

GROUP PROGRAMS SCHEDULE

May 2008

See Cycle, Aqua Fitness, Wellness and Studio 2 Schedules on Reverse.

Director's Corner

Transition is the key concept this month. As the weather changes with the new season upon us, our classes and our branch are undergoing some adjustments. This month will be time to say adieu to some fond people and things we've grown accustomed to and say hello to new people and classes.

One constant change is our **Tuesday Nite Special** showcase at 5:30pm in Studio 3. *Salsa Moves* did so well last month, now we are bringing to you the popular craze: **Zumba!** This four-week offering is free. In mind-body, we are introducing a Monday night workshop, the first one on **May 19** at 6pm to 8pm in Studio 2 with Jennifer called **"Get Flowin': Learn the Basics of Vinyasa Yoga"**. Enrollment: \$25.

There are other changes listed on the next column in classes and instructors so please check your favorite classes carefully on the schedules. We wouldn't want you to miss that workout.

In this time of change, with a new fiscal year looming, it may be time to re-look at how we been exerting our efforts and resources and forge a path in a new direction. Sometimes it's best to note where we've been in order to understand where we are heading. Best wishes to you on your transitions.

Keep healthy, happy and wise!

Ross Goo
Fitness Director (415) 615-1336
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"The new tide is in!"

Class News

In **Studio 3**, the **Tuesday Night Special** at 5:30pm features a new format each month and May will be an hour of **Zumba!** with Ross. On Tuesdays at 12pm **Cardio Kick** is now **Step Intermediate** with Carol. On Thursdays at 12pm **Cardio Kick** is now **Cardio BOSU/Kick** with Ross. This only means if we will do cardio kickboxing if we don't have enough BOSUs.

In the **Activity Pool**, we are bringing back Monday 12:30pm **Aqua Fitness!** Also, we have changed the start time of the Wednesday **Arthritis Foundation Aqua Exercise** class from 1:30pm to 2pm.

In **Studio 2**, Monday **Power Yoga** with Lolita at 6:30pm will move to the larger Wellness Studio and meet on Tuesdays instead. The Tuesday **Hatha Flow** with Jennifer at 6:30pm will also move to the Wellness Studio.

In the **Cycle Studio**, on Tuesdays and Thursdays the classes at 11:45am and 12:35pm will combine for one hour-long class at 12pm with Tom and Justin respectively. Katie M. has taken over Wed. at 6:30am.

In the **Wellness Studio**, **Taekwondo/Hapkido** will begin at 7:45pm now and just be called the **Hapkido Club**. The monthly fee has also decreased.

Facilities

Please remember to towel down your bike after cycling class!

Instructor Junction

We welcome new yoga instructors, **Christie Marshall** and **Ethan Savage**, and new Pilates instructors, **Christina Amar** and **Molly Brennan**. Say hello to new cardio kick instructor, **Pam Wright**. Welcome to our Y and our team!

