

CONEJO VALLEY YMCA GROUP EXERCISE CLASSES

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Arthritis Foundation Land Exercise Class [10:30am-11:15am] Studio (Sue R.)	Yoga [8:00am-9:00am] Activity Room (Barbara W.)	Arthritis Foundation Land Exercise Class [10:30am-11:15am] Studio (Sue R.)	Yoga [8:00am-9:00am] Activity Room (Barbara W.)	Zumba [9:30am-10:30am] Studio (Emily L.)	Yoga [8:00am-9:00am] Activity Room (Barbara W.)
Zumba [4:30pm-5:30pm] Studio (Emily L.)	Strength `n Stretch [8:30am-9:30am] Studio (Jenny K.)	Zumba [6:00pm-7:00pm] Studio (Del H.)	Strength `n Stretch [8:30am-9:30am] Studio (Jenny K.)	Child Watch Schedule <u>Monday:</u> 4:30 – 7:30 P.M. <u>Tuesday:</u> 8:00 – 11:30 A.M. <u>Wednesday:</u> 8:00 – 11:30 A.M. 4:30 – 7:30 P.M. <u>Thursday:</u> 8:00 – 11:30 A.M. <u>Friday:</u> 8:00 – 11:30 A.M. <u>Saturday:</u> 9:00 – 12:00 P.M.	Beg. Pilates [9:00am-10:00am] Studio (Yvonne R.)
Karate-Do Shotokai [5:30pm-6:30pm] Studio (Ages : 8+) (Debbie & Simon P.)	Beg. / Int. Pilates [9:30am-10:30am] Studio (Jenny K.)	Karate-Do Shotokai [7:00pm-8:00pm] Studio (Ages: 18+) (Debbie & Simon P.)	Beg. / Int. Pilates [9:30am-10:30am] Studio (Jenny K.)		Karate-Do Shotokai [9:00am-10:00am] Activity Room (Ages: 8+) (Debbie & Simon)
Yoga [6:30pm-7:30pm] Studio (Janet W.)	Zumba [10:30am-11:30am] Studio (Del H.)	 Personal Fitness Program!	Zumba [10:30am-11:30am] Studio (Emily L.)		Teenie Weenie Ballet [10:00am-11:00am] Studio (Ages: 5-6) (Karen T.)
Fitness Coach Schedule <u>Monday:</u> 7:00 – 10:00 A.M. 4:30 – 6:30 P.M. <u>Tuesday:</u> 8:00 – 10:00 A.M. 4:00 – 7:00 P.M. <u>Wednesday:</u> 8:00 – 11:00 A.M. 4:30 – 6:30 P.M. <u>Thursday:</u> 8:00 – 10:00 A.M. 4:00 – 7:00 P.M. <u>Friday:</u> 8:00 – 9:00 A.M. 10:00 – 12:00 P.M. <u>Saturday:</u> 8:00 – 10:00 A.M.	Jr. Jazz / Hip Hop [3:00pm-4:00pm] Studio (Ages: 5-6) (Lisa)		Walk On [10:30am-11:30am] Lobby (Sharlene C.)		Tiny Dancer [11:00am-11:45am] Studio (Ages: 3-4) (Karen T.)
	Tiny Dancer [5:15pm-6:00pm] Studio (Ages: 3-4) (Karen T.)	For More Information Please See Our Program Guide! <h2 style="color: red; margin: 0;">Group Exercise Class Descriptions:</h2> <p>Ballet / Dance: Your children will learn structured dance routines, feel comfortable exploring their artistic side and enhance their grace and poise.</p> <p>Junior Jazz / Hip Hop: Learn basic jazz and hip hop moves and put them together to form short dance routines.</p> <p>Karate-Do Shotokai: This class will instruct you in techniques of joint locks, throws, strikes, kicks, and blocks.</p> <p>Zumba: A very dynamic and exciting class full of Latin Exotic music flavors.</p> <p>Muscle Conditioning: This strength training class is aimed at increasing muscular strength, endurance, and definition for your entire body.</p> <p>Pilates: Helps to build strength & flexibility with an emphasis on lengthening the body & aligning the spine. Mats provided.</p> <p>Strength `n Stretch: Is a basic muscle conditioning class that focuses on the core and ending with therapeutic stretching.</p> <p>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.</p> <p>Women On Weights: Is designed specifically for active women seeking weight training in a more comfortable environment.</p> <p>Yoga: Integrates breathing techniques, physical exercise, postures and meditation intending to unite YMCA spirit, mind, and body that helps with flexibility. Mats provided.</p>		Teen Ballet [12:00pm-1:00pm] Studio (Ages: 11-17) (Karen T.)	
	Youth Ballet I [6:00pm-7:00pm] Studio (Ages: 7-10) (Karen T.)				
	Teen Ballet [7:00pm-8:00pm] Studio (Ages: 11-17) (Karen T.)				
	Updated: 09/06/2011 Schedule Subject to Change Without Notice.				



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

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>	Joint Mobility Plus Mary	Joint Mobility (9:15am - 10:15am) Sharlene	Joint Mobility Plus Mary	Joint Mobility (9:15am - 10:15am) Sharlene	Joint Mobility Plus Barbara	
10:00am - 11:00am <i>Warm Pool</i>						Joint Mobility TBA
11:00am - 12:00pm <i>Warm Pool</i>	Senior Water Exercise Sue		Senior Water Exercise Sue			
12:00pm - 1:00pm <i>Warm Pool</i>		Joint Mobility Plus Barbara		Joint Mobility Plus Sandra		
6:00pm - 7:00pm <i>Warm Pool</i>		Joint Mobility Plus Polly				
7:00pm - 8:00pm <i>Lap Pool</i>	Aquacise Marcia	Deep Water Lisa	Aquacise Janet	Deep Water Lisa		

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.

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.

Joint Mobility: 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.

Joint Mobility 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.

Updated: 09/09/2011