



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GETTING FIT IN GOOD COMPANY

Group Exercise Schedule  
April 2016



**The Y.™ For a better us.™**

**EMBARCADERO YMCA**

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San Francisco, CA 94105  
(415) 957-9622  
[www.ymcasf.org/embarcadero](http://www.ymcasf.org/embarcadero)

**QUESTIONS? CONTACT:**

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**FOR UP-TO-DATE SCHEDULE CHANGES**

Please visit our website:  
[www.ymcasf.org/embarcadero](http://www.ymcasf.org/embarcadero)  
Or consult our NetpulseOne app.

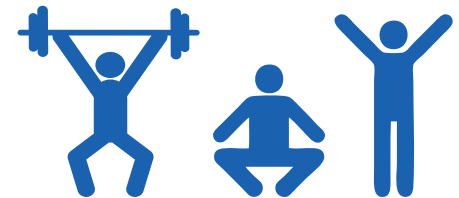


# GROUP EXERCISE & KINESIS SCHEDULE

## APRIL 2016

### Group Exercise Studio or Gymnasium, 3rd Floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>*BODYPUMP™*</b> 6:30am-7:30am Carol (NP)	<b>PILATES INTERMEDIATE</b> 11:00am-11:55am Lena	<b>*BODYPUMP™*</b> 6:30am-7:30am Dana (NP)	<b>BODYWORKS/ABS</b> 12:00pm-12:15pm Mick (NP)	<b>*BODYPUMP™*</b> 9:00am-10:00am PJ (NP)	<b>STEP INTERMEDIATE</b> 9:15am-10:15am Jeff M
<b>*BODYPUMP™*</b> 11:40am-12:40pm Jeff B (NP)	<b>PILATES INTERMEDIATE</b> 7:35am-8:30am d'Este (NP)	<b>*BODYPUMP™ EXPRESS</b> 12:00pm-12:40pm Carol (NP)	<b>PILATES CORE</b> 7:35am-8:30am d'Este (NP)	<b>STEP FITNESS</b> 12:15pm-12:55pm Mick	<b>BODY COMBAT™</b> 10:00am-11:00am Lori (NP)	<b>*BODYPUMP™*</b> 10:20am-11:20am Dana/PJ (NP)
<b>STEP FITNESS</b> 12:45pm-1:30pm Debra (NP)	<b>CIRCUIT</b> 12:00pm-12:40pm Susanna (NP)	<b>STEOGRAPHY</b> 12:45pm-1:30pm Jeff M	<b>HIP-HOP 4TH FLOOR</b> 5:30pm-6:30pm Sarah (NP)	<b>ZUMBA™</b> 1:00pm-1:55pm Dylan (NP)		
<b>BODY COMBAT™</b> 5:30pm-6:30pm Klara (NP)	<b>PILATES BASICS</b> 5:30pm-6:25pm Lena (NP)	<b>BODY COMBAT™</b> 5:30pm-6:25pm PJ (NP)	<b>CORE CONDITIONING</b> 5:30pm-6:25pm Robert (NP)	<b>ZUMBA™</b> <b>LAST CLASS 4/1</b> <b>5:30-6:20pm</b> <b>Eason (NP)</b>		
<b>*BODYPUMP™*</b> 6:40pm-7:40pm Lori (NP)	<b>BOLLY X 4TH FLOOR</b> 5:30pm-6:25pm Malvika (NP)	<b>*BODYPUMP™*</b> 6:40pm-7:40pm Liz (NP)	<b>RUN CLUB MEET IN LOBBY</b> 5:30pm-6:30pm Lea (NP)			
	<b>BOOT CAMP</b> 6:00pm-7:00pm Gymnasium Nes		<b>*BODYPUMP™*</b> 6:30pm-7:30pm Lily (NP)			
	<b>HIP-HOP</b> 6:30pm-7:30pm Josh (NP)					



