



**Hours**  
Mon-Fri: 5:30 am-9:45 pm  
Sat: 8:00 am-7:45 pm  
Sun: 9:00 am-5:45 pm

**Embarcadero YMCA**  
169 Steuart Street  
San Francisco, CA 94105  
415.957.9622  
www.ymcasf.org/embarcadero

# Group Exercise Schedule

# February 2012

## DIRECTOR'S CORNER

This is the month when lovers and presidents get their special days. You might not aspire to be either but you can't escape the notion that both celebrate commitment. If you're committed to turning over that new leaf and have your goals clearly in view, then we will continue our commitment to you.

President's Day, Feb. 20, is not a YMCA-observed holiday, so we will be holding classes as scheduled.

Are you new to Indoor Cycling? Your answer is **Introduction to Studio Cycling Workshop** on **Wed Feb 8** at 6:30pm-7:15pm. Join Connie to learn proper bike fit and set-up, basic riding positions, and experience the different riding elements. Free.

We are launching the next **Group Pilates Six-Week Series** starting on Feb 27 through Apr 6, weekdays 12pm and 6pm in the Pilates Studio. If you miss classes during the series, only two may be made up. Full sessions are three or more enrolled clients. Please note that a session be pre-enrolled to be confirmed on the schedule. Proposed sessions are on the Mind-Body page. Please enroll at the membership services desk. Cost is only \$111 for members, \$132 for program.

We are excited to announce that there are three new classes are being added to the Mind-body offerings:

- Mondays 11am *Yoga In-Depth* with Athena
- Tuesdays 12pm *Flow Yoga* with Robin
- Tuesdays 1pm *Pilates Plus* with Leslie M

We are getting excited for what we can do to improve the quality and consistency of what we offer in our studios. Sure we offer great classes with a mostly volunteer instructing crew, but we know we can do better. Expect a small survey soon to capture what you think about how we're doing. We want to listen to what you need and will plan to meet them as best we can.

Responsibility, as one of the YMCA's core values, is very important to us. We accept it and ask it of you as well. Responsible actions can be contagious, like returning your class equipment or wiping down the studio bikes. If you see a need for a fellow member or staff to remedy something, take the lead and show us how respecting and responsible people do it. Others will witness and model. That's just how we all are at the Embarcadero Y.

## CLASS NEWS

In the **Activity Pool**, Joanna will be taking over the 12:30-1:10pm *Aqua Boot Camp*. Dianne and other instructors will be covering the Sat 8:15am *Aqua Fitness* class while Natalie is on maternity leave.

In the **Cycle Studio**, Katie will be taking over the Tues 5:30pm *55-minute Ride* while Jon is out on paternity leave.

In the **Kinesis Studio**, we will now include information on our daily Kinesis classes on our Group Ex Hotline, 415-615-1387. The Monday 5pm *Level 2* will begin at 5:15pm and the 5:30pm *Level 1* will start at 5:45pm. We are discontinuing the Fri 5pm *Orientation* due to lack of participation.

In the **Pilates Studio**, Leslie M is leading the Tues 12pm Basics level *Perfect 10* and Kelli will be leading the Mon and Tues 6pm and Thurs 12pm Basics level *Perfect 10* groups.

In the **Wellness Studio**, Jamaica returns to the 12:30pm *Wed Power Yoga* and Susannah will take over the Fri 12pm *Power Yoga* class from Robin. Unfortunately, we discontinued the Wed 6:30am Pilates Primer class last month due to low attendance. We are sorry for the inconvenience.

## FACILITY UPDATE

In the **Studio 3**, we are pleased to finally replace the old iron dumbbells with new neoprene-covered ones. The weight designations are 5, 7, 9, 12, and 15 lbs. Please help us out by stacking the dumbbells neatly when you return them.

## INSTRUCTOR JUNCTION

We are proud to introduce **Kelli Zehnder** to the Studio Pilates Trainer team.

Keep healthy, happy and wise!

