



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

January 2012

DIRECTOR'S CORNER

Happy New Year to all the supporters of group exercise programs! The volunteer instructors, specialty instructors, coordinators and I thank you for your support of classes in 2011.

How will you start 2012? Just as the holiday ads disappear, the media begins cajoling us to get in shape with low prices on equipment that promises to keep you exercising the "whole year 'round". Round is right. As in, I'll get 'round to it soon. (You were thinking the other round, weren't you?) Instead of promising to reach unrealistic goals, let's just agree to kick the year off with a bang. We all have hopes of a new look or new status, but often need motivators and coaches to get beyond our ambivalent feelings. We believe you'll find all the motivators you need for that healthier body, and by March, you'll have begun to see personal growth into a new way of working out and a different "you".

This month is a good time to pick an item on your list, turn off the brain and complicated planning, and tackle it head-on. Perhaps you've always wanted to get into weight training, or take a studio cycling class, or try group aqua. Whatever level you're at, beginning or veteran, we ask that you try out a new exercise, a different studio, or a new instructor. Change it up!

This year, why don't you try meeting someone new, get to know each other better. It's not just the inspiration from the instructors but each other that we need to find success and support. We are hoping to provide an atmosphere of meaningful, positive relationships. Let us help you make a connection!

We are excited to bring back the **SMART Pilates 30-Day Challenge**, a special Studio Pilates training program designed to show you what Pilates can do for you. Designed with the new client in mind, enrollment is only \$315 and includes three one-on-one and nine group sessions. Challenge starts on **January 9** and ends February 7. If you haven't tried this unique exercise, this is your opportunity.

We are launching the next **Group Pilates 6-Week Series** starting on Jan 9 through Feb 17, weekdays 12pm and 6pm in the Pilates Studio. Any two missed classes can be made-up during the series. Full sessions are three or more enrolled clients. Please note that a session must go through pre-enrollment for it to be confirmed on the

schedule. Available sessions are on the Mind-Body page. Please enroll at the membership services desk. Only \$111 for members, \$132 for program.

We are blessed to always be recruiting instructors, so expect to see fresh faces in the studios. We are also anticipating a busy season with many "new year's resolvers" working toward renewed wellness and fitness goals. As we bring more people to our branch to call home, we ask you to be patient. The classes will be more crowded but please make an effort to make the new exercisers feel welcome.

CLASS NEWS

Please note: during the Jan 16 **Martin Luther King, Jr. Holiday**, we will be having a reduction in classes offered. Please check the schedule outside the studios and the hotlines for any changes.

In the **Activity Pool**, we are introducing two new classes: *Wed 6-7pm Aqua Running and Abs* with Dona and Dianne and also *Fri 12:30-1:10pm Aqua Kick* with Joanna. Dianne and other instructors will be covering the *Sat 8:15am Aqua Fitness* class while Natalie is on maternity leave. We are sad to discontinue the *Wed 1:30pm Arthritis Aqua*. We thank Debra for her dedication.

In the **Cycle Studio**, Jackie will be taking over the *Mon 12pm 50-minute Ride* while Rhonda is out with an injury.

In the **Studio 3**, Ross and Mindy will be taking over the *Mon 6:30pm* and *Tues 12pm Turbo Kick* classes while Lori is out with an injury. Ross will be replacing Aggie on *Wed 6:30pm Xtreme BOSU Strength* class.

In the **Wellness Studio**, Amanda returns to the *4pm Sunday Wind Down Yoga* and Erin will take over the *Tues 6:30am Morning Motion Yoga* class from Jenny.

INSTRUCTOR JUNCTION

We are proud to introduce **Mindy Reyes** to the Cardio Kickboxing volunteer instructor team.

Keep healthy, happy and wise!

