

Glendale YMCA Group fitness Schedule
EFFECTIVE May 3, 2012

ALL CLASSES ARE IN THE GROUP FITNESS ROOM (3rd floor, fitness bldg.) UNLESS OTHERWISE NOTED.

Youth Gym is on 2nd fl of fitness building. Youth Fit Ctr is an outside entrance, east of the fitness bldg. front doors.

**Studio B is in the Administration bldg. downstairs. Entrance is thru the blue double doors across from fitness bldg. entrance.

**The Ballroom is located in the Administration Building. Entrance is on Wilson Blvd.

For Your Safety:

Warm up and cool down/stretching are important to achieve a safe workout. Please allow time for these vital elements of each class.

Wear appropriate athletic shoes and clothing.

Please refrain from wearing perfumes when exercising.

Inform the instructor if you have any special needs or limitations (injury, pregnancy, etc). We can show you exercise modifications.

Most classes 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.

Questions / Comments?
Call Zulema at (818) 240-4130, Extension 33
e-mail: zargota@glenymca.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00am Lean & Strong/Hi Lo Dave	7:00-7:40am A.M. Circuit Betsy Youth Fit Ctr	6:00-7:00am Lean & Strong/HiLo Dave	7:00-7:40am A.M. Circuit Betsy Youth Fit Ctr	6:00-7:00am Lean & Strong/Hi Lo Dave	
8:00-9:00 Tai Chi Sam	8:00-9:00 Tai Chi Sam	8:00-9:00 Tai Chi Steve		8:00-9:00 Tai Chi Bess	
8:30 - 9:30 Zumba Bess	9:30-11:00 Iyengar Yoga Valerie Ballroom		8:00-9:00 Hatha Yoga Anahit		9:00-10:00 Kundalini Yoga Mona
9:30-10:30 Low Impact Beatrice	9:30-10:30 Jumpstart FunkFusion Tanita	9:30-10:30 FunkFusion Darcel	9:30-10:30 Aerobox Sam	9:30 -10:30 FunkFusion Darcel	10:00-11:00 All Cardio Staff
10:30-11:30 Flexercise Mandy	10:30-11:30 Core Power Diana	10:30-11:30 Total Body Strength Michelle	10:30-11:30 Pilates Diana	10:30-11:30 All Ball JoDee	11:00-12:00 Total Body Bootcamp Kathy
12:00 - 12:40 Lunch Circuit Youth Ft Ctr			12:00 - 1:00 Flexercise Cidinha		12:00-12:30 Body Stretch Kathy
5:00-6:00pm Kundalini Yoga Mona		5:15-6:30pm Hatha Yoga Anahit Ballroom		5:00-6:00pm Kundalini Yoga Mona	
			5:30-6:30 Zumba Youth Ft Ctr. Darcel		
6:00-6:30 Jumpstart Yoga Mona			6:00-7:00 Jumpstart Yoga Mona		
6:30-7:30 FunkFusion Darcel	6:30-7:30 Aerobox Sam	6:30-7:30 FunkFusion Darcel	6:30-8:00 Iyengar Yoga Margie Ballroom		
7:30-8:30 Boxing Bootcamp Kathy	7:30 to 8:30 Zumba Shawn	7:30-8:30 Boxing Bootcamp Kathy			
8:30-9:00 Body Stretch Kathy		8:30-9:00 Body Stretch Kathy			

GLENDALE YMCA CLASS DESCRIPTIONS (REVISED MAY 3, 2012)

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

Afro Funk Dance Fitness – A Combination of traditional and stylized African & Caribbean dance in a dynamic and fun workout format. For all ages and levels.

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/Michelle
- 2nd Sat of every month: Funk Fusion/Harout
- 3rd Sat of every month: Funk Fusion Lindsay
- 4th Sat of every month: Funk Fusion/Harout
- Occasional 5th Sat: Funk Fusion/Lindsay

A.M. or Lunch Circuit – An instructor will guide you through a series of exercise "stations" designed to build muscular and cardiovascular strength. Fast paced, easy-in, easy-out.

Body Stretch – This relaxing and invigorating class will help you to increase your flexibility. You do not need to be flexible to join in, this class will teach you how to stretch and lean out those tight muscles.

Boxing Bootcamp – Cardio intervals and boxing drills consisting of punch/kick combinations on the heavy bag. This medium to high intensity workout strengthens the muscles in the upper and lower body. Be pre-paired to sweat! *Gloves required. For all fitness levels.*

Core Power

This comprehensive training program is designed to develop integrated core strength, flexibility and balance. We use props, such as the stability ball, small ball and flat band, and use your own body weight for resistance.

Interval – A fat burning workout that consists of mixing slow and fast cardio intervals interspersed with plyometrics. Come 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.

Jumpstart classes are easy to follow, beginner level workouts. The program was designed to "jump start" you as a beginner, or to get you warmed up for a subsequent workout in the weight room, running on our track, participating in other activities at our facility or another fitness class.

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.

Pilates - This class uses the traditional mat exercises developed by Joseph Pilates. Breathing, graceful movements, co-ordination and precision of movement are incorporated in each core strength exercise while working many more muscles at the same time.

Total Body Bootcamp – Boost muscular strength and endurance utilizing weights, bands, balls, and your own body weight. Plus tone and condition core strength. *For all fitness levels*

Tai Chi – A 3,000 year 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 rhytmys.

