

# CONEJO VALLEY YMCA GROUP EXERCISE CLASSES

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	<b>Yoga</b> [8:00am-9:00am] Activity Room (Barbara W.)	<b>Gymnastics</b> [3:15pm-4:15pm] Studio (Ages: 5-12) (Lisa L.)	<b>Yoga</b> [7:45am-8:45am] Activity Room (Barbara W.)	<b>Zumba</b> [9:30am-10:30am] Studio (Andrea C.)	<b>Yoga</b> [8:00am-9:00am] Activity Room (Barbara W.)
<b>Gymnastics</b> [3:15pm-4:15pm] Studio (Ages: 5-12) (Lisa L.)	<b>Strength 'n Stretch</b> [8:30am-9:30am] Studio (Jenny K.)	<b>Zumba Toning</b> [6:00pm-7:00pm] Studio (Del H.)	<b>Strength 'n Stretch</b> [8:30am-9:30am] Studio (Jenny K.)	<b>Child Watch Schedule</b>  <u>Monday:</u> 4:30 – 7:30 P.M.  <u>Tuesday:</u> 8:30 – 11:30 A.M.  <u>Wednesday:</u> 8:30 – 11:30 A.M. 4:30 – 7:30 P.M.  <u>Thursday:</u> 8:30 – 11:30 A.M.  <u>Saturday:</u> 10:00 – 12:00 P.M.	<b>Beg. Pilates</b> [9:00am-10:00am] Studio (Yvonne R.)
<b>Zumba</b> [4:30pm-5:30pm] Studio (Andrea C.)	<b>Beg. / Int. Pilates</b> [9:30am-10:30am] Studio (Jenny K.)	<b>Karate-Do Shotokai</b> [7:00pm-8:00pm] Studio (Ages: 18+) (Debbie & Simon P.)	<b>Beg. / Int. Pilates</b> [9:30am-10:30am] Studio (Jenny K.)		<b>Karate-Do Shotokai</b> [9:00am-10:00am] Activity Room (Ages: 8+) (Debbie & Simon P.)
<b>Karate-Do Shotokai</b> [5:30pm-6:30pm] Studio (Ages : 8+) (Debbie & Simon P.)	<b>Zumba</b> [10:30am-11:30am] Studio (Tori G.)	 Personal Fitness Program!	<b>Zumba</b> [10:30am-11:30am] Studio (Tori G.)		<b>Teenie Weenie Ballet</b> [10:00am-11:00am] Studio (Ages: 5-6) (Karen T.)
<b>Yoga</b> [6:30pm-7:30pm] Studio (Janet W.)	<b>Tiny Dancer</b> [5:15pm-6:00pm] Studio (Ages: 3-4) (Karen T.)				<b>Walk On</b> [10:30am-11:30am] Lobby (Sharlene C.)

<b>Fitness Coach Schedule</b>  <u>Monday:</u> 8:00 – 11:00 A.M. (Jesse H.)  <u>Tuesday:</u> 4:00 – 7:00 P.M. (Slater B.)  <u>Wednesday</u> 8:00 – 11:00 A.M. (Jesse H.)  <u>Thursday:</u> 4:00 – 7:00 P.M. (Slater B.)  <u>Saturday:</u> 8:00 – 12:00 P.M. (Slater B.)
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<b>Youth Ballet</b> [6:00pm-7:00pm] Studio (Ages: 7-10) (Karen T.)  <b>Teen Ballet</b> [7:00pm-8:00pm] Studio (Ages: 11-17) (Karen T.)
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**Updated: 01/02/2012**  
**Schedule Subject to**  
**Change Without Notice.**



**For More Information Please See Our Program Guide!**

## Group Exercise Class Descriptions:

- Ballet / Dance:** Your children will learn structured dance routines, feel comfortable exploring their artistic side and enhance their grace and poise.
- Gymnastics:** Classes will cover the fundamentals of gymnastics, tumbling skills, and different types of apparatus, which in turn will increase muscle strength and flexibility.
- Karate-Do Shotokai:** This class will instruct you in techniques of joint locks, throws, strikes, kicks, and blocks.
- Zumba:** A very dynamic and exciting class full of Latin Exotic music flavors. Zumba Toning uses weights.
- Muscle Conditioning:** This strength training class is aimed at increasing muscular strength, endurance, and definition for your entire body.
- Pilates:** Helps to build strength & flexibility with an emphasis on lengthening the body & aligning the spine. Mats provided.
- Strength 'n Stretch:** Is a basic muscle conditioning class that focuses on the core and ending with therapeutic stretching.
- Walk On:** Enjoy the beauty of our area while getting a cardiovascular and strength workout. Wear comfortable walking shoes, sunscreen & a hat. Bring a water bottle.
- Yoga:** Integrates breathing techniques, physical exercise, postures and meditation intending to unite YMCA spirit, mind, and body that helps with flexibility. Mats provided.



## CONEJO VALLEY YMCA WATER EXERCISE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am - 9:00am <i>Lap Pool</i>	Deep Water Lisa	Deep Water Sharlene	Deep Water Lisa	Deep Water Sharlene	Deep Water Lisa	Aquacise (8:30am - 9:30am) Marcia
9:00am - 10:00am <i>Lap Pool</i>	Aquacise Lisa	Aquacise Lisa	Aquacise Lisa	Aquacise Lisa	Aquacise Lisa	
9:00am - 10:00am <i>Warm Pool</i>	Twinges Plus Barbara		Twinges Plus Mary		Twinges Plus Barbara	
9:15am - 10:15am <i>Warm Pool</i>		Twinges Sharlene		Twinges Sharlene		
10:00am - 11:00am <i>Warm Pool</i>						Twinges Marcia
10:05am - 11:05am <i>Lap Pool</i>			Aqua Zumba Tori			
11:00am - 12:00pm <i>Warm Pool</i>	Senior Water Exercise Sue		Senior Water Exercise Sue			
12:00pm - 1:00pm <i>Warm Pool</i>		Twinges Plus Barbara		Twinges Plus Sandra		
6:00pm - 7:00pm <i>Warm Pool</i>		Twinges Plus Barbara				
7:00pm - 8:00pm <i>Lap Pool</i>	Aquacise Marcia	Deep Water Lisa	Aquacise Janet	Deep Water Lisa	<b>Updated: 01/02/2012</b>	

### Class Descriptions

**Aquacise:** This multi-level exercise class features cardiovascular training set to upbeat music. It also includes components of muscular conditioning and flexibility. It is held in the center of our main pool.

**Aqua Zumba:** Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

**Deep Water:** A water exercise class exclusively taught in the deep end of the pool. It is designed to improve cardiovascular and muscular endurance with no impact. We recommend attending class with a buoyancy belt and water gloves.

**Twinges:** This class is designed especially for those individuals who experience joint and muscle aches that result from arthritis. This class is held in our warm water pool. It includes flexibility, muscular conditioning, and range of motion exercises.

**Twinges Plus:** This class is designed especially for those individuals who experience joint and muscle aches that result from arthritis. This class is held in our warm water pool. It includes flexibility, muscular conditioning, and range of motion exercises. The plus class includes a component of cardiovascular exercise.

**Senior Water Exercise:** Provides the opportunity to move forward in an exercise routine, a little tougher than Joint Mobility and a step down the path of healthier living.