



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LET'S WORK OUT TOGETHER

Group Exercise Schedule Mar 1, 2020

Group Ex	SUN	MON	TUE	WED	THUR	FRI	SAT
5:15-6:15am			BodyPump™ 5:15-6:15am (Amanda)		BodyPump™ 5:15-6:15am (Jackie)		
6:30-7:30am		BodyPump™ 6:30-7:30am (Allison)		BodyPump™ 6:30-7:30am (Todd)		BodyPump™ 6:30-7:30am (Allison)	
8:00-9:30am	BodyPump™ 8:30-9:15am (DeAnn)		BodyStep™ 8:30-9:30am (DeAnn)			CXWORX™ 8:00-8:30am (Allison)	BodyCombat™ 8:00-9:00am (Jan/Garry)
8:45-10:00am		BodyPump™ Express 8:45-9:15am (Jan)		BodyPump™ 8:45-9:45am (Jan)	BodyCombat™ 8:45-9:30am (Jennifer/Mel)	BodyPump™ 8:45-9:45am (DeAnn)	BodyPump™ 9:00-10:00am (Allison)
9:30-10:30am	BodyStep™ (DeAnn)	BodyCombat™ Express (Jan) 9:15-9:45am	Pilates (Bonnie)		Pilates (Nancy)		
10:00-11:00am		BodyFlow™ (Michael)	CxWorx(Abs/Core) 10:30-11 am (Mel)	Yoga Flow (Marianne)	CxWorx (Abs/Core) 10:30-11 am (Mel)	BodyFlow™ (Michael)	Yoga Flow 10:30-11:45am (Carina)
11:00-12:30pm		<b>Silver Sneakers</b> <b>11:00-11:45am</b> <b>11:45-12:30pm</b>	Zumba Gold® 11:00-12:00pm (Adriana)	<b>Silver Sneakers</b> <b>11:00-11:45am</b> <b>11:45-12:30pm</b>	Zumba Gold® 11:00-12:00pm (Adriana)	<b>Silver Sneakers</b> <b>11:00-12:00pm</b> <b>(Mary)</b>	
12:00-1:30pm		Chair Yoga 12:30-1:30pm (Lakshmi)	AOA 12:30-1:30pm (Adriana)	AOA 12:30-1:30pm (Suzanne)		<b>Silver Sneakers</b> <b>12:00-1:00 pm</b> <b>(Cindi)</b>	
3:30-4:15pm		<b>Youth Bootcamp</b> <b>Ages 4-7</b> <b>3:30-4:15</b>	Youth Yoga 4-7 3:30-4:15pm (Suzanne)	<b>Youth Bootcamp</b> <b>Ages 4-7</b> <b>3:30-4:15</b>	Youth Yoga 4-7 3:30-4:15pm (Suzanne)		
4:00-5:00pm		<b>Youth Bootcamp</b> <b>Ages 8-12</b> <b>4:15-5 pm</b>	Youth Yoga 8-12 4:15-5:00pm (Suzanne)	<b>Youth Bootcamp</b> <b>Ages 8-12</b> <b>4:15-5 pm</b>	Youth Yoga 8-12 4:15-5:00pm (Suzanne)		
5:00-6:00pm		BodyCombat™ (Jennifer)	Boot Camp 5:30-6:30pm (Shane)	BodyPump™ (Todd)	BodyStep™ (DeAnn)	BodyPump™ 5:30-6:30pm (Romy)	
6:00-7:00pm		BodyPump™ (Todd)	Yoga Flow (Suzanne) 6:30-7:30	BodyCombat™ (Jennifer)			
7:00-8:15pm		Yoga Flow (Nichole)					
Cycle Room	SUN	MON	TUE	WED	THUR	FRI	SAT
5:15-6:05am		Group Cycling (Charisse)	Group Cycle (Susan)	Group Cycling (Karen)	Group Cycle (Susan)	Group Cycling (Wendy)	
6:15-9:00am			Group Cycling 6:15-7:00am (Charisse)		Group Cycling 6:15-7:00am (Mike)		
8:00-9:30am	Group Cycling 8:15-9:15 Charisse/Cat	Group Cycling 8:30-9:30am Shelley	SPRINT™ Cycle (Cat) 8:30-9:00am	Cycle 8:30-9:30am (Cat)	SPRINT™ Cycle 8:30-9:00am (Cat)	Group Cycling 8:30- 9:30am (Charisse)	Group Cycling 8:00-9:00am (Charisse/Shelley)
9:15-9:45am			SPRINT™ Cycle 9:15-9:45am (Cat)		SPRINT™ Cycle 9:15-9:45am (Cat)		
5:30-6:30pm			Group Cycling (Mike)				
6:00-7:00pm		SPRINT™ Cycle 6:00-6:30pm (Allissa)		Group Cycling (Mike)			
Mind and Body	SUN	MON	TUE	WED	THUR	FRI	SAT
6:00-7:00am		Yoga Flow 6:30-7:30am (Carol)	Y Barre (Lori)	Yoga Flow 6:30-7:30am (Carol)	Y Barre (Lori)		PWR (Anthony) 8:30-9:30am Weight Room
8:30-10:00am		Y Barre 8:30-9:30am (Lori)	CxWorx(Abs/Core) 8:30-9 am (Mel)	Zumba® 8:30-9:30am (Adrianna)	CxWorx (Abs/Core) 9:30-10 am (Mel)		Y Barre 9:00-10:00am (Lori)
9:00-11:00am	Yoga 9:00-10:15 (Suzanne)	Y Barre 9:45-10:45am (Charisse)	Y Barre 9:00-9:55am (Charisse)	Y Barre 9:45-10:45 am (Karen)		Y Barre 9:30-10:25am (Charisse)	PWR (Anthony) 9:30-10:30am Weight Room
10:00-11:00am			Tippi Toes®* 10:15-10:45am Ages 1.5-3yrs		Tippi Toes®* 10:10-10:55am	Tippi Toes®* 10:35-11:20am	
11:00-1:30pm			Tippi Toes®* 11:05-11:50am		Tippi Toes®* 3:30-4:30pm 6-8yrs	Tippi Toes®* 11:30-12:15pm	
3:30-4:45pm		Youth Martial Arts* 3:30-4:00pm 4-6yrs 4-4:45pm 7-14 yrs	Tippi Toes®* 3:30-4:30 pm	Youth Martial Arts* 3:30-4:00pm 4-6yrs 4-4:45pm 7-14 yrs	Tippi Toes®* 3-4yrs 5:00-5:45pm	ABA Enhancement 3:00-4:30	
5:00-7:00pm			Y Barre 6:00-7:00pm (Charisse)	ABA Enhancement 5:00-6:30			
<b>CARDIO FLOOR</b> <b>Total Body Circuit</b>			<b>TBC</b> 11:30-12 12-12:30		<b>TBC</b> 11:30-12 12-12:30		

