



# GENTLE EXERCISE CLASSES FOR EVERYONE WINTER 2012

These land and water classes are designed for entry level and active older adult participants. They encourage increased mobility, strength, and endurance through gentle movement and stretches.

## MONDAY

Time	Class	Room
9:00 - 10:00	AFYAP (Twinges Plus)	Lap Pool
9:30 - 10:15	Stretch	Studio 4-Lia
9:45 - 11:00	Low Impact Sizzle	Studio 1-Joanne
10:00 - 11:00	AFEP	Patio Room-Marlenne
10:00 - 11:00	Shallow Water	Lap Pool
10:30 - 11:30	Pilates for Everyone	Studio 3-Roberta
11:00 - 12:00	AFYAP (Twinges Plus)	Lap Pool
11:00 - 12:00	Tai Chi	Studio 1-Bobbi
11:15 - 12:00	Y Express for Adults (50+)	Circuit Room
11:15 - 12:00	AFYAP (Twinges)	Teaching Pool
1:30 - 2:30	Balance Fit	Studio 2-Bobbi

## TUESDAY

Time	Class	Room
8:00 - 9:00	Low Impact/Beg.	Studio 2&4-Celia
9:30 - 10:00	Water Yoga	Lap Pool
10:00 - 11:00	Shallow Water	Lap Pool
10:00 - 11:00	Y Express for Women	Circuit Room
10:30 - 11:45	Gentle Yoga	Studio 4-Suzanne
11:00 - 12:00	AFYAP (Twinges Plus)	Lap Pool
11:15 - 12:00	AFYAP (Twinges)	Teaching Pool
6:00 - 7:15	Iyengar Yoga	Studio 3-Andrea

## WEDNESDAY

Time	Class	Room
6:30 - 7:45	Y's Fitness	Studio 1&2-Anne
7:00 - 8:00	Pilates	Studio 3-Rebekah
9:00 - 10:00	AFYAP (Twinges Plus)	Lap Pool
9:45 - 11:00	Low Impact Sizzle	Studio 1-Joanne
10:00 - 11:00	AFEP	Patio Room-Marlenne
10:00 - 11:00	Shallow Water	Lap Pool
10:30 - 11:30	Pilates for Everyone	Studio 4-Monica
10:30 - 12:00	Gentle Yoga	Studio 3-Diane
11:00 - 12:00	Balance Fit	Studio 1&2-Bobbi
11:00 - 12:00	AFYAP (Twinges Plus)	Lap Pool
11:15 - 12:00	AFYAP (Twinges)	Teaching Pool
11:15 - 12:00	Y Express for Adults (50+)	Circuit Room
1:30 - 2:30	Tai Chi Basics	Studio 1-Bobbi
7:00 - 8:15	Gentle Yoga	Studio 4-Christi
7:30 - 8:30	Ballroom Basics	Studio 2-Celia

## THURSDAY

Time	Class	Room
8:00 - 9:00	Low Impact/Beg.	Studio 2&4-Celia
9:30 - 10:00	Water Pilates	Lap Pool
9:30 - 10:15	Stretch	Studio 4-Diane
10:00 - 11:00	Shallow Water	Lap Pool
10:00 - 11:00	Y Express for Women	Circuit Room
10:30 - 12:00	Gentle Yoga	Studio 4-Diane
11:00 - 12:00	Tai-Chi	Studio 1-Bobbi
11:00 - 12:00	AFYAP (Twinges Plus)	Lap Pool
11:15 - 12:00	AFYAP (Twinges)	Teaching Pool
6:00 - 7:15	Gentle Yoga	Studio 4-Susan

## FRIDAY

Time	Class	Room
6:00 - 7:00	Y's Fitness	Studio 1&2-Anne
9:00 - 10:00	AFYAP (Twinges Plus)	Lap Pool
9:30 - 10:15	Stretch	Studio 4-Diane
10:00 - 11:00	Shallow Water	Lap Pool
11:00 - 12:00	AFYAP (Twinges Plus)	Lap Pool
11:00 - 12:00	Line Dancing	Studio 1-Lisa
11:15 - 12:00	AFYAP (Twinges)	Teaching Pool
12:00 - 1:00	Meditation	Chapel-Terry
5:30 - 6:45	Yoga for Everyone	Studio 3-Eden
6:00 - 7:00	Body Works	Studio 2-Anne
6:45 - 8:00	Restorative Yoga	Studio 4-Lynda