### \*BODYPUMP™ PARTICIPANTS

Please arrive early to sign up for your spot. Enrollment begins 30 minutes prior to the start of each class. Look for sign-in sheet outside of the studio. **Please align your benches to the posted stickers along the side mirror to ensure all participants have adequate space for safe movement.**

### Small Group Training: Kinesis™ Studio, 3rd Floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MIXED LEVEL</b> 12:00pm-12:30pm Felix (NP)	<b>SPORTS PERFORMANCE</b> 7:00am-7:30am Susanna (NP)	<b>LEVEL 1</b> 12:00pm-12:30pm Alex (NP)	<b>SPORTS PERFORMANCE</b> 7:00am-7:30am Susanna (NP)	<b>LEVEL 1</b> 12:00pm-12:30pm Felix (NP)		
<b>MIXED LEVEL</b> 12:30pm-1:00pm Felix (NP)	<b>MIXED LEVEL</b> 7:30am-8:00am Susanna (NP)	<b>MIXED LEVEL</b> 12:30pm-1:00pm Alex (NP)	<b>MIXED LEVEL</b> 7:30am-8:00am Susanna (NP)	<b>MIXED LEVEL</b> 12:30pm-1:00pm Felix (NP)		
	<b>TIPS FOR INJURY PREVENTION 4/12 &amp; 4/26</b> 5:30pm-6:30pm Jeremy (NP)	<b>LEVEL 1</b> 5:30pm-6:00pm Thomas (NP)		<b>MIXED LEVEL</b> 5:30pm-6:00pm Alex (NP)		
		<b>LEVEL 2</b> 6:00pm-6:30pm Thomas (NP)				

### Small Group Training

Sign up prior for these 30-minute small group classes. There are only six spots in each class.





## Studio Cycling: Cycle Studio, 1st Floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>60-MINUTE RIDE</b> 6:30am-7:30am Sean	<b>60-MINUTE RIDE</b> <b>CLASS ON HIATUS</b> <b>RETURNING 5/3</b> 6:30am-7:30am Kathy	<b>60-MINUTE RIDE</b> 6:30am-7:30am Sean	<b>30-MINUTE RIDE</b> 12:00pm-12:30pm Susanna	<b>60-MINUTE RIDE</b> 6:30am-7:30am Antonio C	<b>60-MINUTE RIDE</b> <b>NO CLASS 4/9, 4/16</b> 9:30am-10:30am Kathy	<b>60-MINUTE RIDE</b> 9:30am-10:30am Bill
<b>50-MINUTE RIDE</b> 12:00pm-12:50pm Antonio G	<b>50-MINUTE RIDE</b> 12:00pm-12:50pm Peter	<b>50-MINUTE RIDE</b> 12:00pm-12:50pm Susanna	<b>55-MINUTE RIDE</b> 5:30pm-6:25pm Hannah	<b>50-MINUTE RIDE</b> 12:00pm-12:50pm Susanna		
<b>55-MINUTE RIDE</b> 5:30pm-6:25pm Bill	<b>60-MINUTE RIDE</b> 6:00pm-7:00pm Maria/Marty	<b>55-MINUTE RIDE</b> 5:30pm-6:25pm Jonathan	<b>60-MINUTE RIDE</b> 6:30pm-7:30pm Marty	<b>55-MINUTE RIDE</b> 5:30pm-6:25pm Julia/Jennifer		
		<b>90-MINUTE RIDE</b> <b>4/20</b> 5:30pm-7:00pm Jon				



## 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 Keiser bikes each come with a power console that provides the ability to measure the rider's workout in watts and with readouts for cadence and speed. **New riders, please let instructors know you may need help with bike set-up. Classes are taught so all skill levels are welcomed and challenged.**

