

MARIN YMCA • GROUP EXERCISE SCHEDULE

01/27/12

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cycle 6:00–6:55 am Mel (#)	Pilates Yoga 6:00–6:55 am Rose H.	Cycle 6:00–6:55 am Linda (#)	Vinyasa Yoga 6:00–6:55 am Beth H	Cycle 6:00–6:55 am Linda (#)	Cardio Step 7:45–8:40 am Rose S.
Body Pump 7:45–8:45 am Beth C. (#)		Cardio Circuit 7:00–7:55 am Diane		Cardio Circuit 7:00–7:55 am Diane		Cycle 8:00–8:40 am Allison (#)
	Boogie & Sweat 8:30–9:20 am Rachel	Body Works 8:30–9:20 am Julie	Zumba Gold 8:30–9:20 am Marion	Pilates Yoga 8:30–9:20 am Puni	Cardio Step 8:30–9:20 am Rose S.	Body Works 8:45–9:40 am Ellen (G)
Cycle 9:00–9:55 am Noel (#)	Power Pulse 9:00–9:55 am Julia (G)	Meditation 9:00–10:00 am Corliss (C/R)	Cardio Blast 9:00–9:55 am Diane (G)		NIA 9:00–9:55 am Megan (G)	Zumba Light 9:00–9:50 am Rachel
Cardio Step 9:00–9:55 am Duncan (G)		Zumba 9:30–10:25 am Rose S. (G)		Zumba 9:30–10:25 am Marion		
	Gentle Yoga 9:30–10:40 am Lewie	Pilates Mat 9:30–10:20 am Julie	Gentle Yoga 9:30–10:40 am Anna	Body Works 9:30–10:20 am Rose S.	Gentle Yoga 9:30–10:40 am Beth H.	
Yoga II 10:15–11:30 am Lewie	Sculpt Basics 10:00–10:50 am Stephanie (G)	Body Pump 10:30–11:30 am Rose S. (#)	Sculpt Basics 10:00–10:50 am Stephanie (G)		Sculpt Basics 10:00–10:50 am Ellen (G)	Zumba 10:00–10:55 am Rachel
	Starter Cycle 10:45–11:30 am Julie		Pilates Yoga 10:45–11:30 am Paul	Body Pump 10:30–11:30 am Stephanie (#)	Senior Sculpt 10:45–11:30 am Kathy	Yoga II 11:15 am–12:30 pm TBD
	Body Pump 11:45 am–12:45 pm Diane (#)	Cycle 45 12:00–12:45 pm Mickey (#)	Body Pump 11:45 am–12:45 pm Stephanie (#)	Cycle 45 12:00–12:45 pm Kirsten (#)	Hatha Yoga 11:45 am–12:55 pm Kathy	
Multi Purpose Room CLOSED M–F from 1:00–2:00 pm for cleaning and maintenance. Multi Purpose Room OPEN for stretching M–F from 2:00–4:00 pm.						
	Pilates Mat 1:00–1:55 pm Paul		Tai Chi Intro 4:00–4:55 pm Sylvie (C/R)			
	Cycle 4:30–5:25 pm Linda (#)	Body Pump Exp. 4:30–5:15 pm Linda (#)	Cycle 4:30–5:20 pm Noel (#)	Body Pump Exp. 4:30–5:15 pm Linda (#)		
		Zumba 5:30–6:20 pm Rose S. (G)	Tai Chi Intern. 5:00–5:55 pm Sylvie (C/R)		Cycle/Yoga 5:30–6:45 pm Kirsten	
	Body Works 5:30–6:20 pm Ellen	Cycle 5:30–6:20 pm Linda (#)	Body Works 5:30–6:20 pm Ellen	Cycle 5:30–6:20 pm Linda (#)	<p style="text-align: center;">KEY</p> <p>All classes in Multi-Purpose Room unless otherwise noted.</p> <p>(G) Gym</p> <p>(C/R) Club Room</p> <p>(#) Sign up at Member Services 15 minutes before class to reserve a spot.</p> <p> Beginner / 50+</p>	
	Body Pump 6:30–7:30 pm Stephanie (#)	Cross Training 6:30–7:25 pm Karl (G)		Cross Training 6:30–7:25 pm Cary (G)		
	Hatha Yoga II 6:30–7:45 pm Puni (C/R)	Hatha Yoga I 6:30–7:45 pm Clara	Yoga Stretch 6:30–7:45 pm Paul	Hatha Yoga I 6:30–7:45 pm Clara		

Stephanie Mahoney Group Exercise Coordinator: **415 446 2145**

Class schedules and/or instructor may change without notice.

