

## CLASS DESCRIPTIONS

**Aerobox** - A great medium impact class that borrows martial arts moves and will have you punching and kicking up a sweat!

**Boot Camp** - Aerobox combined with anaerobic strength intervals such as squats, jacks, lunges, and plyometrics.

**All-Ball** - a toning and strength class using stability balls and weighted exercise balls for core training and a total body workout.

**All-Cardio** - You'll enjoy one full hour of nothing but cardiovascular exercise. The schedule alternates to allow variety:

1st Sat. of every month: Low Impact Interval / Mary

2nd Sat of every month: Zumba/Myra

3rd Sat of every month: Funk Fusion/Lindsay Blue

4th Sat. of every month: Zumba/Myra

Occasional 5th Sat: Funk Fusion/Lindsay Blue

**AFAP (Arthritis Foundation Aquatic Program)** - Formerly known as Twinges in the Hinges, this aqua workout is designed to be gentle and safe with NO impact.

**AquaMotion** - A water aerobics class in the shallow end of the pool followed by toning exercises with resistance equipment. Very low impact. No swimming ability needed.

**Aqua Circuit** - This class utilizes various aqua equipment in "stations": weights, noodles, and pool plyometrics for cardio and strength. Deep or shallow water.

**Cardio-Sculpt** - A unique interval-style body sculpting class that includes short bursts of cardiovascular activity to burn a few extra calories.

**Core Power** - A functional strength class that combines pilates, isometric exercises and balance training to develop a strong core.

**Fitbox BootCamp** - Got stress? Come and let it out! You'll do cardio intervals and punch/kick combinations on the heavy bag. A medium impact workout that strengthens muscles and bones in the upper and lower body, Previous Aerobox class experience is recommended. **Gloves are required.** (Come on in and try it! We have loaner gloves.)

**Flexercise** - A strength training class incorporating hand weights, exercise tubing, and stability balls to sculpt and tone your entire body.

**FunkFusion!** - Simple hip-hop, jazz and current dance moves choreographed into an easy-to-follow low impact format. A fun class with hot music. Each dynamic instructor adds their own flair and style!

**Hatha Yoga** - The most popular branch of yoga from which many styles have originated. Focuses on Asana poses and breath to strengthen, purify and balance the body.

**Iyengar Yoga** - This style is noted for great attention to detail and alignment of postures as they are held for long periods. Props are also used such as blocks and belts.

**Kundalini Yoga** - A heat and energy based yoga style with emphasis on breathing and chanting to balance the mind.

**Low Impact** - Builds cardiovascular fitness, muscle strength, and burns fat without stress on the body.

**Miami Spice** - An invigorating dance class full of tropical rhythms. Come dance and sweat to an eclectic mix of music consisting of salsa, meringue, bachata, and much more. You are sure to keep moving beyond the class!

**Pilates Fusion** - A unique class that incorporates Pilates (core strength techniques), rehab stabilization training, Power Yoga (muscle work using your own body weight for resistance), and deep flexibility exercise. Increase mind/body concentration, strength, coordination and balance.

**Tai Chi** - A 3,000 yr. old martial art form that emphasizes physical dexterity and strength through slow precise movements. This program is safe for all ages including seniors.

**Zumba** - A combination of dance and fitness moves done to a variety of mostly latin rhythms.

### ON-SITE CHILD CARE

Our on-site Child Watch is a fun place to play for children of one to eight years old, while parents are on the YMCA premises.

#### Workout With No Worries!

Mon.- Fri.	9:00am - 1:00 pm 3:00 pm - 8:00 pm
Sat.	9:00am - 12:30 pm
Sun.	1:00 pm - 3:00 pm

#### Assistance With Fees

The YMCA believes in providing membership programs to all that desire to participate. The YMCA's Financial Assistance Program, supported by donations, provides funds for those in proven need within the YMCA's available resources.

#### YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

140 North Louise Street  
Glendale, California 91206  
(818) 240-4130 Fax: (818) 500-1737  
Email: [ymca@glenyma.org](mailto:ymca@glenyma.org)  
[www.glendaleymca.org](http://www.glendaleymca.org)  
Mon - Fri 5:45 am to 10:00 pm  
Saturday 6:30 am to 5:30 pm  
Sunday 1:00 pm to 5:00 pm

We Build Strong Kids,  
Strong Families, Strong Communities.

# YMCA Glendale

Your Family Place

## FITNESS CLASSES

### LOUISE CENTER

"Your Path To A Healthier Lifestyle"