## SATURDAY

Time	Class	Room
9:00 - 10:00	Body Works	Studio 4-Louie
10:15 - 11:00	Chair Yoga	Studio 4-Lynda
11:15 - 12:30	Gentle Yoga	Studio 4-Lynda
4:15 - 5:30	Iyengar Yoga	Studio 3-Andrea

## SUNDAY

Time	Class	Room
12:30 - 1:45	Restorative Yoga	Studio 4-Lynda
12:15 - 1:15	Body Works	Studio 2-Anne

# GENTLE GROUP EXERCISE CLASS DESCRIPTIONS

## **AFEP**

The Arthritis Foundation Exercise Program is a non-clinical group participation with activities designed to improve joint motion and endurance.

## **AFYAP (Twinges in the Hinges)**

Beginner level shallow water exercise program designed for people suffering from arthritis and related diseases. Gentle movements concentrating on range of motion and flexibility are done in the warm water teaching pool.

## **AFYAP (Twinges Plus)**

Advanced Beginner level shallow water exercise program designed for people with arthritis and related diseases.

## **Balance Fit**

Entry level movement program focusing on key components of balance to help prevent falls.

## **Ballroom Basics**

Learn basic ballroom steps for swing, waltz, cha-cha and more.

## **Body Works**

This class uses weights, bands, step, body bars, and resist-a-balls. The focus is muscular strength, endurance and flexibility.

## **Chair Yoga**

Chair based yoga for those with limited flexibility or pregnant or rehabilitating from injury.

## **Gentle Yoga**

Calming class for those interested in a more therapeutic practice. Introducing basic yoga poses focusing on breath work, releasing tight muscles and increasing range of motion.

## **Iyengar Yoga**

Emphasis on the structural alignment of the body through the practice of postures. Focuses on standing poses and the use of props to build strength, coordination and balance.

## **Line Dance**

Kick off your weekend learning a variety of line dances including Country and Latin.

## **Low Impact/Beg.**

A cardiovascular, non-jumping workout.

## **Low Impact Sizzle**

A party-like cardio workout featuring a combination of easy to follow steps. Move to the rhythms of Latin and popular music.

## **Pilates for Everyone**

Develops muscles and improves posture. It increases flexibility and enhances alignment and coordination. Pilates is beneficial for all fitness levels.

## **Shallow Water Workout**

Intermediate water exercise program with full body rhythmic exercises conducted in shallow water designed to provide overall flexibility, strength and cardiovascular benefits.

## **Stretch**

Emphasizes core training and stretch with a Pilates and Yoga base.

## **Tai Chi**

A mind-body discipline to improve relaxation, balance and coordination. Tai Chi Basics class teaches entry level positions.

## **Water Pilates**

Muscle conditioning while simultaneously strengthening and stretching elongated muscles. Exercises are performed in shallow and deep water.

## **Water Yoga**

An aquatic yoga class that strengthens and stretches the body. Yoga poses are adapted for the water in a continuum of flowing and static poses while breathing deeply

## **Y's Fitness**

Entry level to moderate workout using weights, bands, and balls. Includes stretching and walking to improve cardiovascular conditioning and flexibility.

## **Y-Express**

Enjoy an action-packed circuit that delivers a total body workout. Move clockwise through a series of strength and cardio building exercises when prompted by the beep!

## **Yoga for Everyone**

A slower paced, gentle flow class suitable for entry-level participants.

## **Iyengar Yoga**

Iyengar style uses props for flexibility and balance.

## **Restorative Yoga**

Gentle poses to bring your whole body into a deeply relaxed state.

**Fee Courses:** Alexander Technique Workshop & Balance + Mobility FallProof™

Contact Ana Marie Schaefer for additional information on these classes.

(818) 790-0123 ext. 231 or [amschaefer@ymcafoothills.org](mailto:amschaefer@ymcafoothills.org)