

GROUP EXERCISE CLASS DESCRIPTIONS

Peninsula Family YMCA

CARDIO

45/45 The first 45 minutes of the class is a high intensity workout with kick and boxing combination and the second 45 minutes combines calisthenics, running/walking, body weight resistance training, weight training, jump roping, crunches, obstacle courses, agility and power drills, sports drills, medicine ball work, partner drills, surprises and much more.

Boot Camp Combines calisthenics, running/walking, body weight resistance training, weight training, jump roping, crunches, obstacle courses, agility and power drills, sports drills, medicine ball work, partner drills, surprises and much more

Bosu Sport High intensity workout on a Bosu. Bosu Ball is three pieces of equipment in one: an exercise ball, a balance board and a step-platform. This dynamic training device challenges a range of activities; cardio, strength training, athletic and sports conditioning and core training.

Cardio Dance An intense cardio workout that combines hip hop and Latin dance movements ending with core and stretching.

Cardio Kickboxing High intensity workout with kick and boxing combination and choreography.

Cycle Express A cardiovascular workout performed on studio bikes built specifically for this indoor class

Cycle Interval Offers the ultimate in cross training. In one hour you will get a total body workout from head to toe. Start off on the bike and then challenges you to a steep incline, smooth flats, and awesome intervals. Interspersed throughout the ride are strength bouts of Gliding™ disc exercises which keep your muscles firing from start to finish and anchored tubing upper body work that simulates the swim phase of a triathlon

Group Cycling A cardiovascular workout performed on studio bikes built specifically for this indoor class

Trail Mix Cardio Intervals using the treadmill's incline and speed.

Step One Each class type is unique because of its level of ability and complexity of choreography.

Zumba Is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system.

AQUA

Aqua Ex A high-energy aerobics class utilizing a variety of routines in the water to increase cardiovascular endurance, muscle strength and flexibility.

Arthritis This class is for people suffering from muscular skeletal effects of arthritis and degenerative joint disease. This low-impact class utilizes water resistance/ buoyancy and includes a warm-up, muscle/endurance training, stretching, and cool-down exercises.

STRENGTH

Body Defined Uses hand weights, body bars, bands, tubing and medicine balls to build muscular strength and endurance.

Cardio Defined Uses hand weights, body bars, bands, tubing and medicine balls to build muscular strength, endurance and cardio.

All fitness levels are welcome to attend any of our classes. Our instructors will be happy to demonstrate modifications. Work at your own pace., three days a week will maintain your current fitness level, and four-to-six days will improve your fitness. The best exercise program includes aerobic exercise, strength-training and flexibility training. Unless otherwise noted, minimum age to participate in group exercise classes is 11, with parent supervision. Youth ages 14 and older can participate alone. Please note: participants should arrive 5 minutes prior to the start of class. To avoid class disruptions and possible injury, please do not join classes after instructor provided warm-up has ended. Observers should remain at the door.

STRENGTH

Body Pump The original Barbell training class! Grab your bar and plates, using strength training low-rep high-load activities of squats, lunges, bench press and curls.

Express Core/Strength A 30 minute class 15 minutes using hand weights, body bars, tubing, bosu and medicine balls to build muscular strength and endurance and 15 minutes of abs.

Express Core A 30 minute of abdominal training.

MIND/BODY

Pilates Focuses on the balance and efficiency of the whole body with special attention paid to the abdominal and breathe support as well as proper skeletal alignment.

Yoga Ananda Is an inwardly direction practice designed to prepare the body for meditation. It is gentle enough for beginning students and becomes more challenging with experience.

Yoga Ananda Flow Combines Ananda style with elements of Vinyasa. Each class begins with a gentle warm-up and then moves into a series of seated, standing, and balancing poses, as well as sun salutation-woven together into a meditative flow.

Yoga Iyengar The classical Iyengar style focuses on alignment and attention to details of each posture. Poses are held longer so that participants may pay close attention to the precise muscular and skeletal alignment of postures.

Yoga Power An athletically focused practice in which the aim is a rigorous workout that develops strength while keeping students on the move.

Yoga.Jates Combines non traditional yoga and pilates together.