# HEALTH & WELL-BEING

We build strong kids, strong families, strong communities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PilatesFusion &amp; HiLo</b> 6:00-7:00am David		<b>PilatesFusion &amp; HiLo</b> 6:00-7:00am David		<b>PilatesFusion &amp; HiLo</b> 6:00-7:00am David	
<b>Zumba!</b> 8:30-9:30am Bess	<b>Tai Chi</b> 8:00 - 9:00 AM Sam	<b>Tai Chi</b> 8:00-9:00am Codee	<b>Hatha Yoga</b> 8:00-9:00am Anahit	<b>Tai Chi</b> 8:00 - 9:00am Steve	
<b>Aqua Circuit</b> 9:00-9:55am Anne R. Main Pool	<b>AquaMotion</b> 9:00-9:55am Irina Main Pool	<b>AquaMotion</b> 9:00-9:55am Karen E. Main Pool	<b>AquaMotion</b> 9:00-9:55am Irina Main Pool	<b>AquaMotion</b> 9:00-9:55am Doris Main Pool	<b>Kundalini Yoga</b> 9:00-10:00am Mona
<b>Low Impact</b> 9:30-10:30am Beatrice		<b>FunkFusion!</b> 9:30-10:30am Darcel	<b>Aerobox</b> 9:00-10:00am Sam		
	<b>Iyengar Yoga</b> 9:30-11:00am Youth Lobby			<b>Funk Fusion!</b> 9:30-10:30am Darcel	
<b>AquaMotion</b> 10:05-11:00am Karen E. Main Pool	<b>AquaMotion</b> 10:05-11:00am Cidinha Main Pool	<b>AquaMotion</b> 10:05-11:00am Cidinha Main Pool	<b>AquaMotion</b> 10:05-11:00am Ann K. Main Pool	<b>AquaMotion</b> 10:05-11:00am Karen E. Main Pool	<b>All Cardio</b> 10:00-11:00am (see back of schedule)
<b>Flexercise</b> 10:30am-11:30am Mandy	<b>Core Power</b> 10:00-11:00am Diana	<b>Flexercise</b> 10:30am-11:30am Michelle M.	<b>Pilates</b> 10:00-11:00am Diana	<b>All Ball</b> 10:30am-11:30am Mary	<b>Pilates Fusion</b> 11am-12:30pm Lisa R. (Youth Gym)
<b>AFAP</b> 12:15 - 1:00 pm Irina Main Pool	<b>CardioSculpt</b> 12:00-1:00pm Diana	<b>AFAP</b> 12:15-1:00pm Irina Main Pool	<b>CardioSculpt</b> 12:00-1:00pm Mary	<b>AFAP</b> 12:15-1:00pm Irina Main Pool	12:30 to 1:00 pm Advanced
<b>Youth Karate</b> 3:45-4:45pm Sam	<b>AFAP</b> 2:00-2:45pm Karen E. Main Pool		<b>AFAP</b> 2:00-2:45pm Karen E. Main Pool		
<b>Kundalini Yoga</b> 5:00-6:00pm Mona		<b>Youth Karate</b> 3:45-4:45pm Sam			
<b>Jumpstart Yoga</b> 6:00 - 6:30 pm Mona		<b>Hatha Yoga</b> 5:15-6:30pm Anahit		<b>Kundalini Yoga</b> 5:00-6:00pm Mona	
<b>AquaMotion/Int.</b> 6:30-7:30pm Anne R. Main Pool	<b>Aerobox</b> 6:15-7:30pm Sam	<b>Funk Fusion!</b> 6:30-7:30pm Zulema	<b>Jumpstart Yoga</b> 6:00 - 7:00 Mona		
<b>FunkFusion!</b> 6:30-7:30pm Harout		<b>AquaMotion</b> 6:30-7:30pm Karen P. Main Pool	<b>Iyengar Yoga</b> 6:30-8:00pm Valene or Margie Youth Lobby	<b>AquaMotion/Int.</b> 6:30-7:30pm Mary Main Pool	
<b>Fitbox Bootcamp</b> 7:35-9:00pm Lisa		<b>Pilates Fusion</b> 7:30-8:30 pm Lisa R. (Youth Gym) (8:30-9:00pm Advanced)	<b>Fitbox BootCamp</b> 7:35pm-9:00pm Lisa R.		

### FOR YOUR SAFETY:

- If you are late to class, warm up before starting class for at least five minutes on a stationary bike or power walking on a treadmill.
- Wear appropriate aerobic shoes and clothing.
- Inform the instructor if you have any special needs or limitations (injury, pregnancy, etc.) We can show you exercise modifications.
- All classes at the YMCA are multi-level. If you are a beginner, go at your own pace. If you need to modify the class for your fitness level, ask the instructor to offer options to adjust the degree of difficulty and/or intensity.

### PLEASE RESPECT EVERYONE

Thank you in advance for:

- Waiting until the previous class ends before entering the room.
- Not disturbing class by engaging in conversation or doing your own separate workout.
- Keeping the floor space clear, using a towel, and returning equipment to the storage area.
- Not wearing heavy perfumes while attending group fitness classes.

Due to unforeseeable circumstances, schedule is subject to change without notice. To verify class time please call the Courtesy Counter staff at (818) 240-4130 ext. 18.

### FOR YOUR INFORMATION:

- Cross training is the best way to avoid injury to joints and feet and to keep from reaching plateaus, which make your workouts ineffective.
- Try to vary your workout regime. Plan on frequenting a variety of classes to best keep your body healthy and to keep boredom at bay.
- Make exercise a part of your lifestyle. Stay on a schedule that is convenient for you so you'll be consistent. This is the best way to get results and not be a workout dropout.
- Please be on time to classes and stay for the cool down and stretch. Warming up is extremely important for the safety of your body. In addition, stretching is crucial to muscle, ligament, tendon and bone health. Many injuries/body aches or imbalances occur because we don't take time to stretch.
- Be patient. Results vary with each individual. Typically, you will see marked results within about 3-4 months, but you will feel the benefits of exercise almost immediately. Muscle weighs more than fat, so throw away that bathroom scale and get a measuring tape instead!
- When enjoying classes offered on our fitness schedule, remember that every instructor has their own style and routines, Don't get discouraged if you don't "get it" right away. Take your time, stay positive and consistent. It sometimes takes a few classes to feel coordinated, but you will! Ask the instructor for individual help, too. We are here to make your workout experience a pleasant one!

### QUESTIONS? COMMENTS?

Lisa Ruckh, Group Fitness Director, looks forward to hearing from you! Please call (818)240-4130 ext. 38.

*Have a great workout!*