Ross Goo  
Fitness Director, Group Programs  
415.615.1336  
rgoo@ymcasf.org



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# February 2012

## Group Cardio & Strength: Studio 3 or Gymnasium, 3rd floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BOSU CORE</b> 7:40-8:00am Kathy  <b>BODYWORKS/ABS</b> 12:00pm-12:15pm Debra  <b>STEP BASICS</b> 12:15pm-1:00pm Debra  <b>ZUMBA™</b> 5:30pm-6:25pm Katherine (NP)  <b>CARDIO KICK</b> 6:30pm-7:30pm Ross	<b>STEP INTERMEDIATE</b> 6:30am-7:15am <b>ABWORKS</b> 7:15am-7:30am Carol (NP)  <b>CARDIO KICK</b> 12:00pm-12:40pm Ross  <b>BODYWORKS</b> 12:45pm-1:30pm Debra (NP)  <b>ZUMBA™</b> 5:30pm-6:25pm Dylan (NP)  <b>BOOT CAMP</b> 6:00pm-7:00pm Gymnasium Nes  <b>HIP-HOP</b> 6:30pm-7:30pm Josh (NP)  <b>FREEPLAY REHEARSAL</b> 7:30pm-9:45pm By Audition Only	<b>PILATES INTERMEDIATE</b> 11:00am-11:55am Lena  <b>STEOGRAPHY</b> 12:15pm-1:00pm Jeff  <b>CARDIO KICK</b> 5:30pm-6:25pm Paulo  <b>X-TREME BOSU STRENGTH</b> 6:30pm-7:25pm Ross  <b>CAPOEIRA FITNESS</b> 7:30pm-8:30pm Melissa/Zorana	<b>STEP INTERMEDIATE</b> 6:30am-7:15am <b>BOSU CORE</b> 7:15am-7:30am Carol (NP)  <b>CARDIO KICK</b> 12:00pm-12:40pm Ann (NP)  <b>BODYWORKS</b> 12:45pm-1:30pm Ross (NP)  <b>CORE CONDITIONING</b> 5:30pm-6:25pm Robert  <b>HIP-HOP</b> 6:30pm-7:30pm Sarah (NP)  <b>FREEPLAY REHEARSAL</b> 7:30pm-9:45pm By Audition Only	<b>BOSU BOOT CAMP</b> 6:15am-7:15am Nes  <b>BODYWORKS/ABS</b> 12:00pm-12:15pm Mick (NP)  <b>STEP FITNESS</b> 12:15pm-12:55pm Mick  <b>ZUMBA™</b> 1:00pm-1:45pm Dylan (NP)	<b>TURBO KICK™</b> 9:30am-10:25am Paulo (NP)  <b>ZUMBA™</b> 10:30am-11:30am Ilka (NP)	<b>STEP INTERMEDIATE</b> 9:30am-10:30am Jeff

## Functional Movement Training: Kinesis™ Studio, 3rd floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Level 1</b> 12:00pm-12:30pm Jen (NP)  <b>Level 3</b> 12:30pm-1:00pm Jen  <b>Level 2</b> 5:15pm-5:45pm Felix  <b>Level 1</b> 5:45pm-6:15pm Felix (NP)	<b>Level 1</b> 12:15pm-12:45pm Ernie (NP)  <b>Level 2</b> 12:45pm-1:15pm Ernie  <b>Level 1</b> 5:30pm-6:00pm Gerard (NP)  <b>Level 2</b> 6:00pm-6:30pm Gerard	<b>Level 1</b> 12:15pm-12:45pm Ernie (NP)  <b>Level 2</b> 12:45pm-1:15pm Ernie  <b>Level 2</b> 5:00pm-5:30pm Felix  <b>Level 1</b> 5:30pm-6:00pm Felix (NP)	<b>Level 1</b> 12:00pm-12:30pm Jen (NP)  <b>Level 3</b> 12:30pm-1:00pm Jen  <b>Level 1</b> 5:30pm-6:00pm Gerard (NP)  <b>Level 2</b> 6:00pm-6:30pm Gerard	<b>Kinesis Abs!</b> 12:00pm-12:30pm Felix (NP)		

(NP) Recommended for new or returning participant  
 (\$) There is a fee to participate – enroll at Member Services.  
 Class schedules and/or instructor may change without notice.

**Functional Movement Training**  
 Sign up prior for these 30-minute small group classes. There are only four spots in each class.

