



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Hours

Mon-Fri: 5:30 am-10:00 pm

Sat: 7:00 am-7:00 pm

Sun: 7:00 am-7:00 pm

## Daily Hotline

415.447.9613

## Social Media

Friend us on

Facebook

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## Presidio Community YMCA

63 Funston Avenue

San Francisco, CA 94129

415.447.9622

[www.ymcasf.org/presidio](http://www.ymcasf.org/presidio)

# Group Exercise Class Descriptions

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## CARDIO

### Barre Fitness

Classic training techniques of Ballet, promoting flexibility, core stability and muscle conditioning using the barre and mat. Activity is best preformed using ballet shoes or barefoot.

### Bellydance

Combine the rhythmus of North Africa with core fitness of Pilates to create a fun and energetic class.

### Cardio Dance

A high-energy (hi/low impact) cardio workout incorporating multiple forms of dance (hip-hop, jazz or latin).

### BODYCOMBAT®

The cardio martial arts class from LesMills International! This high-energy workout draws from Karate, Tae Kwon Do, Boxing and Tai Chi. Get ready for skills, drills and sweat!

### NIA

"Neuromuscular Integrative Action" (nee-ah) was developed in the early 1980's to promote fitness combining Eastern and Western movement of Martial Arts, Dance and Yoga.

### Step

Classic aerobic fitness using the StepReebok platform & risers. Changing choreography. Prior experience advised.

### Step Interval

Ideal for those new to Step, or interested in primary cueing and technique. Intervals of resistance training.

### Zumba®

Spanish slang for "to move fast and have fun!" A high-energy workout with a variety of Latin choreography ...Samba, Cumbia, Meringue, Bellydancing or Bolly-wood.

### Zumba Gold®

A lighter version of original Zumba®, offering fun fitness opportunities for those new to Zumba, looking for a lighter version, or with mobility challenges. Samba, Cumbia, Meringue and Rock n Roll Twist included. Options for participation from a chair or wheelchair provided.

## ON THE LIGHTER SIDE

### Stretch

Ideal for anyone! Learn new stretch techniques and ways to incorporate supportive tools or breath work. Please warm-up prior to attendance.

### Subtle Moves

A non-music class containing both standing and floor-based activities promoting balance, flexibility and reducing stress.

### Lite Circuit

Low impact combination of cardio & resistance training, focusing on balance, coordination and functional fitness.

### Gentle Stretch

Ideal for anyone! Chair-based fitness supports the body focusing on core stabilization, flexibility and dexterity for functional daily activities.

### Lite n' Lively

Low-impact fitness incorporating 20-20-20 method (cardio-strength/core-stretch) Ideal for anyone new to group exercise, injury recovery or looking for a class with quiet music.

## OUTDOOR

### Park FIT

(60-minutes) Bootcamp inspired outdoor training - fresh air and views of the Golden Gate. All levels are welcome.

### Park Hike

(90-minutes) Explore the trails, vistas and beaches across the Presidio of San Francisco. Average distance: 6 miles. Bring layered clothing, trail shoes and water.

### Park Walk

(60-minutes) Low-impact "fitness walking" through the paved paths of the Presidio. Bring layered clothing.

### Running Club

(60-minutes) Team up with your fellow YMCA members and staff for a variety of pacing groups and routes in/around the Presidio Park.

## STRENGTH

### BODYPUMP®

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

### Bodyworks / Bodyworks Express

Resistance training incorporating a variety of equipment and training methods for overall balance. (Express is 25 minutes).

### Bodyworks Ball / BOSU

Train on the Stability Ball, or BOSU balance trainer. BOSU ("both sides up") is a multi-use platform to refresh your training activities.

### Interval Express

(25-minutes) Gravity based training using alternating activities or circuit stations for a focused workout.

### Core Express

(25-minutes) Strengthen, balance and stretch the Core structure using the stability ball, BOSU or pilates props.



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## SPIRIT, MIND, BODY

### Information

- Yoga Mats. Bring your own yoga mat. Studio 1 mats can be used for yoga or pilates.
- Yoga Pass. For specific classes see schedule. Passes offered at Membership Desk 30 min. before class. One PASS per Member.
- Capacities: Studio 1 - 45 participants; Studio 2 - 16 participants.

