



# Santa Monica Family YMCA

## Group Exercise Schedule

Updated February 22, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30am <b>Indoor Cycling</b> Bret (ICR)	7:30-8:30am <b>Yoga 1 &amp; 2</b> Alan (CR)	6:30-7:30am <b>Indoor Cycling</b> Mindy(ICR)	6:30-7:30am <b>Indoor Cycling</b> Carol/Kristy(ICR)	6:30-7:30am <b>Indoor Cycling</b> Tom (ICR)	8:30-9:30am <b>Indoor Cycling</b> Eric (ICR)	8:15-9:15am <b>Indoor Cycling</b> Eric / Lois(ICR)
8:00-9:00am <b>Fluid Body Movement</b> Lyndia (CR)	9:00-10:00am <b>OA Stretch &amp; Strength</b> Lidia (CR)	7:30-8:30am <b>Slow Flow Yoga</b> Ellen(CR)	8:00-8:45am <b>Pilates</b> Tina (CR)	7:30-8:30am <b>Yoga 1&amp;2</b> Erin (CR)	9:00-10:00am <b>Yoga 1 &amp; 2</b> Allyson (CR)	9:30-10:30am <b>Yoga 1&amp;2</b> Tia (CR)
9:00-10:00am <b>Yoga Level One</b> Yumiko (CR)	10:00-11:15am <b>OA Gym Fitness</b> Lidia (CR)	9:00-10:15am <b>Yoga for Seniors</b> Viji (CR)	9:00-10:00am <b>Tai Chi Chuan Level 2</b> Helene (CR)	9:00-10:00am <b>OA Stretch &amp; Strength</b> Lidia (CR)	10:05-11:05am <b>Zumba</b> Clare (CR)	10:30-11:30am <b>Indoor Cycling</b> Janine (ICR)
10:00-11:00am <b>OA Gym Fitness</b> Lidia (CR)	11:15-12:00pm <b>Yogability (Chair Workout)</b> Bea (DeW)	9:45-10:45am <b>OA Chair Workout</b> Linda (DeW)	10:00-11:15am <b>OA Gym Fitness</b> Lidia (CR)	10:15-11:15am <b>Yoga 1&amp;2</b> Ross (CR)	11:00-12:00pm <b>Indoor Cycling</b> Sherry (ICR)	10:40-11:30am <b>Pilates on the Ball</b> Lois (CR)
11:00-11:45 <b>Core Stretch</b> Lidia (CR)	12:00-1:00pm <b>Yoga Flow</b> Tisa (CR)	10:30-12:00pm <b>Tai-Chi Chuan Level 1</b> Helene (CR)	11:15-12:00pm <b>Joy of Movement ChairWorkout</b> Lana (DeW)	12:00-1:00pm <b>Body Sculpt</b> Meredith (CR)	12:00-1:00pm <b>Yoga 1&amp;2</b> Mya (CR)	12:00-1:00pm <b>Zumba</b> Mandeep(CR)
11:15-12:15 <b>OA ChairWorkout</b> Linda(DeW)	5:00-6:30pm <b>Iyengar</b> Jeff/Lori (CR)	12:00-1:00pm <b>Yoga 1&amp;2</b> Mya (CR)	<i>Starts 2/23/12</i> 11:15-12:00pm <b>Zumba</b> Tina (CR)	1:30-2:30pm <b>Yoga Fundamentals</b> Susan (CR)	1:00-2:00pm <b>Vinyasa Flow</b> Mandeep (CR)	
12:00-1:00pm <b>Fit Moves</b> Meredith (CR)	6:00-7:00pm <b>Indoor Cycling</b> Vince (ICR)	5:00-6:00pm <b>Cardio Fusion</b> Rochelle (CR)	12:00-1:00pm <b>Yoga Tune Up</b> PeggySue (CR)	5:15-6:15pm <b>Yoga 1&amp;2</b> Nina (CR)	4:00-5:30pm <b>Iyengar</b> 1-2 Jeff (CR)	
5:00-6:00pm <b>Step &amp; Sculpt</b> Cathy (CR)	7:00-8:00pm <b>Cardio Dance</b> Paula (CR)	6:15-7:15pm <b>Pilates</b> Sarah (CR)	4:00-5:15pm <b>Yoga 1&amp;2</b> Hannah (CR)	6:00-7:00pm <b>Indoor Cycling</b> Janine (ICR)		
<i>New Teacher</i> 6:00-7:00pm <b>Yoga Fundamentals</b> Wendy(CR)	7:15-8:00pm <b>Indoor Cycling</b> Ella (ICR)	6:30-7:30pm <b>Indoor Cycling</b> Laura (ICR)	5:30-6:30pm <b>Dance Mashup</b> Tanya (CR)	7:00-8:15pm <b>Yoga 1 &amp; 2</b> John (CR)		
6:00-7:00pm <b>Indoor Cycling</b> Ayesha (ICR)	8:00-9:15pm <b>Ball Room Dance</b> Irving (CR)		6:00-7:00pm <b>Hardcore Cycling</b> Bill (ICR)			
7:00-8:00pm <b>Pilates Level 2</b> Betsy (CR)			7:00-8:15pm <b>Vinyasa Flow</b> Becky (CR)			
			7:00-8:00pm <b>Feldenkrais</b> Amie (DeW)			

