



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLASS INFORMATION

Group Exercise

ALL CLASSES FREE WITH FACILITY OR AREA MEMBERSHIP
PROGRAM MEMBERS WITH CLASS CARD
COMMUNITY MEMBERS WITH DAY USE FEE
CLASS UPDATE HOTLINE 415.292.3015

MONDAY				THURSDAY			
8:15-9:00am	Express Workout	Studio A	Rodney Bryant	7:30-8:30am	Yoga	Studio A	Christopher Bryant
9:00-11:30am	Taiji Int/Adv	Gym	Bryant	10-12:00am	Taiji Beg/Int	Studio A	Bryant
10:15-11:15am	Senior Fitness	Studio A	Stephanie Dan	5:30-6:30pm	Zumba	Studio A	Joanne Dan
11:30-1:00pm	Pilates Mat/Ref	Studio A	Dan	6:30-7:30pm	Pilates Mat/Ref	Studio A	Dan
6:00-7:00pm	Yoga	Studio B	Lorna	6:15-9:00pm	Taiji Beg/Int	Gym	Bryant
7:00-8:00pm	Flamenco Dance	Studio A	Stephanie				
8:00-8:55pm	Shotokan Karate	Studio A	Jumbo				
TUESDAY				FRIDAY			
7:30-8:30am	Yoga	Studio B	Christopher Bryant	8:15-9:00am	Express Workout	Studio A	Rodney Dan
10-12:00am	Taiji Beg/Int	Studio A	Bryant	11:30-12:30pm	Pilates Reformer	Studio A	Dan
5:30-6:30pm	Firm Body Cond.	Studio A	Krissy Ali	10:15-11:15am	Senior Fitness	Studio A	Stephanie
6:00-7:00pm	Yoga	Studio B	Ali				
7:30-9:00pm	Taiji Beg/Int	Gym	Bryant	SATURDAY			
				8:15-9:00 am	Youth Aikido, 6-12	Studio A	Maryann
				9:00-10:00am	Adult Aikido, 12+ yo	Studio A	Maryann
				9:00-12:00pm	Taiji All Levels	Gym	Bryant
				10-11:30am	Vinyasa Yoga	Studio A	Karly
WEDNESDAY				SUNDAY			
8:15-9:00am	Express Workout	Studio A	Rodney Bryant	9:00-10:15am	Shotokan Karate	Studio A	Dawn Bryant
9-11:30am	Taiji Int/Adv	Studio A	Bryant	10:30-1:00pm	WuShu	Gym	Bryant
9:30-10:15am	Chair Exercise	Studio A	Stephanie				
10:15-11:15am	Senior Fitness	Studio A	Stephanie				
11:30-1:00pm	Pilates Mat/Ref	Studio A	Dan				
6:00-7:00pm	Zumba	Studio A	Charlayne				
7:00-8:00pm	Pilates Mat	Studio B	Lisa				
7:00-8:55pm	Shotokan Karate	Studio A	Dawn				

MIND

BODY

SPIRIT

EXPRESS WORKOUT-TAIJI-SENIOR FITNESS-PILATES-YOGA
CHAIR EXERCISE-YOGA--ZUMBA-FLAMENCO
WUSHU-KARATE-BALLET FITNESS-TURBO KICKBOX

GROUP EXERCISE

Class Descriptions

AIKIDO

This non-violent martial art incorporates personal growth, fitness, and self-defense through harmonizing and compassion. Improves cardiovascular stamina, flexibility and strength. Aikido also adds an element of sword technique. Class is open to all levels.

BALLET FITNESS

A hybrid class combining elements of ballet, sports, and body conditioning that will increase flexibility and strength while also promoting a better sense of physical self awareness and grace. With movements emphasizing core conditioning and stability, this class will result in a strong foundation for better physical health overall.

EXPRESS WORKOUT

A 45-minute workout that combines elements of cardio, strength, core, and flexibility training.

FIRM BODY CONDITIONING

A great strengthening workout using large therapy balls and free weights to help facilitate light cardio, all-over body toning, core strengthening and stretching.

FLAMENCO DANCE

Spice up your fitness program with this Spanish dance, focusing on body placement, basic steps, and footwork. Newcomers are encouraged to participate.

PILATES

Using the teachings of Joseph Pilates in a series of non-impact exercises designed to focus on core strength and stability.

MAT: uses mats, weights. REFORMER: reformer machine.

SENIOR FITNESS

Low impact, low intensity aerobic exercise with easy-to-learn choreography and movement. Focus is on strength, stretching and stamina. A great class for older adults and beginners. Class is open to all levels.

SHOTOKAN KARATE

The Japanese martial art Karate. Emphasizes flexibility, mental discipline, full body strength and athletic ability. Learn self defense while training your mind and body. Class is open to all levels.

TAIJI

Ancient Chinese martial art utilizes soft, circular movements combined with meditation and breathing. Elements of Taoist Yoga develop flexibility, strength and body awareness. Taiji movements help student to focus, concentrate energy and relax. Class is open to all levels.

WUSHU

Offers discipline, strength training and martial arts combined with the physical challenges and complexities of contemporary sports. (Ages 8 and up). Class is open to all levels.

YOGA

Complete mind/body workout with a focus on building a strong foundation through postures and breath work. Excellent for flexibility, core strength and balance. Class is open to all levels.

TURBO KICKBOX

Turbo Kick is a fusion of hip hop and kickboxing. This pre-designed Kickboxing interval class is the ultimate cardiovascular challenge, complete with bouts of intense intervals, easy to follow combos and kickbox strength/endurance training.