Studio 3, 3rd Floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOSU Core 7:20am-7:40am <i>Kathy</i>	Cardio Kick 6:30am-7:15am <i>Karen</i>	OPEN STRETCH TIME	Cardio Kick 6:30am-7:15am <i>Karen</i>	BOSU Boot Camp 6:15am-7:15am <i>Nes</i>	Cardio Kick 9:30am-10:30am <i>Aggie</i>	Step Intermediate 9:30am-10:30am <i>Jeff</i>
OPEN STRETCH TIME	AbWorks 7:15am-7:30am <i>Karen</i>	OPEN STRETCH TIME	BOSU Core 7:15am-7:30am <i>Karen</i>	OPEN STRETCH TIME	BodyWorx 10:30am-11:30am <i>Jamilla</i>	BOSU Strength 10:30-11:00am <i>Jeff</i>
OPEN STRETCH TIME	OPEN STRETCH TIME	OPEN STRETCH TIME	OPEN STRETCH TIME	OPEN STRETCH TIME	OPEN STRETCH TIME	OPEN STRETCH TIME
BodyWorx/Abs 11:45am-12:15pm <i>Heather</i>	OPEN STRETCH TIME	Pilates Intermediate 11:00am-12:00pm <i>Lena</i>	OPEN STRETCH TIME	BOSU Ab Blast 12:00pm-12:15pm <i>Jamilla</i>	OPEN STRETCH TIME	Stretch 11:30a-12:30pm <i>John</i>
Step&Sculpt 12:15pm-1:00pm <i>Debra</i>	Step Intermediate 12:00pm-12:45pm <i>Carol</i>	Stepography 12:00pm-12:45pm <i>Michelle</i>	Cardio BOSU/Kick 12:00pm-12:45pm <i>Ross</i>	Step Intermediate 12:15pm-1:00pm <i>Jamilla</i>	OPEN STRETCH TIME	OPEN STRETCH TIME
Dance Aerobics 1:00pm-1:45pm <i>Les</i>	BodyWorx 12:45pm-1:30pm <i>Debra</i>	Dance Aerobics 1:00pm-1:45pm <i>Les</i>	BodyWorx 12:45pm-1:30pm <i>Rotating Instructors</i>	Dance Aerobics 1:00pm-1:45pm <i>Les</i>	Community Karate 1:00pm-3:30pm <i>Wayne</i>	RESERVED 1:00pm-5:00pm
Killer Sculpt 1:45pm-2:10pm <i>Les</i>	OPEN STRETCH TIME	Killer Sculpt 1:45pm-2:10pm <i>Les</i>	OPEN STRETCH TIME	Killer Sculpt 1:45pm-2:10pm <i>Les</i>	FreePlay Rehearsal 3:30pm-5:30pm <i>By Audition ONLY</i>	OPEN STRETCH TIME
Community Karate 4:00pm-5:30pm <i>Wayne</i>	Tuesday Nite Special Zumba! 5:30pm-6:30pm <i>Ross</i>	Community Karate 4:00pm-5:30pm <i>Wayne</i>	Step Intermediate 5:30pm-6:30pm <i>Carol</i>	Community Karate 4:00pm-5:30pm <i>Wayne</i>	Community Programs, like Shotokan Karate, are also held in the Group Exercise Studios (dark shaded boxes).	
Cardio Kick 5:30pm-6:30pm <i>Karen</i>	Boot Camp 6:00pm-7:00pm (Meet in Gym) <i>No class 5/27 Nes</i>	Cardio Kick 5:30pm-6:30pm <i>Pam</i>	Urban Boot Camp 6:00pm-7:00pm (Meet in Lobby) <i>No class 5/29 Nes</i>	FreePlay Rehearsal 7:00pm-9:45pm <i>By Audition ONLY</i>		
Step Basic 6:30pm-7:30pm <i>Jamilla</i>	Hip-Hop 6:30pm-7:30pm <i>Josh/Janey/Sarah</i>	BOSU Strength 6:30pm-7:30pm <i>Aggie</i>	Hip-Hop 6:30pm-7:30pm <i>Josh/Janey/Sarah</i>	All schedules are subject to change. Changes will be announced daily on the Embarcadero YMCA Group Exercise Hotlines. Mind/Body classes are shaded.		
Community Karate 7:40pm-9:30pm <i>Wayne</i>	FreePlay Rehearsal 8:15pm-9:45pm <i>By Audition ONLY</i>	RESERVED SBDP	Community Karate 7:40pm-9:30pm <i>Wayne</i>	AM Hotline: 415-615-1387 PM Hotline: 415-615-1384 Cycle/AquaFit Hotline: 415-615-1386		

Class Descriptions can now be found on a separate brochure along with a Mind/Body class schedule.

Embarcadero YMCA 169 Steuart St. San Francisco 94105 415-957-9622 www.ymcasf.org/embarcadero

We build strong kids, strong families, strong communities.

Y GROUP EXERCISE™

Cycle Studio, Activity Pool, Wellness and Studio 2 Class Schedules (Effective May 1, 2008)

Cycle 1st Floor, front	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Hit the Road 6:30am-7:15am <i>Kathy</i>	Hills, Hills, Hills 6:30am-7:15am <i>Emma-Louise</i>	Power 6:30am-7:15am <i>Katie M.</i>	Interval 6:30am-7:15am <i>Kathy</i>	Hit the Road (+) 6:30am-7:30am <i>Emma-Louise</i>	Interval (+) 9:30am-10:30am <i>Kathy</i>	Power (+) 9:30am-10:30am <i>Bill</i>	
	Interval (+) 12:00pm-1:00pm <i>Rhonda</i>	Interval 12:00-1:00pm <i>Tom</i>	Interval (+) 12:00pm-1:00pm <i>Connie</i>	Interval 12:00-1:00pm <i>Justin</i>	Hit the Road (+) 12:00pm-1:00pm <i>Connie</i>			
	Interval (+) 6:20pm-7:20pm <i>Shannon</i>	Interval (+) 6:20pm-7:20pm <i>Marty</i>	Hit the Road (+) 6:20pm-7:20pm <i>Bill</i>	Interval (+) 6:20pm-7:20pm <i>Marty</i>	Hit the Road 5:30pm-6:15pm <i>Alva</i>	Interval (+) 5:30pm-6:30pm <i>Sean</i>	Please arrive early to sign-up for bikes. Enrollment begins 30 minutes prior to the start of each class. Look for sign-in log outside of the studio. Come prepared with water bottle. You are welcome to bring your SPD compatible cycling shoes.	