### Hatha

Yoga's physical practice of asanas (postures/poses), focused on stretching, breathing and meditation to enrich alignment and relaxation.

### Hatha Flow

Deepen your practice moving through unified asanas.

### Ananda

Meaning, "bliss...or a state of joy." A unique Hatha practice focusing on breath, relaxation and slower Hatha postures.

### Power Flow / Vinyasa

An active (or athletic) practice of fluid linked poses for a challenging class - prior yoga experience recommended.

### Yoga Basics / Yoga Stretch

(45 minutes) Open to all. A small group setting providing entry-level instruction; or ideal for those looking for a shorter class format.

### Yoga Intensive

(60 minutes) Prior yoga experience required. Small class focusing on advanced asanas, bound poses or inversions.

### Pilates Mat

Cover the foundations of pilates, recommended for new or gentle fitness. Instructors provide modifications and use of props for core strength, stabilization, and spinal decompression.

### Pilates Ball

Mat classes and techniques incorporating the 9" Pilates Ball, or the 45cm or 55cm Stability Ball.

### Pilates & Yoga

Combined philosophies to balance flexibility, strength, balance and centering from the "powerhouse" (pilates core).

### P.A.C.E. Interval

MVe Fitness Chair by Peak Pilates. Our very own "Pedal Apparatus Cross-Training Exercise" introduces participants to the Pedal Chair "Series of 10" in a mixed-use format with mat or ball exercises.

## SPECIALTY

### Salsa

Social dancing Friday evenings. No partner required. Street attire welcome. See schedule for specific dates, or call the GX Hotline.

### TRX Basics

30-minute equipment orientation, safety and demonstration class using suspension training equipment (by Fitness Anywhere).

Sign-up at Membership Desk. Class capacity 6 participants.

### Stroller Friendly Group Exercise 🛒

Look for the "stroller icon" on the schedule for classes recommended for Post-Natal fitness, or Parents with infants in strollers.

Classes include: Studio Cycling, BODYCOMBAT, Itsy-bitsy Bootcamp (seasonal outdoor stroller fitness) or Express Interval Classes.

### YMCA Basics & Intro

"BASICS" are regular weekly classes providing entry-level instruction, and a shorter class length.

"INTRO" once a month sessions for equipment education, orientation and a short demonstration class.

## STUDIO CYCLING

### Information

- Pedal Clips. Pedals are "SPD" compliant.
- Cycling Pass. All classes, one PASS per Member. Passes offered at Membership Desk 30 min. before class.
- Maximum Attendance: Studio 2 (Cycling) - 24 riders
- "Bike Fit" see Instructors for settings/adjustments.

### Cycling / Cycle 45

(60 or 45-minutes) The biomechanical science of cycling (aerobic and anaerobic) on specially designed, indoor bikes. Consoles provide cadence, power/watts and training data.

### Power Cycling

(75-minutes) Watts-based training using the MPower Consoles - provide cadence, power/watts and training data. Extended rides use progressive training techniques.

## FEE-BASED WORKSHOPS

### Ballroom (\$)

4-week series pairing two formats (i.e. ChaCha & Swing).

Our professional instructor will tailor the sessions for you.

Sign-up at Membership prior to attendance.

### Bootcamp / Basic Training (\$)

Outdoor seasonal 4-week or 6-week small group sessions. Pre/post fitness evaluations for tracking goals & progress.

Sign-up at Membership prior to attendance.

### P.A.C.E. (\$)

MVe Fitness Chair by Peak Pilates. Our very own "Pedal Apparatus Cross-Training Exercise" small group training provides the benefits of the Pedal Chair in a Group Exercise format of energy and music.

Sign-up at Membership prior to attendance.

### TRX (\$)

Outdoor small group training using suspension training equipment (by Fitness Anywhere). Great for the beginner or avid athlete looking to challenge balance, core function and joint stabilization.

Sign-up at Membership prior to attendance.