AOA

AOA Strength Uses hand weights, body bars, bands, tubing and medicine balls to build muscular strength and endurance.

Arthritis This class is for people suffering from muscular skeletal effects of arthritis and degenerative joint disease. This low-impact class utilizes water resistance/ buoyancy and includes a warm-up, muscle/endurance training, stretching, and cool-down exercises.

Dance Aerobics A dance-oriented workout with several choreographed routines, primarily low impact.

Express Balance Training A 30 minute balance training using body weight, resistant ball, versadisc and balance hemisphere.

Gentle Aerobics Low impact and low intensity with dance choreography.

Stretch A pure stretch and relaxation designed to increase overall flexibility.

Tai-Chi Reduces mental stress improves concentration and increases energy. The Yang style is uniformly slow throughout. Continuity is key, with little pause between postures. The Chen style is more varied, from near standstill postures to powerful, spiraling moves.



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE HEALTHIER

Group Exercise Schedule



Group Fitness

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body.

The Y is a place where you can work toward that balance through participating in our group fitness classes, fostering connections with friends, or bringing your loved ones closer together through our many family-centered activities.

At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside.

PENINSULA FAMILY YMCA

1877 South Grant Street
San Mateo CA 94402
650 286 9622
www.ymcasf.org/peninsula

General Information

- If you are new to group exercise or returning after an absence, tell your instructor in case you need modifications.
- Warming up is a vital part of exercise. To avoid class disruptions and possible injury, please do not join classes after instructor provided warm-up has ended.
- If you need to leave a class early, inform your instructor at the beginning of the class.
- Closed-toe athletic shoes and athletic wear are required for all classes except Yoga and Pilates.
- No food, gum or drink allowed except for water in plastic containers.
- Turn off cell phones. If you need to take a call, be sure to step out of the room.
- Please leave your bags in our locker rooms during your workout.



GROUP EXERCISE SCHEDULE

PENINSULA FAMILY YMCA

Schedule effective:
February 1, 2012 through
February 29, 2012

FACILITY HOURS

Monday – Friday 5:30 am – 10:00 pm
Saturday 7:00 am – 7:00 pm
Sunday 8:00 am – 7:00 pm