Aqua Fitness 2nd Floor Activity Pool	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Modified Aqua Aerobics 9:30am-10:30am <i>Jean</i>		Modified Aqua Aerobics 9:30am-10:30am <i>Jean</i>	Modified Aqua Aerobics 9:30am-10:30am <i>Jean</i>				
	Aqua Fitness 12:30pm-1:10pm <i>Sionne, et al</i>	Aqua Fitness 12:30pm-1:10pm <i>Ross</i>	Aqua Fitness 12:30pm-1:10pm <i>Eugenia</i>	On Hiatus Until Further Notice	Aqua Fitness 12:30pm-1:10pm <i>Sionne</i>	Arthritis Foundation Aqua 12:15pm-1:15pm <i>Jerry</i>		
			Arthritis Foundation Aqua Exercise 2:00pm-3:00pm <i>Debra</i>			Aqua Participants Please shower before class. Dress appropriately for a workout. Aqua socks are recommended as bare feet slip on the pool bottom. Come prepared with water and towel. You are welcome to bring aqua gloves.		

Mind/Body classes are in shaded boxes on all schedules

Wellness Studio 4th Floor	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CLOSED	Morning Motion Yoga 6:30am-7:30am <i>Saeeda</i>	CLOSED	Morning Motion Yoga 6:30am-7:30am <i>TBD</i>	Yoga Participants Please arrive early to sign-up. Enrollment begins 30 minutes prior to the start of each class. Look for sign-in log outside of the studio. All classes are mixed level unless otherwise noted. Come prepared with water and towel. Mats and props are provided but you are encouraged to bring your own mats. Mats and carriers are available for sale in the Pro Shop. It is highly recommended to attend several beginning yoga classes before entering a mixed level class.		
	Hatha Flow 12:00pm-1:00pm <i>Sophia</i>	Iyengar Yoga 11:30am-12:30pm <i>Athena</i>	Iyengar Yoga 11:30am-12:30pm <i>Leslie</i>	Iyengar Yoga 11:30am-12:30pm <i>Athena</i>			RESERVED 1:00pm-4:00pm
	Pilates 1:00pm-2:00pm <i>Christina</i>	Iyengar Yoga 12:30pm-1:30pm <i>Athena</i>	Hatha Flow 12:45pm-1:45pm <i>Jamaica</i>	Iyengar Yoga Intermediate 12:30pm-1:30pm <i>Athena</i>	Hatha Flow 12:00pm-1:00pm <i>Jamaica</i>	CLOSED	
	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Wind Down Yoga 4:00pm-5:15pm <i>Saeeda</i>
	Beginning Yoga 5:30pm-6:30pm <i>Kevin</i>	Pilates Basics 5:30pm-6:30pm <i>Lena</i>	Power Yoga 5:30pm-6:45pm <i>Jamaica</i>	Yoga-Based Stretch 5:00pm-6:00pm <i>Bev</i>	Lengthen, Strengthen & Relax 5:00pm-6:15pm <i>Katherine</i>	CLOSED	CLOSED
	Pilates Basics 6:30pm-7:30pm <i>Rebecca</i>	Power Yoga 6:30pm-7:45pm <i>Lolita</i>	Pilates 6:45pm-7:45pm <i>Rebecca</i>	Hatha Flow 6:30pm-7:30pm <i>Jennifer</i>	Pilates Participants Please arrive early to sign-up. Enrollment begins 30 minutes prior to the start of each class. Look for sign-in log outside of the studio. Come prepared with water and towel.		

Studio 2 1st Floor, rear	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	OPEN STRETCH TIME	OPEN STRETCH TIME	OPEN STRETCH TIME	OPEN STRETCH TIME	OPEN STRETCH TIME	Beginner Community Karate 11:30am-1:00pm <i>Wayne</i>	OPEN STRETCH TIME
	Feldenkrais ATM 5:30pm-6:30pm <i>Linda</i>	Yoga 101 5:35pm-6:35pm <i>Ernie</i>	Pilates Flow 5:30pm-6:30pm <i>Lena</i>	OPEN STRETCH TIME	OPEN STRETCH TIME	OPEN STRETCH TIME	OPEN STRETCH TIME