## TRX Studio, 1st Floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>TRX CORE</b> 7:30am-8:00am Sean (NP) (\$)	<b>TRX CORE</b> 12:45pm-1:15pm Carol (NP) (\$)	<b>TRX CORE</b> 7:30am-8:00am Sean (NP) (\$)	<b>TRX BODYBLAST</b> 12:45pm-1:15pm Susanna (NP) (\$)			
<b>TRX CORE</b> 6:00pm-6:30pm Sally (NP) (\$)	<b>MEDITATION</b> 5:45pm-6:15pm Ernie (NP)					
<b>TRX BODYBLAST</b> 6:30pm-7:00pm Sally (NP) (\$)						

## To Enroll:

Reserve your spot in class by going online to our up-to-the-minute Group Exercise Schedule at [www.groupepxpro.com/schedule/132/](http://www.groupepxpro.com/schedule/132/). Create an account login and reserve your spot! Reservations will open 72 hours before class start time. There are only six spots in each class enrollment. All skill levels are welcomed and challenged. Purchase a 10-Class card at Member Services.

## Pilates Reformer Studio, 3rd Floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PRENATAL / POSTPARTUM</b> <b>4/11</b> 6:30pm-7:20pm Kelli (\$) (NP)	<b>BEGINNER PILATES REFORMER</b> 7:00pm-7:50pm Darina (\$) (NP)	<b>MIXED LEVEL</b> 12:00pm-12:50pm Denice (\$)	<b>MIXED LEVEL</b> 6:00pm-6:50pm Kelli (\$)	<b>MIXED LEVEL</b> 12:00pm-12:50pm Denice (\$)		
		<b>JUMP BOARD</b> 5:45pm-6:35pm Kelli (\$)				

## \*No Cost Beginner Pilates Reformer Sign-up:

Reserve your spot in class by going online to our up-to-the-minute Group Exercise Schedule at [www.groupepxpro.com/schedule/132/](http://www.groupepxpro.com/schedule/132/). Create an account login and reserve your spot! Reservations will open on 3/1/16. There are only four spots in each class enrollment. All skill levels are welcomed and challenged.