# GROUP EXERCISE SCHEDULE

## Class Descriptions

### STRENGTH CLASSES:

- Body Pump™:** The original barbell class that strengthens your entire body challenging all your major muscle groups by using weight-room exercises like squats, presses, lifts & curls choreographed to upbeat music.
- Boot Camp:** This is an intense class that will challenge you to a new fitness level. Each class uses different exercises to boost your metabolism, lose weight, gain muscle, and feel great!
- CXWORX™:** Hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

### CARDIO CLASSES:

- Body Combat™:** Empowering cardio workout where you are totally unleashed. 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 you strike, punch, kick and kata your way through calories to superior cardio fitness
- Body Step™:** Energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.
- Cycling:** A challenging stationary cycling class that utilizes various training techniques and motivational strategies to simulate a true bike riding experience.
- SPRINT™:** **LES MILLS SPRINT™** is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
- Zumba®:** A fitness program inspired by Latin dance that incorporates body sculpting movements with easy-to-follow dance steps.

### MIND AND BODY CLASSES:

- Body Flow™:** Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.
- Yoga Flow** A traditional yoga practice that will build strength, flexibility, balance and stamina. All levels are welcome.
- Y Barre:** A unique, no impact, high energy fusion of barre work & weight resistance that will tone your body. This class will improve your balance and flexibility.
- Pilates:** Pilates is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility improves posture, reduces stress and creates long, lean muscles.

### ACTIVE OLDER ADULT CLASSES:

- Silver Sneakers:** This class is designed for older adults & is done seated using various forms of resistance training. Emphasis is placed on coordination, balance and posture to assist in everyday activities.
- Zumba® Gold:** Zumba for the active older adult or a beginner and/or de-conditioned member.
- AOA :** This class is designed and crafted for the active older adult to improve their quality of life and independence. Classes may include movements designed to build muscle, strength and endurance, cardiovascular circuits, balance exercises and dynamic coordination movements. Accommodations for physical limitations can be made.

### YOUTH CLASSES:

- Youth Yoga:** Give your child the gift of increased body awareness, focus, flexibility & strength. Ages 4-11
- Youth Boot Camp:** This class is designed to keep kids ages 4-12 healthy and active! Proper exercise techniques and fun games will be used to improve your child's stamina, strength, and coordination.

### FEE BASED CLASSES\*:

- Tippi Toes®:** Tippi Toes Dance Company® cheerfully provides children with a fun, positive, and nurturing environment so they are able to experience the joys of dance, self-expression and movement. Ages 1.5-8
- Youth Martial Arts:** Take your Martial Arts Practice to the next level! Improve each class while your kids earn belts to show that hard work and preparation pay off.
- ABA Enhancement** Our Social Skills Groups is a 12-week course for children who need support with social interaction with peers based off of Social Thinking Curriculum by Michelle Garcia Winner.
- Circuit Fit:** This 30-min class takes place on the cardio floor on the circuit machines. With the guidance of an instructor, you will rotate through an entire total body workout by spending 30 seconds on a piece of equipment, followed by 30 seconds of cardio, stretching or ab work.



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