MARIN YMCA

1500 Los Gamos Drive, San Rafael, CA 94903

415 492 9622 • www.ymcasf.org/marin



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARIN YMCA CLASS DESCRIPTIONS

Body Pump - This barbell class challenges all your major muscle groups by using the best weight room exercises: squats, lunges, presses, and curls. Great music, awesome instructors and your choice of weight motivate you to get results! Sign-up required.

Body Pump Express - A 45-minute barbell class uses the same format as Body Pump. Great for beginners or those who have limited time to workout. Sign-up required.

Boogie & Sweat - A low-impact, high energy cardio-dance class that incorporates hip-hop, jazz, and Latin Dance steps.

Body Works - A non-impact body strengthening class designed to strengthen and tone the major muscle groups using free weights, tubing, resistance bands, and floor work.

Cardio Blast - A high-intensity aerobic conditioning class combining traditional high/low cardio dance moves- you decide which. Running, walking and circuits included.

Cardio Circuit - A low-impact, total body conditioning class which builds strength and cardio endurance utilizing a variety of equipment for each circuit.

Cardio Step - A low-impact, cardio dance format using the Step Reebok platform. Instructors introduce new choreography with basic steps and movement set to music.

Cross Training - High energy cardio/strength conditioning class that challenges any fitness level. Includes fast-paced drills and sprints using a variety of equipment.

Cycle - This non-impact aerobic workout set to music simulates an outdoor ride. May include sprints, hills, and various creative drills. All levels welcome. Sign-up required.

Cycle 45 - A 45-minute non-impact aerobic workout following the same format as Cycle. Great for those who are new to cycle or desire a shorter workout. Sign-up required.

Cycle Yoga - Unite in a head to toe athletic workout. Instructor combines 35 minutes of cycle with 40 minutes of Power Yoga to optimize balance, flow, and strength. Signups required.

Meditation - Learn how to calm the body and mind through guided relaxation techniques and breathing exercises.

NIA - Neuromuscular Intergrative Action (nee-ya) was developed to promote fitness and reduce pain using eastern and western movement, dance, Tai Chi, and martial arts.

Pilates Mat - A non-impact class which teaches the foundations of Pilates exercises. Improve your core strength, flexibility and body alignment.

Power Pulse - A low-impact rhythmic movement class for all levels which promotes cardiorespiratory endurance and flexibility.

Sculpt Basics - A non-aerobic strength training class which focuses on proper lifting, balance, and core strength. Floor work included. Ideal for those who want to learn proper form.

Senior Sculpt - A seated chair class designed for seniors which teaches balance, strength and flexibility.

Tai Chi - An ancient Chinese moving meditation, which improves balance, flexibility, and cardiovascular function.

Intro - For those with no Tai Chi experience.

Intermediate - For those with at least 4 months practice.

YOGA

Level 1 - Beginner or fairly new to their Yoga practice.

Level 2 - For those with at least one year of yoga experience.

Gentle Yoga - For those with movement restrictions, injuries or those looking for a quieter more reflective experience.

Hatha Yoga - Teaches the basic foundation of yoga practice, including sun salutations, standing and sitting poses, as well as supine and prone positions. Level 1 and 2 offered.

Pilates Yoga - A non-impact class which combines the strength of Pilates with the flexibility of yoga.

Vinyasa Flow - Awakens and energizes the mind and body by linking rhythmic breathing with conscious movement through sequences of postures.

Yoga Stretch - Utilizes fundamental yoga poses to open, release and relax both mind and body. Appropriate for all levels.

Zumba - Spanish slang for "to move fast and have fun." A high energy aerobic workout offering a variety of Latin movement, rhythms, and choreography. Suitable for all levels.

Zumba Gold - For the beginner or those who like a slower pace.

Zumba Light - Follows the same format as Zumba but at a slightly slower pace. Ideal for beginners.

GROUP EXERCISE ETIQUETTE

1. Contact your Physician before beginning any exercise program.
2. Are you new to class? Introduce yourself to the instructor at the beginning of the class.
3. Be respectful of the instructor. Classes are a group activity. Individual workouts are not permitted.
4. Be on time. Observe the Marin YMCA's "10 minute" rule. Instructors may decline participants if the class is full and/or too far along for your safety.
5. All participants must wear proper gym attire.