**Community Programs**  
 Like Summer Camp, are also held in the Group Exercise Studios (dark shaded boxes).

# Studio Cycling & Group Aqua Schedules February 2012

## Studio Cycling: Cycle Studio, 1st floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>60-MINUTE RIDE</b> 6:30am-7:30am Kathy (NP)		<b>60-MINUTE RIDE</b> 6:30am-7:30am Sean (NP)	<b>60-MINUTE RIDE</b> 6:30am-7:30am Kathy (NP)	<b>60-MINUTE RIDE</b> 6:30am-7:30am Sean (NP)	<b>60-MINUTE RIDE</b> 9:30am-10:30am Kathy (NP)	<b>60-MINUTE RIDE</b> 9:30am-10:30am Bill (NP)
<b>50-MINUTE RIDE</b> 12:00pm-12:50pm Jackie (NP)	<b>50-MINUTE RIDE</b> 12:00pm-12:50pm Ann (NP)	<b>50-MINUTE RIDE</b> 12:00pm-12:50pm Connie (NP)	<b>50-MINUTE RIDE</b> 12:00pm-12:50pm Caycee (NP)	<b>50-MINUTE RIDE</b> 12:00pm-12:50pm Maria (NP)		
<b>55-MINUTE RIDE</b> 5:30pm-6:25pm Connie (NP)	<b>55-MINUTE RIDE</b> 5:30pm-6:25pm Katie (NP)	<b>55-MINUTE RIDE</b> 5:30pm-6:25pm Jonathan (NP)	<b>55-MINUTE RIDE</b> 5:30pm-6:25pm Jennifer (NP)	<b>55-MINUTE RIDE</b> 5:30pm-6:30pm Mike (NP)		
<b>60-MINUTE RIDE</b> 6:30pm-7:30pm Liz (NP)	<b>60-MINUTE RIDE</b> 6:30pm-7:30pm Marty (NP)	<b>INTRO TO CYCLING (FEB 8 ONLY)</b> 6:30pm-7:15pm Connie (NP)	<b>60-MINUTE RIDE</b> 6:30pm-7:30pm Marty (NP)			



### Studio Cycling Participants

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 a water bottle. You are welcome to bring your SPD compatible cycling shoes. Our high-tech AC Performance bikes each come with a power console that provides the ability to measure the rider's workout in watts and calories with readouts for cadence and speed. Riders can download their workouts to a thumb drive.

## Group Aqua: Activity Pool, 2nd floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MODIFIED AQUA MOVES</b> 9:20am-10:10am Jean G (NP)	<b>AQUA RUNNING</b> 12:30pm-1:00pm Shane (NP)	<b>MODIFIED AQUA MOVES</b> 9:20am-10:10am Jean G (NP)	<b>MODIFIED AQUA MOVES</b> 9:20am-10:10am Jean G (NP)	<b>AQUA KICK</b> 12:30pm-1:10pm Joanna	<b>AQUA FITNESS</b> 8:15am-9:00am Dianne, et al (NP)	<b>AQUA BOOT CAMP</b> 10:00am-11:00am Dona
<b>AQUA FITNESS</b> 12:30pm-1:10pm Adriana (NP)	<b>AQUA FITNESS</b> 6:00pm-7:00pm Mary (NP)	<b>AQUA BOOT CAMP</b> 12:30pm-1:10pm Joanna	<b>AQUA RUNNING</b> 12:30pm-1:00pm Adriana (NP)		<b>ARTHRITIS AQUA</b> 12:15pm-1:15pm Jerry (NP)	
<b>AQUA FITNESS</b> 6:00pm-6:45pm Donald (NP)		<b>AQUA RUNNING &amp; ABS</b> 6:00pm-7:00pm Dianne (NP)	<b>AQUA ABS</b> 1:00pm-1:15pm Adriana (NP)			
			<b>AQUA FITNESS</b> 6:00pm-7:00pm Mary			

### Group Aqua Participants

Please shower before class. Dress appropriately for a workout. Aqua shoes are recommended as bare feet slip on the pool bottom. Come prepared with water and towel. You are welcome to bring aqua gloves.

(NP) Recommended for new or returning participant. All studio cycling class are open to new or returning participants.

Class schedules and/or instructor may change without notice.

### Introduction to Studio Cycling Clinics

Check the lobby posters or website for upcoming information on these clinics for the person new to indoor group cycling.