# MIND-BODY & GROUP AQUA SCHEDULE

## APRIL 2016

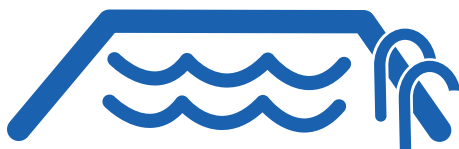
### Mind-Body Programs: Wellness Studio, 4th Floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>IYENGAR FOCUS</b> 11:00am-11:55am Emily (NP)	<b>MORNING MOTION YOGA</b> 6:30am-7:30am Richard (NP)	<b>PILATES INTERMEDIATE 3RD FLOOR</b> 11:00am-11:55am Lena	<b>MORNING MOTION YOGA</b> 6:30am-7:30am Saeeda (NP)	<b>MORNING MOTION YOGA</b> 6:30am-7:30am Katherine (NP)	<b>FLOW YOGA</b> 10:00am-11:10am Katherine	<b>TAI CHI</b> 9:15am-10:00am Richard F (NP)
<b>VINYASA FLOW</b> 12:00pm-12:55pm Wendy	<b>PILATES INTERMEDIATE 3RD FLOOR</b> 7:35am-8:30am d'Este	<b>IYENGAR FOCUS</b> 11:30am-12:25pm Leslie H. (NP)	<b>PILATES CORE 3RD FLOOR</b> 7:35am-8:30am d'Este (NP)	<b>GENTLE YOGA</b> 9:45am-11:00am Michael (NP)	<b>SELF DEFENSE KOKIKAI AIKIDO</b> 11:15am-12:25pm Robert (NP)	<b>VINYASA FLOW</b> 4:00pm-5:15pm Richard (NP)
<b>VINYASA FLOW</b> 5:30pm-6:25pm Martine (NP)	<b>GENTLE YOGA</b> 9:45am-11:00am Ernie (NP)	<b>POWER YOGA</b> 12:30pm-1:30pm Richard	<b>IYENGAR FOCUS</b> 11:30am-12:30pm Katherine (NP)	<b>POWER YOGA</b> 12:00pm-12:55pm Laura	<b>ADVANCED* SELF DEFENSE KOKIKAI AIKIDO</b> 12:30pm-1:00pm Robert	
<b>BOXING YOGA™</b> 6:30pm-7:30pm Martine (NP)	<b>VINYASA FLOW</b> 12:00pm-12:55pm Martine	<b>FLOW YOGA</b> 5:30pm-6:40pm Richard	<b>VINYASA FLOW</b> 12:30pm-1:25pm Martine (NP)	<b>PILATES</b> 1:00pm-2:00pm d'Este (NP)	*This is an advanced class and requires instructor permission to attend	
<b>SELF DEFENSE KOKIKAI AIKIDO</b> 7:45pm-9:00pm Robert (NP)	<b>HATHA FLOW</b> 1:00pm-2:00pm Richard (NP)	<b>PILATES</b> 6:45pm-7:40pm Kelli (NP)	<b>CLOSED STUDIO</b> 2:30pm-5:30pm	<b>ARMSTANDS AND INVERSIONS WORKSHOP 4/8</b> 5:15pm-6:30pm Richard (NP)	<b>YOGA WORKSHOP ALIGNMENT CARE 4/16</b> 1:05pm-2:30pm Athena (NP)	
	<b>BOLLY X</b> 5:30pm-6:25pm Malvika (NP)	<b>SELF DEFENSE KOKIKAI AIKIDO</b> 7:45pm-9:00pm Robert (NP)	<b>HIP-HOP</b> 5:30pm-6:30pm Sarah (NP)	<b>URBAN ZEN RESTORATIVE YOGA 4/15</b> 6:15pm-7:45pm Emily (NP)		
	<b>PILATES BASICS 3RD FLOOR</b> 5:30pm-6:25pm Lena (NP)		<b>VINYASA FLOW YOGA</b> 6:30pm-7:30pm Emily (NP)			
	<b>MEDITATION 1ST FLOOR</b> 5:45pm-6:15pm Ernie (NP)		<b>TAEKWONDO HAPKIDO CLUB</b> 7:45pm-9:15pm Glenn (NP)			
	<b>YOGA BASICS</b> 6:30pm-7:40pm Ernie (NP)					
	<b>TAEKWONDO HAPKIDO CLUB</b> 7:45pm-9:15pm Glenn (NP)					



### Group Aqua: Activity Pool, 2nd Floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MODIFIED AQUA MOVES</b> 9:00am-10:00am Jean (NP)		<b>MODIFIED AQUA MOVES</b> 9:00am-10:00am Jean (NP)	<b>MODIFIED AQUA MOVES</b> 9:00am-10:00am Jean (NP)	<b>MODIFIED AQUA MOVES</b> 9:00am-10:00am Jean (NP)	<b>AQUA FITNESS*</b> 8:10am-8:55am Irene (NP)	<b>AQUA BOOT CAMP*</b> 10:00am-11:00am Dona / Claudia
<b>AQUA FITNESS*</b> 12:30pm-1:15pm Leslie J (NP)	<b>AQUA RUNNING*</b> 12:30pm-1:15pm Claudia (NP)	<b>AQUA BOOT CAMP*</b> 12:30pm-1:15pm Irene M (NP)	<b>AQUA FITNESS*</b> 12:30pm-1:15pm Leslie J (NP)		<b>MODIFIED AQUA MOVES</b> 12:15pm-1:15pm Maureen (NP)	
<b>AQUA RUNNING* ABS &amp; ARMS</b> 6:00pm-6:45pm Dona (NP)	<b>AQUA FITNESS*</b> 6:00pm-7:00pm Mary/Irene (NP)		<b>AQUA FITNESS*</b> 6:00pm-7:00pm Mary/Dona (NP)			



**Group Aqua Participants:** \* Classes have limited capacity, please sign up on sign-up sheet near 2nd floor elevator, outside of pool. Group Aqua Participants, please shower before class.

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

(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.