# A Healthy Lifestyle Schedule

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
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</thead>
<tbody>
<tr>
<td>Deep Water 8:00 - 8:50 AM Lisa S. Lap Pool</td>
<td>Deep Water 8:00 - 8:50 AM Lisa S. Lap Pool</td>
<td>Deep Water 8:00 - 8:50 AM Lisa S. Lap Pool</td>
<td>Deep Water 8:00 - 8:50 AM Sharlene C. Lap Pool</td>
<td>Deep Water 8:00 - 8:50 AM Lisa S. Lap Pool</td>
<td>Deep Water H.I.I.T. 8:30 - 9:20 AM Mendy H. Lap Pool</td>
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<tr>
<td>Chair Yoga 8:15 - 9:05 AM Janet W. Studio</td>
<td>Strength &amp; Stretch 8:30 - 9:20 AM Janet W. Studio</td>
<td>Chair Yoga 8:00 - 8:50 AM Janet W. Studio</td>
<td>Strength &amp; Stretch 8:30 - 9:20 AM Janet W. Studio</td>
<td>Yoga 8:30 - 9:20 AM Robin S. Community Room</td>
<td>Cardio Stretch &amp; Strength 9:30 - 10:20 AM Mendy H. Therapy Pool</td>
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<tr>
<td>Yoga 8:15 - 9:05 AM Robin S. Community Room</td>
<td>Aquacise 9:00 - 9:50 AM Lisa S. Lap Pool</td>
<td>Yoga 8:30 - 9:20 AM Robin S. Community Room</td>
<td>Aquacise 9:00 - 9:50 AM Lisa S. Lap Pool</td>
<td>Aquacise 9:00 - 9:50 AM Lisa S. Lap Pool</td>
<td>Strength Train Together 9:00 - 10:00 AM Cece L. Studio</td>
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<tr>
<td>Cycle + 9:15 - 10:05 AM Janelle A. Community Room</td>
<td>Endurance Spin 9:30 - 10:20 AM Mendy H. Community Room</td>
<td>Strength Train Together 9:00 - 10:00 AM Cece L. Studio</td>
<td>Distance Spin 9:00 - 9:50 AM Mendy H. Community Room</td>
<td>Joint Mobility + 9:00 - 9:50 AM Mendy H. Therapy Pool</td>
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<tr>
<td>Joint Mobility + 9:00 - 9:50 AM Maria N. Therapy Pool</td>
<td>Joint Mobility 9:30 - 10:20 AM Maria N. Therapy Pool</td>
<td>Joint Mobility + 9:00 - 9:50 AM Maria N. Therapy Pool</td>
<td>Joint Mobility 9:30 - 10:20 AM Maria N. Therapy Pool</td>
<td>Aqua Zumba 10:00 - 10:50 AM Mendy H. Lap Pool</td>
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<tr>
<td>Strength Train Together 9:00 - 10:00 AM</td>
<td>Aqua Zumba 10:00 - 10:50 AM Maria N. Lap Pool</td>
<td>Aqua Zumba 10:00 - 10:50 AM Maria N. Lap Pool</td>
<td>Aqua Zumba 10:00 - 10:50 AM Maria N. Lap Pool</td>
<td>Tai Chi 10:30 - 11:20 AM Kimiko K. Studio</td>
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<tr>
<td>Aqua Zumba 10:00 - 10:50 AM Mendy H. Lap Pool</td>
<td>Zumba® 10:30 - 11:20 AM Cece L. Studio</td>
<td>BARRE® 10:10-11:00 AM Mary S. Studio</td>
<td>Zumba® 10:30 - 11:20 AM Cece L. Studio</td>
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<tr>
<td>High Fitness 10:10 - 11:00 AM Mary S. Studio</td>
<td>Joint Mobility 12:10 - 1:00 PM Janet W. Therapy Pool</td>
<td>Boot Camp 5:00—5:50 PM Gabrielle F. Studio</td>
<td>Joint Mobility 12:10 - 1:00 PM Janet W. Therapy Pool</td>
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<tr>
<td>Restore and Repair 11:10 - 12:00 PM Darcy G. Studio</td>
<td>Vinyasa Yoga 6:00 - 6:50 PM Corrin F. Studio</td>
<td>Strength Train Together 6:00 - 7:00pm Cece L. Studio</td>
<td>High Fitness 4:00 - 4:50 PM Mary S. Studio</td>
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<tr>
<td>Tai Chi 2:00 - 2:50 PM Kimiko K. Studio</td>
<td>Deep Water 7:00 - 7:50 PM Hilton H. Lap Pool</td>
<td>Add Aqua class with Debra</td>
<td>Vinyasa Yoga 6:00 - 6:50 PM Corrin F. Studio</td>
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<tr>
<td>Boot Camp 5:00 - 5:50 PM Kate P. Studio</td>
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<td>Deep Water 7:00 - 7:50 PM Lisa S. Lap Pool</td>
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<tr>
<td>Strength Train Together 6:00 - 7:00 PM Kate P. Studio</td>
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Children under the age of 13 yrs. will not be allowed to take Group Exercise Classes.