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 Mon-Fri: 5:30 am-9:45 pm  
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# Mind-Body Exercise Schedule

# February 2012

## Mind-Body Programs: Wellness Studio, 4<sup>th</sup> floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>YOGA IN-DEPTH</b> 11:00am-11:55am Athena (NP)	<b>MORNING MOTION YOGA</b> 6:30am-7:30am Erin (NP)	<b>YOGA IN-DEPTH</b> 11:30am-12:25pm Leslie (NP)	<b>MORNING MOTION YOGA</b> 6:30am-7:30am Saeeda	<b>POWER YOGA</b> 12:00pm-12:55pm Susannah	<b>FLOW YOGA</b> 10:00am-11:10am Jennifer	<b>QI GONG CLUB</b> 9:15am-10:00am Richard (NP)
<b>FLOW YOGA</b> 12:00pm-12:55pm Robin	<b>FLOW YOGA</b> 12:00pm-12:55pm Robin	<b>POWER YOGA</b> 12:30pm-1:30pm Jamaica	<b>YOGA IN-DEPTH</b> 11:30am-12:25pm Athena (NP)	<b>PILATES</b> 1:00pm-2:00pm Kerri	<b>AIKIDO</b> 11:15am-12:25pm Robert	<b>WIND DOWN YOGA</b> 4:00pm-5:15pm Amanda (NP)
<b>PILATES</b> 1:00pm-2:00pm Daniel	<b>PILATES PLUS</b> 1:00pm-2:00pm Leslie M	<b>FLOW YOGA</b> 5:30pm-6:40pm Ethan	<b>INTERMEDIATE YOGA</b> 12:30pm-1:30pm Athena	<b>LENGTHEN STRENGTHEN &amp; RELAX</b> 5:30pm-6:30pm Katherine (NP)	<b>ADVANCED AIKIDO</b> 12:30pm-1:00pm Robert	
<b>YOGA BASICS</b> 5:30pm-6:25pm Saeeda (NP)	<b>PILATES BASICS</b> 5:30pm-6:25pm Lena (NP)	<b>PILATES</b> 6:45pm-7:40pm Scotty	<b>BOOT CAMP CIRCUIT</b> 5:30pm-6:30pm Nes			
<b>PILATES BASICS</b> 6:30pm-7:30pm Kerri (NP)	<b>YOGA BASICS</b> 6:30pm-7:40pm Ernie (NP)	<b>AIKIDO</b> 7:45pm-9:00pm Robert (NP)	<b>FLOW YOGA</b> 6:30pm-7:30pm Jennifer			
<b>AIKIDO</b> 7:45pm-9:00pm Robert (NP)	<b>TAEKWONDO HAPKIDO CLUB</b> 7:45pm-9:15pm Glenn (NP)		<b>TAEKWONDO HAPKIDO CLUB</b> 7:45pm-9:15pm Glenn (NP)			

### Martial Arts Participants

Classes in shaded boxes are **free** for facility members but subject to a nominal fee for program members. Register Online at [www.ymcasf.org/embarcadero](http://www.ymcasf.org/embarcadero) or with Member Services.

### Yoga & 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. 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. It is highly recommended to attend several basic yoga classes before entering a mixed-level class.

## Pilates Studio, 1st floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Level 1 ENERGIZE</b> 12:00pm-12:50pm Daniel (\$)	<b>PERFECT 10 Basics</b> Currently running 12:00pm-12:50pm Leslie (\$) (NP)	<b>Level 2 ENERGIZE</b> 12:00pm-12:50pm Daniel (\$)	<b>Level 1 ENERGIZE</b> Currently running 12:00pm-12:50pm Kelli (\$)	<b>Level 2 ELECTRIFY</b> Currently running 12:00pm-12:50pm Kerri (\$)	Please note group sessions are offered as a pre-enrolled, six-week series. Enrollment deadline is a week prior to the series launch date. A make-up week occurs between each series. You can make up two classes. Full sessions are 3 enrolled or more clients. You still may choose to buy packages of sessions and use them occasionally to sign up for sessions that have room.	
<b>PERFECT 10 Basics</b> Currently running 6:00pm-6:50pm Kelli (\$)	<b>PERFECT 10 Basics</b> Currently running 6:00pm-6:50pm Kelli (\$)	<b>Level 2 ELECTRIFY</b> Currently running 6:00pm-6:50pm Leslie (\$)	<b>Level 1 ENERGIZE</b> 6:00pm-6:50pm Ross (\$)			

(NP) Recommended for new or returning participant  
 (\$) There is a fee to participate. Enroll at Member Services.

Class schedules and/or instructor may change without notice.

### Studio Pilates Training Group Series

Reformer sessions are subject to a fee to participate. Each session is pre-enrolled for a six-week schedule with one week for make up. Please enroll at Members Services.