



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Facility Hours

Mon-Fri: 5:00am - 10:00pm
Sat-Sun: 7:00am - 8:00pm

Social Media

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Stonestown Family YMCA

333 Eucalyptus Drive
San Francisco, CA 94132
415.242.7100
www.ymcasf.org/stonestown

Class Descriptions

CARDIO

Cardio Kick

Cardio Kick blends athletic drills with martial arts to create an intense cardiovascular workout.

Cardio Sculpt

Combination of low-impact cardio movements and strength training. Utilizes weights, bands and other forms of resistance.

Step Aerobics

Step aerobics puts a modern twist on the traditional style of aerobic activity. The stepping platform, referred to as a "step" is adjustable so that the workout can be catered to your individual needs. This class consists of a warm up, cool down, drills and the main section of the class which will consist of basic step movements.

Step Sculpt

The basics of Step Aerobics with weight training choreographed into the class.

Y-Workout

Fun, full-body workout with dance aerobics followed by weight-bearing exercises.

DANCE

Balletone®

Sculpt, tone and condition your body while you dance!

Ballroom Dance

Join us for a fun dance workout! You'll learn the basic footwork and movements of different dance styles. No partner necessary. Dance or smooth-soled shoes are recommended.

Belly Dance

Sinuuous hip and abdominal movements. Learn to isolate and utilize various muscle groups to develop a strong core.

Cuban Salsa

Uses movements that are based on "a-tiempo" or "contra-tiempo" with intricate footwork and lively body movements. An extraordinary dance experience!

Hip Hop

This class is a completely cool dance class that's easy to follow. Anybody can do the moves and make them their own.

NIA® (Neuro-muscular Integrative Action)

Increase body-mind-spirit connection. Combines carefully selected movements and concepts from dance, martial arts and other modalities.

Zumba®

A dynamic, high-energy workout with Latin moves and rhythms.

SPIRIT-MIND-BODY

Everybody Stretch!

This simple stretching class is the perfect mid-day boost. The low impact, mild flow format is great for anyone looking to strengthen, lengthen and relax their bodies! All levels welcome.

Pilates (Mat)

Using traditional stretching mats, this class strives to improve flexibility, strength and posture.

Pilates Express

A full-body intermediate Pilates workout in just 30 minutes!

PilateSculpt

An intermediate style of Pilates that focuses on full-body strengthening and balance.

Pilates-Yoga

A combination of Pilates and Yoga moves and poses to give you a complete mind-body experience.

Qigong

Focuses on the breath, body and mind moving in unison. Postures are designed to enhance circulation and create internal balance.

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 to powerful, spiraling moves. The Wu style was developed as a means of meditation and engages specific techniques to maintain health.

Yoga

Hatha yoga uses postures designed to strengthen the body and nervous system. Ashtanga yoga is an aerobic cleansing-style focused on connecting breath with movement. Dharma yoga uses postures, breathing exercises, meditation and philosophy to bring peace to the body, mind and spirit. YogaFlow starts with stretching, moves into basic postures to warm up the body and is followed by sun salutations.

STRENGTH & CONDITIONING

Bodyworks

Body sculpting and core strengthening workout. Utilizes hand weights, resistance tubing, stability balls and rollers.



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Boot Camp

An intense strength and conditioning workout. Includes cardio drills, manual resistance training and plyometrics.

BOSU Blast

This challenging, fast-paced class delivers integrated strength and balance training on the BOSU. It's a fun total body workout in half the time! Class is 30 minutes in length.

Core Express

Strengthen your abs and back in 30 minutes!

H.E.A.T. (High Energy Aerobic Training)

A 45-minute high-energy, advanced workout. Cardio mixed with muscular endurance sets.

Powerhouse Abdominals

A 45-minute focus on abs and lower back. Pilates techniques combined with the ideal sequence for working out abs, lower back and other core muscles.

CYCLING

All classes will be held in the Cycling Studio.

Provides an intense workout done specifically on stationary bikes. Increase endurance and work the lower body (quads, glutes and hamstrings). You'll simulate hills and flat rides, pedal at varying speeds and resistance, and participate in other drills for a complete cardiovascular workout.