

CLASS DESCRIPTIONS

Fit 4 Life— Low impact stretches to increase blood flow. Light resistance & balance for flexibility.

Senior Seated Exercise —Low impact aerobics, muscle conditioning, & stretching to increase metabolism and tone your body.

Arthritis Workout — Movements & exercises designed for people who suffer with Arthritis. Focus on joint flexibility and increasing circulation.

Core Conditioning —30 minutes of core conditioning using movements that focus on firming & toning.

Circuit Blast —Fun 30-minute circuit workout, with intervals of resistance machines & cardio.

Seated Exercise — 30 minutes done entirely in seated position using resistance to increase muscle strength.

Back, Hips & Knees — Helping you heal and strengthen past injuries as well as prevent future injury and strengthen key areas.

No Impact Cardio— Improve endurance & breathing in this basic exercise movement class that will help you tone up your body.

Instructor-Led Group Walk—Meet in the YMCA parking lot & stretch before a short brisk walk in the community.

Stability Ball & Balance—Balance & stability exercises, using provided exercise balls.

Advance Water Fitness - Fast, strenuous exercises designed for strength & endurance.

WATER EXERCISE CLASSES (INDOOR, SHALLOW POOL)

Low Impact Water Exercise - Low-impact exercises to improve flexibility and balance.

Advance Water Fitness - Fast, strenuous exercises to improve strength & endurance.

Assistance with Fees

The YMCA believes in providing membership and 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.

Teen Exercise Program

Join the fun! Group Exercise, fitness assistance, basketball, circuit training, strength training!
YMCA TEEN membership- \$15.00 per month.

YMCA Wellness Center Yoga

Gentle Yoga - Focus on Yoga postures, breathing and meditation. Recommended for those who prefer a slower pace.

Yoga Blend - Class will incorporate flowing through Yoga postures while focusing on breath and alignment.

Men's and Women's Locker Rooms and Showers are always available.

Adult Private Swim Lessons

ADULT PRIVATE SWIM LESSONS

Lessons are available by appointment only..
Call the Aquatics Director to arrange days and time. (626)339-6221

San Gabriel Valley YMCA

Group Fitness Classes

JULY



Hours of Operation:
Mon-Friday 7am-8pm
Saturdays 8pm-2pm



412 E. Rowland Street
Covina, CA 91723
Phone (626) 339-6221
Fax (626) 339-4594
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YMCA Mission

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-8 am	Advance Water Fitness		Advance Water Fitness		Advance Water Fitness	
8-9 am	Low Impact Water Exercise		Low Impact Water Exercise		Low Impact Water Exercise	Advance Water Fitness
8:15 am		Azusa Walking Program		Azusa Walking Program		
9-10 am	Advance Water Fitness		Advance Water Fitness		Advance Water Fitness	
10-11 am	Low Impact Water Exercise	Stability & Balance	Low Impact Water Exercise	Stability & Balance	Low Impact Water Exercise	JAZZ
10:30 am		No-Impact Aerobics		No-Impact Aerobics		Tiny Tumbler
3:00 pm			Arthritis Workout			
6:00 pm				Yoga Blend		
6:30 pm		Low Impact Water Exercise		Low Impact Water Exercise		

FOR YOUR SAFETY:

- If you're late to class, warm up first, for at least 5 minutes on a stationary bike or treadmill.
- Wear appropriate aerobic shoes and clothing.
- Inform us of any limitations (injury, pregnancy, etc.) We can show you exercise modifications.
- All 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 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 talking 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.
- Remember to shower before entering the pool.



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!