**NEW START TIME**

**NEW CLASSES**

**KIDS ZONE HOURS**

- Monday – Thursday: 8:00 AM – 11:30 AM
- 4:00 PM – 7:00 PM
- Friday – Saturday: 8:00 AM – 11:30 AM

Included in all Family & Single Parent Family Memberships

Regal Medical Group Members are welcome to attend class for FREE.

Contact: conejoymca.org
GROUP EXERCISE CLASS DESCRIPTIONS

STUDIO & COMMUNITY ROOM CLASSES

Barre - A total body conditioning class that features simple and precise moves designed to increase balance, strength, flexibility, and posture.

Boot Camp - A total body conditioning class using a variety of exercises and equipment. Don’t get scared off by the name. Our instructors’ goal is to encourage each member to push themselves to the level that’s right for them. Progressions and modifications will be given.

Cycle + - Fun and effective interval training designed to blast calories, improve your cardiovascular endurance, muscular strength, plus tone your entire body by combining spinning drills and upper body strength work.

Endurance Spin: Focusing on RPM’s during Hills and Sprints, gradual climbs, cadence drills and Tabata drills, this class will offer a great cardio workout while building endurance on the bike.

Distance Spin: Focusing on speed changes, jumps, pyramid drills, rolling hills and Tabata drills, this class will offer a great cardio workout and rack up the miles on the bike. Also incorporates light weight segments as we ride.

Indoor Cycling – Excellent workout designed to blast calories, improve your cardiovascular endurance, and tone your entire body.

Strength & Stretch - A muscle conditioning class that focuses on the core and ending with therapeutic stretching.

Strength Train Together - Maximizes your workout results with 60 minutes of impactful strength training. You’ll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights and bodyweight.

Restore and Repair - This class focuses on functional strength and durability, breathe awareness, restoration and repair, using several modalities: yoga, movement, breath practice, Pilates, and brain games, while using balls, straps, and light weights. *Option to participate in a chair. This class is suitable for people with arthritis, limitations, or surgery prep/recovery.

Tai Chi - Gentle physical exercise and stretching through a series of flows that improve balance and calm the mind. Tai Chi Kung Fu Fan is recommended for this class.

Total Fit - A complete body toning workout with segments of cardio throughout designed to keep your heart rate up for max calorie burning. This high intensity class welcomes all fitness levels as modifications and low impact options will be offered throughout.

Vinyasa Yoga - a method of yoga in which movements form a flowing sequence in coordination with the breath.

Yoga - Emphasis is placed on core strength, flexibility and balance as well as concentration and breath control.

Chair Yoga - is a general term for practices that modify yoga poses so that they can be done while seated in a chair.

Zumba® - A dynamic and exciting class full of Latin Exotic music flavors. A high-energy cardiovascular workout for all levels!

High Fitness - This class transforms old school aerobics into a highly addictive new fitness experience that combines simple, modern fitness techniques (HIIT, plyometric, etc) with music you know and love.

WATER EXERCISE CLASSES: Classes may require the use of water dumbbells, and noodle’s.

Aquacise – Features cardio training, muscle conditioning, and flexibility. Held in the shallow end of the lap pool.

Aqua Blast—This class will incorporate choreographed aquatic dance routines, aquacise, Tabata segments, and conditioning exercises - all set to music guaranteed to inspire you to work hard while having a blast! All levels welcome as modifications are given.

Aqua Zumba – A safe, challenging, water-based exercise that’s cardio-conditioning and body toning. Set to upbeat music!

Deep Water – Exclusively taught in the deep end. Designed to improve cardio and muscle endurance with no impact.

Joint Mobility – Designed for those who experience joint and muscle aches. Focus on flexibility and range of motion.

Joint Mobility + - Joint Mobility + Cardio.

Deep Water HIIT - Incorporating high intensity interval training with the non-impact benefits of the deep water. Focusing on every muscle group, this class utilizes a wide variety of core exercises, lap swimming, Tabata drills, and strength work using various equipment, stamina drills, synchronized swimming moves and cardio drills. All set to high energy music. Floatation belts provided and all levels welcome as modifications are given.

Cardio Stretch & Strength - This class incorporates an extended warm up and cools down focusing on every muscle group and breathe control. There is a 20 minute cardio portion with exercises to get your heart pumping and your feet moving. A 10 minute segment will focus on strength work using equipment to improve agility, posture, balance and tone. All set to your favorite music!