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



Hours
 Mon-Fri: 5:30 am-9:45 pm
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Daily Studio 3 & Kinesis Hotline:
 415.615.1387

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January 2012

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

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

Functional Movement Training: Kinesis™ Studio, 3rd floor

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

January 2012

Studio Cycling: Cycle Studio, 1st floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
60-MINUTE RIDE 6:30am-7:30am Kathy (NP)		60-MINUTE RIDE 6:30am-7:30am Sean (NP)	60-MINUTE RIDE 6:30am-7:30am Kathy (NP)	60-MINUTE RIDE 6:30am-7:30am Sean (NP)	60-MINUTE RIDE 9:30am-10:30am Kathy (NP)	60-MINUTE RIDE 9:30am-10:30am Bill (NP)
50-MINUTE RIDE 12:00pm-12:50pm Jackie (NP)	50-MINUTE RIDE 12:00pm-12:50pm Alex/Ann (NP)	50-MINUTE RIDE 12:00pm-12:50pm Connie (NP)	50-MINUTE RIDE 12:00pm-12:50pm Caycee (NP)	50-MINUTE RIDE 12:00pm-12:50pm Maria (NP)		
55-MINUTE RIDE 5:30pm-6:25pm Connie (NP)	55-MINUTE RIDE 5:30pm-6:25pm Jon (NP)	55-MINUTE RIDE 5:30pm-6:25pm Jonathan (NP)	55-MINUTE RIDE 5:30pm-6:25pm Jennifer (NP)	55-MINUTE RIDE 5:30pm-6:30pm Mike (NP)		
60-MINUTE RIDE 6:30pm-7:30pm Liz (NP)	60-MINUTE RIDE 6:30pm-7:30pm Marty (NP)		60-MINUTE RIDE 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 AC Performance bikes are high-tech as each comes 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
MODIFIED AQUA MOVES 9:20am-10:10am Jean G (NP)	AQUA RUNNING 12:30pm-1:00pm Shane (NP)	MODIFIED AQUA MOVES 9:20am-10:10am Jean G (NP)	MODIFIED AQUA MOVES 9:20am-10:10am Jean G (NP)	AQUA KICK 12:30pm-1:10pm Joanna	AQUA FITNESS 8:15am-9:00am Dianne, et al (NP)	AQUA BOOT CAMP 10:00am-11:00am Dona
AQUA FITNESS 12:30pm-1:10pm Adriana (NP)	AQUA FITNESS 6:00pm-7:00pm Mary (NP)	AQUA BOOT CAMP 12:30pm-1:10pm Ross	AQUA RUNNING 12:30pm-1:00pm Adriana (NP)		ARTHRITIS AQUA 12:15pm-1:15pm Jerry (NP)	
AQUA FITNESS 6:00pm-6:45pm Donald (NP)		AQUA RUNNING & ABS 6:00pm-7:00pm Dona/Dianne (NP)	AQUA ABS 1:00pm-1:15pm Adriana (NP)			
			AQUA FITNESS 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

January 2012

Mind-Body Programs: Wellness Studio, 4th floor

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

Martial Arts Participants

Classes in shaded boxes are FREE but subject to a nominal fee for program members. Register Online at www.enroll.ymcasf.org 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
Level 1 ENERGIZE 12:00pm-12:50pm Daniel (\$)	PERFECT 10 Basics 12:00pm-12:50pm TBD (\$) (NP)	Level 2 ENERGIZE 12:00pm-12:50pm Daniel (\$)	Level 1 ENERGIZE 12:00pm-12:50pm TBD (\$)	Level 2 ELECTRIFY 12:00pm-12:50pm Kerri (\$)	Please note group sessions are offered on a pre-enrolled, 6-week series basis. 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.	
PERFECT 10 Basics 6:00pm-6:50pm Ross (\$)	PERFECT 10 Basics 6:00pm-6:50pm TBD (\$)	Level 2 ELECTRIFY 6:00pm-6:50pm Leslie (\$)	Level 1 ENERGIZE 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

Reformer sessions are subject to a fee to participate. Each session is pre-enrolled for a 6-week schedule with one week for make up. Please enroll at Members Services.