOW® Sheri T.	7:30a AOA Circuit Fabiola N.	8:00a (45 MIN) BODYFLOW® Ron W.		7:45a (30 MIN) GRIT™ Nancy W.	
8:30a Y Barre Sheri T.	8:45a (30 MIN) CXWORX™ Sheri T.	8:30a Y Barre Nancy W.	8:45a (30 MIN) CXWORX™ Ron W.	8:30a Y Barre Debbie O.	8:30a BODYPUMP™ Nancy W.	
9:00a Cycle Debbie O.	9:30a (45 MIN) BODYCOMBAT™ Andrew W.	9:00a Cycle Cory R.	9:30a (45 MIN) BODYCOMBAT™ Joel M.	9:00a Cycle Fabiola N.	8:30a Cycle Yolanda M.	9:00a Cycle Debbie O.
9:30a BODYFLOW® Karen Y.	9:30a (30 MIN) SPRINT™ "T"	9:30a BODYFLOW® Nancy W.	9:30a (30 MIN) SPRINT™ "T"	9:30a BODYFLOW® Andrew W.	9:30a Zumba® Elena V.	9:00a (75 MIN) Restorative Yoga Sasha M.
9:30a Zumba® Melodie K.	10:00a (45 MIN) Simply Strength Tonya S.	9:30a Zumba® Katy V.	10:00a (45 MIN) Simply Strength Tonya S.	9:30a Zumba® Laura N.		
10:30a BODYPUMP™ Melodie K.	10:15a Zumba® Toning "T"	10:30a BODYPUMP™ Karen Y.	10:15a Zumba® Toning "T"	10:30a BODYPUMP™ Julie C.	10:30a Yoga Sasha M.	10:30a Zumba® Ruena V.
11:30a Mat Pilates Cory R.	11:30a Yoga Judy G.	11:30a Mat Pilates Cory R.	11:30a Yoga Judy G.	11:30a Balance & Mobility Debbie O.		
	12:00p Silver Dance Linda K.		12:00p Silver Dance Linda K.			
1:00p AOA Circuit Bob O.	1:00p SilverSneakers® Classic Marcia M.	1:00p AOA Circuit Bob O.	1:00p SilverSneakers® Classic Marcia M.	1:00p SilverSneakers® Classic Marcia M.		
2:00p Tai Chi Ron C.	2:00p PEP4U	2:00p Tai Chi Ron C.		2:00p Chair Yoga Ashlee R.		
2:00p PEP4U	3:00p Parkinson's Boxing	2:00p Parkinson's Cycle	2:00p PEP4U		2:30p PEP4U	
5:30p (30 MIN) SPRINT™ "T"	6:00p Total Fit Amy B.	5:30p (30 MIN) HIIT Cycle Yolanda M.	6:00p Total Fit Amy B.			
6:00p BODYCOMBAT™ Instructor	6:00p (30 MIN) GRIT™ Andrew W.	6:00p BODYCOMBAT™ Michelle E.	6:00p (30 MIN) GRIT™ Andrew W.			GROUP EXERCISE STUDIO
6:00p BODYPUMP™ Julienne C.	6:30p BODYFLOW® Michelle E.	6:00p BODYPUMP™ Ron W.	6:30p BODYFLOW® Lily D.			MOVEMENT STUDIO
7:00p Yoga Ted M.	7:00p Zumba® Ruena V.	7:00p Yoga Ted M.	7:00p Zumba® Marisol M.			CYCLE STUDIO



CLASS DESCRIPTIONS



STRENGTH


LES MILLS BODYPUMP (55 MIN) Total body workout to gain strength and lean, toned muscle.

LES MILLS CXWORX (30 MIN) Functional core training for a stronger body.

Simply Strength (30 MIN) Develop muscular strength and endurance using hand weights and resistance bands.

CARDIO

LES MILLS BODYCOMBAT (45 MIN) High-energy martial-arts inspired workout.

 **ZUMBA** (55 MIN) Inspired by Latin dance with easy to follow steps and body sculpting movements.

LES MILLS GRIT (30 MIN) High-intensity interval training (HIIT) workout available in 3 different training styles: Cardio, Strength, and Athletic.

Total Fit (55 MIN) Athletic interval format that mixes the use of steps and hand weights.

MIND/BODY

LES MILLS BODYFLOW (55 MIN) Yoga-based class that incorporates Tai Chi and Pilates.

Mat Pilates (55 MIN) Strengthen core muscles with an emphasis on posture and deep breathing.

Y Barre (55 MIN) Low impact, high energy fusion of barre work and light weight resistance training.

Yoga (55 MIN) Traditional practice designed to build strength, flexibility, balance and stamina.

Restorative Yoga (75 MIN) Achieve physical, mental, and emotional relaxation with the aid of props.

Balance & Mobility (55 MIN) Stretching is paired with foam rolling techniques to increase flexibility and release muscles.

Tai Chi (45 MIN) Gentle movements performed in a slow, focused manner and accompanied by deep breathing and stretching.

SPIN

Cycle (55 MIN) Experience the ultimate ride through various training techniques with motivational music.

LES MILLS sprint (30 MIN) High-intensity interval training (HIIT) workout using an indoor bike to achieve fast results.

HIIT Cycle (30 MIN) Featuring short periods of intense anaerobic exercises with less-intense rest periods.

ACTIVE OLDER ADULTS (AOA)

SilverSneakers Classic (45 MIN) Increase muscular strength, range of movement, and improve activities for daily living. A chair is used for seated exercises or standing support.

AOA Circuit (45 MIN) This 45 minute circuit class includes both strength training and aerobic conditioning to create a full body workout in no time!

Chair Yoga (45 MIN) Yoga poses are performed while seated to increase flexibility, concentration, and inner peace.

Silver Dance (45 MIN) Cardio dance workout featuring simple dance moves that build into choreographed sequences.

PEP4U / Parkinson's Cycle / Parkinson's Boxing Offered by community partner PEP4U. Instructors and therapists have advanced training to target Parkinson's patient needs, including specific motor and cognitive issues. Caregivers are welcome.



LAGUNA NIGUEL FAMILY YMCA

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