**YMCA Hours**  
 Mon.-Fri. 6am-10pm  
 Sat. 7am-8pm  
 Sun. 8am-8pm

We value your feedback! Please contact Meredith with any questions or comments at 310-393-2721 ext 135 or [Meredith@ymcasm.org](mailto:Meredith@ymcasm.org) For the most current class information please call the Group Exercise 310-393-2721 ext. 139

Announcements

New Classes:

Tuesday 6:30-7:30am Indoor Cycling in the Indoor Cycling Room

Tuesday 7:15-8:00pm Indoor Cycling in the Indoor Cycling Room

Thursday 11:15-12:00pm Zumba (Starts Feb. 23<sup>rd</sup>) in the Cayton Room

Friday 1:30-2:30pm Yoga Fundamentals in the Cayton Room

**OA Gym Fitness.** This class is designed for older adult; combining cardiovascular conditioning, muscular strength and stretching.

**OA Chair Workout.** Awareness through movement class that focuses on strength, coordination and body alignment.

**OA Stretch and Strength.** This is a safe and effective workout that increases your flexibility and strength by working your joints through their full range of motion with the use of lightweights and tubing.

**Feldenkrais.** Move with childlike ease, in this low intensity mind/body class. This class uses a series of gentle, organized movements that awaken awareness and enhance the way you move as a whole person.

**Tai Chi Chuan.** Unite movement and breathing with this slow and relaxed Yang style exercise class.

**Fluid Body Movement.** Fluid movement for greater body functionality. Generate energy with improved awareness, build a strong core.

**Joy of Movement.** This uplifting class will increase flexibility; it combines breathing, movement, stretching and meditation.

**Pilates.** An anatomically based class inspired by Joseph Pilates methods. Incorporates exercise science, rehab, eliminating contraindicated movements while emphasizing proper alignment and core stability.

**Pilates on the Ball.** This class improves muscular strength with the use of exercise balls and relaxing moves.

**Yoga.** All of our classes are Hatha (physical in nature). The instructors draw upon meditation, pranayama, relaxation and Kundalini techniques to help you become one with yourself through breath, movement and pose. Level 1-beginners class that is suitable for everyone / Level 2-Intermediate class.

**Yoga Flow/Vinyasa Flow.** A class about linking the breath with the pose. One moves from pose to pose in a smooth, easy manner.

**Yoga Fundamentals 1-2:** Focuses on alignment, flexibility and strength to integrate body, mind and spirit in a safe and accessible way. All teachers are graduates of the 3-year teacher training programs at the Iyengar Yoga Institute of Los Angeles, (IYILA)

**Iyengar Yoga.** A system of hatha yoga postures (asana) and breathing (pranayama) for all people of all ages and abilities. Iyengar yoga stresses (1) precise movement and action, and correct alignment in all postures: (2) the use of props to enhance and enable these actions: (3) precise sequencing of poses: (4) timing and pacing of poses, which can be adjusted according to individual needs.

**Yoga for Seniors.** Increasing flexibility, opening your joints so you can have more mobility, thus becoming stronger and more limber.

**Ball Room Dance.** Various social dances, such as the fox trot, tango, or waltz, where couples follow a conventional pattern of steps.

**Zumba.** Hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

**Dance Mashup.** Ballet, lyrical, modern, jazz, and hip-hop in this dance class. 30 minutes warm up, 20 minutes choreography, 10 minutes cool down. Reduce stress, improve energy, increase muscle tone and coordination in an uplifting and fun environment.

**Cardio Fusion.** A fusion of fast paced cardio moves with a mix of sculpting moves to really get your heart rate up and burn calories!

**Body Sculpt.** Works the entire body safely and effectively through active stretch, strength work, stability training, core concentration, balance, flexibility & static stretch.

**Cardio Dance.** Builds strength, endurance & coordination through a series of choreographed hi-low impact & unique dance moves.

**Fit Moves.** A combination of weight training and low impact moves using the fitness ball. Cool down with some mat work and abs.

**Step and Sculpt.** Take your workout to the next level. A basic step class combined with free weights create a fun calorie-blast.

**Indoor Cycling .** An invigorating workout that allows for each rider to work to his/her own pace. Lead by motivating instructors, riders simulate outdoor cycling while rockin' out to fun up-beat music!