KIDS ZONE HOURS

Monday – Thursday 3:30 pm – 7:30 pm
Saturday 9:00 am – 1:00 pm
Sunday Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 - 6:45 am Cardio Defined +	5:45 - 6:45 am Group Cycling +	6:00 - 7:00 am Zumba +	5:45 - 6:45 am Group Cycling +	5:45 - 6:45 am Cardio Defined +	8:30 - 9:30 am AOA Dance Aerobics +
8:30 - 9:30 am Group Cycling +	7:15 - 8:30am Yoga Iyengar +	8:30 - 9:30 am Bosu Sport +++	8:30 - 9:30 am Group Cycling +	8:30 - 9:30 am Pilates +	8:30 - 9:25am Aqua Ex +
8:30 - 9:30 am AOA Dance Aerobics +	8:30 - 9:30 am Cycling Interval +	8:30 - 9:30 am Zumba +	8:30 - 9:30 am Cardio Kickboxing +++	8:30 - 9:30 am Latin Cardio +	9:00 - 10:00 am Yoga +
9:00 - 9:30am Express Core/Strength +	8:30 - 9:30 am Cardio Kickboxing +++	9:00 - 9:55 am Aqua Ex +	9:00 - 9:55 am Aqua Ex +	9:00 - 9:55 am Aqua Ex +	9:30 - 10:30 am Zumba +
9:00 - 9:55 am Aqua Ex +	9:00 - 9:55 am Aqua Ex +	9:30 - 10:30 am BODYPUMP™ ++	9:00 - 9:30 am AOA Express Balance +	9:30 - 10:30 am Body Defined +	9:30 - 10:30 am BODYPUMP™ ++
9:30 - 10:30 am BODYPUMP™ ++	9:00 - 9:30 am AOA Express Balance +	9:30 - 10:30 am AOA Strength +	9:30 - 10:30 am Body Defined +	9:30 - 11:00 am 45/45 +++	10:00 - 11:00 am Body Defined +
9:30 - 10:30 am Bosu Sport +++	9:30 - 10:30 am Body Defined +	9:30 - 10:30 am Cardio Dance +	9:30 - 10:30 am Pilates +	10:30-11:00 am AOA Stretch +	10:30 - 11:30 am Cardio Kickboxing +++
9:30am - 10:30 am Body Defined +	9:30 - 10:30 am Boot Camp +++	10:30 - 11:00 am AOA Stretch +	10:30 - 11:30 am AOA Tai Chi +	11:00- 12:00 pm Yoga Power +++	11:00 - 12:00 pm Group Cycle +
10:30 - 11:00 am AOA Stretch +	10:30 - 11:30 am Pilates +	11:00 - 11:55 am Arthritis +	12:00 - 1:00 pm Yoga Ananda +	11:00 - 11:55 am Arthritis +	
11:00 - 11:55 am Arthritis +	10:30 - 11:30 am AOA Tai Chi +	11:00 - 12:00 pm AOA Gentle Aerobics +	11:00 - 12:00 pm AOA Strength +	12:00 - 1:00 pm BODYPUMP™ ++	SUNDAY
11:00 - 12:00 pm AOA Gentle Aerobics +	12:00 - 1:00pm Group Cycling +	12:00 - 1:00 pm BODYPUMP™ ++	12:00 - 1:00 pm BODYPUMP™ ++	12:00 - 1:00 pm Group Cycle +	8:30 - 9:30 am Cycle Interval +
12:00 - 1:00 pm Pilates ++	1:00 - 2:00 pm Yoga Ananda +	1:00 - 2:00 pm Yoga Ananda +	5:00 - 6:00 pm AOA Strength +	5:00 - 6:00 pm Body Defined +	9:00 - 10:00 am Zumba +
1:00 - 2:00 pm Yoga Ananda +	5:00 - 6:00 pm AOA Strength +	4:30 - 5:00 pm Cycle Express +	5:00 - 6:00 pm Body Defined ++	6:00 - 7:00 pm Pilates +	9:00 - 10:00 am Aqua Ex +
4:30 - 5:00 pm Cycle Express +	5:00 - 6:00 pm BODYPUMP™ ++	5:00 - 6:00 pm Body Defined ++	6:00 - 7:00 pm AOA Strength +	6:00 - 7:00 am Boot Camp +++	9:00 - 10:00 am BODYPUMP™ ++
5:00 - 6:00 pm Body Defined ++	6:00 - 7:00 pm Zumba +	6:00 - 7:00 pm Group Cycle +	6:00 - 7:00 pm Pilates +	6:00 - 7:00 pm Aqua Ex +	9:30 - 10:30 am Group Cycle +
6:00 - 6:30pm Express Core/Strength ++	6:00 - 7:00 pm Pilates +	6:00 - 6:30pm Express Core/Strength ++	6:00 - 7:00 am Boot Camp +++	6:00 - 7:00 pm AOA Ex +	10:00 - 11:00 am Boot Camp +++
6:00 - 7:00 pm Group Cycle +	6:00 - 7:00 pm Aqua Ex +	6:30 - 7:30 pm Cardio Kickboxing +++	6:00 - 7:00 pm AOA Ex +	6:00 - 7:00 pm AOA Ex +	10:30 - 11:45 am Body Defined +
6:00 - 6:55 pm Aqua Ex +	6:30 - 7:30 pm Bosu Sport +++	7:00 - 8:30 pm Yoga Iyengar +	7:00 - 8:30 pm NEW Trail Mix +	6:00 - 7:00 pm AOA Ex +	11:45 - 12:30pm Step One +
6:30 - 7:30 pm Cardio Kickboxing +++	7:00-8:00 pm NEW Trail Mix +			7:00 - 8:00 pm AOA Ex +	1:00 - 2:30 pm Yoga Power +++
8:00 - 9:30 pm Yoga Ananda +	8:00 - 9:30 pm Yoga Ananda Flow +				2:30 - 3:30pm Yoga.lates ++

- Cardiovascular workout
- Weight workout
- Studio A
- Studio B
- Gym
- Wellness Center
- Indoor Pool
- Beginner
- Intermediate
- Advanced