



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule

3/2/20

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
5:45am	BODYPUMP™ Karen	HIIT Natalie	HIIT Bobby	Cycle Debbie			
7:30am	SilverSneakers® Circuit Asha	SilverSneakers® Stability Jane	SilverSneakers® Circuit Asha	SilverSneakers® Stability Kari	SilverSneakers® Stability Jane	TRX® Circuit Francesca	
8:30am	CSI Marta	BODYPUMP™ Anette	Zumba® Nikki	BODYPUMP™ Anette	CSI Marta	8am BODYPUMP™ Todd	Yoga Flow Yanin
	Cycle Debbie	TRX® Circuit Jane	Sprint™ Marta	TRX® Circuit Francesca	Sprint™ Francesca	8am Cycle Debbie	
	Aqua Fit Asha	Aqua Fit Staff	Aqua Fit Emily	Aqua Fit Jane	Aqua Fit Jane	8am Aqua Fit Staff	
	Mat Pilates Kari		Mat Pilates Kari			Barre Kari	
9:30am	Barre Emily	Barre Kate	Barre Emily	9am Adult Ballet Kate (Fee based)	Barre Kari	9am Gentle Yoga Staff	Zumba® Lanie
	Zumba® Gold Nikki	Zumba® Anette		Zumba® Anette	Zumba® Gold Anette		
	Yoga Flow Kevin	Mat Pilates Francesca	TRX® Beginner Francesca	Mat Pilates Behnaz	Yoga Flow Yolanda	9am Boot Camp Francesca	
	TRX® Circuit Francesca	Cycle Marta		Cycle Francesca	Boot Camp Francesca	Zumba® Ruena	
10:30am	Gentle Yoga Robin (Tickets needed)	Yoga Flow Ellie	Yoga Flow Sasha	Gentle Yoga Kevin	Restorative Yoga Sasha	10am Power Yoga Staff	
	Barre Emily						Barre Kari
							TRX® Beginner Francesca
11:30am	SilverSneakers® Classic Marcia	SilverSneakers® Circuit Emily	SilverSneakers® Classic Marcia	SilverSneakers® Boom Emily	SilverSneakers® Classic Jane		
	Gentle Yoga Robin						
4:30pm	Youth Boot Camp Age 8 - 14 Collin	Youth Yoga Age 5 - 14 Carissa	Youth Boot Camp Age 8 - 14 Collin	Youth Yoga Age 5 - 14 Liz	4:15pm Jazz/HipHop Sarah FEE BASED		
	Barre Natalie	TRX® Circuit Kari	Barre Natalie	TRX® Advanced Kari			
	4:30pm Youth Ballet Sarah FEE BASED		3:45/4:30pm Youth Tumbling Sarah FEE BASED				
5:30pm	Zumba® Angela	Barre Kari	Zumba® Marisol	Zumba® Anette			Room
	Yoga Flow Duane	Mat Pilates Kristin	Yoga Flow Asha	Cycle Asha			Outdoor/Pool
		Cycle Leah		Adult Ballet Kate (Fee based)			Barre Studio
6:30pm	BODYPUMP™ Anja	Yoga Flow Yanin	BODYPUMP™ Anja	Power Yoga Asha			Group X Studio
		Boot Camp Stephanie		Boot Camp Francesca			Mind Body Studio
		Karate Denise FEE BASED					TRX® Studio
7:00pm	Karate Mike FEE BASED			Karate Mike FEE BASED			Cycle Studio

GROUP EXERCISE COURSE DESCRIPTIONS

Aqua Fit A moderately paced, warm-water, no-impact workout that utilizes the natural resistance and buoyancy of water against your body, and buoyancy equipment to increase intensity, to provide a wide variety of full-body conditioning.

Barre A unique, no impact, high energy fusion of barre work and weight resistance that will tone your body, your balance and flexibility.

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.

BodyPump™ The original barbell class that challenges all major muscle groups. Class uses a weighted bar and plates to individualize workout. Set to fun and energetic music with high-energy and motivating instructors.

Boot Camp This is an intense outdoor class that will challenge you to a new fitness level. Class formats includes the use of body weight, dumbbells, heavy ropes and other equipment in order to simulate a military-quality experience. Each class uses different exercises to boost your metabolism, lose weight, gain muscle, and feel great!

CSI - Cardio Strength Interval Incorporates intervals of cardio endurance and muscle conditioning to create a fitness training experience. Improve overall fitness, agility, speed and athleticism in the high-intensity class.

Cycle A challenging stationary cycling class that utilizes various training techniques and motivational strategies to simulate a true bike riding experience.

Gentle Yoga Easy-to-follow class provides plenty of time for modifications making it a great choice for seniors, pregnant women or anyone looking to develop a yoga practice in a slower, supported way.

HIIT- High Intensity Interval Training A fat burning, time efficient, cardio workout designed to improve endurance and increase strength. Participants will perform short bursts of high intensity power exercises followed by a low intensity recovery or strength options.

Mat 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. Pilates takes a balanced approach so that the body moves as an efficient, holistic system in sport and daily activity.

Power Yoga Dynamic & flowing class that moves at a quicker pace with more emphasis on the basic postures and alignment to build strength, flexibility, balance and presence of mind.

Restorative Yoga Form of Yoga that seeks to achieve physical, mental, and emotional relaxation with the aid of props.

SILVERSNEAKERS® Fun mix of cardiovascular exercise and strength training that can be geared to many fitness levels of Active Older Adults. The YMCA offers Stability, Traditional, Circuit and Boom formats of the SilverSneakers® series.

Sprint™ LES MILLS SPRINT™ - is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

TRX® Beginner, Advanced and Circuit Classes focuses on balance and strength while incorporating the TRX Suspension Training System. Familiar exercises like leg raises, crunches and push-ups are performed on the TRX and are guaranteed to build strength and increase flexibility, additional stations are incorporated. Get ready to increase power, strength and endurance with this total body workout.

Yoga Flow A traditional yoga practice that will build strength, flexibility, balance and stamina. All levels welcome.

Youth Boot Camp These classes are for 8-14 year olds and provides our young members a supervised fitness class at their level.

Youth Yoga These classes are for 5-14 year olds with emphasis on the basic postures along with balance and presence of mind.

Zumba® A fitness program inspired by Latin dance that incorporates body sculpting movements with easy-to-follow dance steps.

Zumba Gold® Done at a lower intensity, perfect for seniors or beginners.

Classes subject to change dependent on instructor availability and class attendance. Youth must be 12 years old to participate in classes.



MISSION VIEJO FAMILY YMCA
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YMCA OF ORANGE COUNTY
ymcaoc.org/mv