



GROUP EXERCISE SCHEDULE

Verdugo Hills Family YMCA

Winter 2012

MONDAY

Time	Class	Room
6:00 am - 7:00 am	Body Blast [Adv]	CR/Gym-Lez
7:00 am - 8:00 am	Cycle/Abs	Keck-Carmen
7:00 am - 8:00 am	Flex & Abs	CR/Gym-Lez
8:30 am - 10:15 am	T.B.W [Adv]	Gym-Lez
10:15 am - 11:15 am	Beginner Fitness	CR-Celia
11:00am - 12:00 pm	Body Blast(Beg/Int)	Keck-Lez
11:15 am - 12:15 pm	SilverSneakers Yoga Stretch@	CR-Angela
12:15 pm - 1:15 pm	Nia	CR-Nicole
2:00 pm - 3:00 pm	Yoga	Keck-Jennifer
4:30 pm - 5:30 pm	Cycle	Keck-Marie
5:30 pm - 6:30 pm	Body Works	CR-Liz
6:30 pm - 7:15 pm	Cycle	Keck-Liz
7:30 pm - 8:45 pm	Yoga	CR-Anahit

TUESDAY

Time	Class	Room
7:00 am - 8:00 am	Cycle	Keck-Carmen
8:15 am - 9:00 am	Cycle	Keck-Jeannette
9:00 am - 10:00 am	Zumba (Beg.)	CR-Wendy
9:00 am - 10:10 am	Yoga	Keck-Eden
10:15 am - 11:15 am	Silver Sneakers @ msrom	CR-Mary Ann
12:30 pm - 1:30 pm	Balance Fit	CR-Bobbi
5:30 pm - 6:30 pm	Zumba	CR-Nicole
5:45 pm - 6:45 pm	Yoga	Keck-Shau-Mey
7:00 pm - 8:00 pm	Cycle	Keck-Frannie

WEDNESDAY

Time	Class	Room
6:00 am - 7:00 am	Body Blast [Adv]	CR/Gym-Lez
7:00 am - 8:00 am	Flex & Abs	CR/Gym-Lez
8:00 am - 9:00 am	Body Works	CR-Liz
8:30 am - 10:15 am	T.B.W [Adv]	Gym-Lez
9:00 am - 10:00 am	Cycle	Keck-Liz
9:10 am - 10:10 am	Gentle Tai Chi	CR-Bobbi
10:00am - 11:00 am	Yoga	Keck-Jennifer
10:15 am - 11:15am	Beg/Int. Fitness	CR-Celia
11:00am - 12:00 pm	Body Blast[Beg/Int]	Gym-Lez
11:15 am - 12:15pm	Tap Dance	CR-Pam K.
12:00pm - 1:00 pm	Yoga	Keck-Jennifer
4:30pm - 5:30 pm	Family Yoga	CR-Nicole
5:30 pm - 6:30 pm	Nia	CR-Nicole
6:45 pm - 7:45 pm	Yoga	Keck-Shau-Mey

THURSDAY

Time	Class	Room
7:00 am - 8:00 am	Cycle	Keck-Carmen
8:15 am - 9:00 am	Cycle	Keck-Jeannette
9:00 am - 10:10 am	Yoga	Keck-Eden
9:00 am - 10:00 am	Zumba	CR-Wendy
10:30 am - 11:30 am	Low Impact Aerobics	CR-Celia
5:30 pm - 5:45 pm	All Abs	CR-Liz
5:45 pm - 6:45 pm	Body Works	CR-Liz
6:45 pm - 7:30 pm	Cycle	Keck-Liz
6:45 pm - 7:30 pm	Zumba	CR-Nicole

FRIDAY

Time	Class	Room
6:00 am - 7:00 am	Body Blast [Adv]	CR/Gym-Lez
7:00 am - 8:00 am	Flex & Abs	CR/Gym-Lez
8:30 am - 10:15 am	T.B.W [Adv]	CR/Gym-Lez
10:30 am - 11:30 am	Yoga	Keck-Jennifer
10:30 am - 11:30 am	Silver Sneakers @msrom	CR-Mary Ann
11:00am - 12:00 pm	Body Blast[Beg/Int]	Gym-Lez
12:00 pm - 1:00 pm	Pilates	Keck-Ann
1:00pm - 2:00 pm	Yoga	Keck-Jennifer
5:30 pm - 6:30 pm	Yoga	CR-Emily
6:30 pm - 7:00 pm	Hoop Dance	CR-Leela
7:00 pm - 8:00 pm	Belly Dance	CR-Leela

SATURDAY

Time	Class	Room
8:00 am - 9:00 am	Cycle	CR-Liz/Carmen
9:00 am - 10:00 am	Body Works	CR-Liz/Carmen
10:00 am - 11:05 am	Nia	CR-Nicole
11:15 am - 12:30 pm	Yoga	CR-Anahit

SUNDAY

Time	Class	Room
11:00 am - 12:00 pm	Yoga	CR-Shau-Mey

For More Information (818) 352-3255



spirit . mind . body . planet

Help us save money and resources download
your personal schedule at

CLASS DESCRIPTION

All Abs– Traditional abdominal exercises, Pilates based.

Balance Fit: Entry level movement program focusing on key components of balance to help prevent falls. This class is designed to provide on-going support for graduates of the FallProof program.

Beginner Fitness & Low Impact Aerobics– A cardiovascular, non-jumping, and strength training workout to improve fitness and muscular conditioning.

Belly Dance– An excellent way to improve balance, coordination, posture, muscle tone, and self-expression through graceful, traditional, Middle Eastern and freestyle dance movements.

Body Blast!– An hour, intense, dynamic total body workout.

Body Works– The ultimate muscular challenge. This class uses hand-held weights, bands, step, body bars, and resist-a-balls. The focus is muscle strength, endurance and body definition by using proper alignment.

Cycle– A non-impact, high-energy cardio ride on stationary bikes, simulating a road bike workout to music.

Hoop Dance– Learn the basic techniques to use modern, specially designed Dance Hoops for a fun, exciting workout to music. Some of the advantages include: increased cardio, burn calories, improve coordination and feel like a kid again!

Nia– A dynamic blend of dance arts, martial arts and healing arts, Nia balances technical expression with free-form expression, bringing the body, mind, emotions and spirit to optimum health.

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

SilverSneakers@msrom– Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. Hand held weights, elastic tubing and a ball are offered for resistance, and a chair is used for seated and or standing support.

SilverSneakers YogaStretch®– YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered and restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Tai Chi– A mind-body discipline that will teach you stress relief, self- defense and enhance your health.

Total Body Workout (T.B.W.)– A total body challenge incorporating various sport activities, weight training, and core strength training.

Yoga– Emphasizes physical and mental relaxation, controlled breathing, balance, proper posture and alignment and flexibility. Develop a keen sense of body/mind awareness. Designed for all levels.

Zumba– Zumba fused hypnotic Latin rhythms and easy to follow moves to create a cardio experience that is exhilarating and energizing.

CLASS ETIQUETTE

- Appropriate footwear and shirts required. Wipe down mat, exercise equipment and floor space when done. Towels are not provided; please bring your own.
- Warm-up and cool-downs are important to achieve full benefit of your workout.
- Weights and/or other equipment to be used only in classes when instructed to do so.
- Notify instructor if you need to modify workout routine.
- Gym bags, personal belongings are to be stored in locker room.

For more information on group exercise,
please call Nate Pisa at (818) 352-3255, ext. 302.