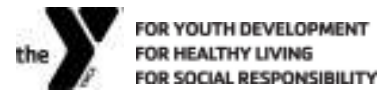


# GROUP EXERCISE



Stonestown Family YMCA

333 Eucalyptus Drive, San Francisco, CA 94132

Phone: (415) 242-7100

www.ymcasf.org/stonestown

## GYM AND CYCLING STUDIO SCHEDULE - FALL 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CYCLING</b> 5:05 AM Elaine	<b>CYCLING</b> 5:05 AM Eileen	<b>CYCLING</b> 5:05 AM Lynn/Julie	<b>CYCLING</b> 5:05 AM Elaine	<b>CYCLING</b> 5:05 AM Lynn/Julie	<b>CYCLING</b> 7:10 AM Buzz	<b>CYCLING</b> 8:15 AM Jim L./Jim R.
<b>CYCLING</b> 6:00 AM Ashley	<b>CYCLING</b> 6:00 AM Marise	<b>H.E.A.T.</b> 6:00 AM Amy M.	<b>CYCLING</b> 6:00 AM Jim L.	<b>CYCLING</b> 8:00 AM Ray	<b>Y-WORKOUT</b> 8:00 AM Teresa/Carol	<b>Y-WORKOUT</b> 9:00 AM Ray
<b>Y-WORKOUT</b> 8:00 AM Teresa	<b>CYCLING</b> 7:30 AM Danielle	<b>CYCLING</b> 7:30 AM Danielle	<b>CYCLING</b> 7:30 AM Buzz	<b>Y-WORKOUT</b> 8:00 AM Teresa/Margaret	<b>CYCLING</b> 8:20 AM Marise	<b>CYCLING</b> 9:20 AM Marc
<b>CYCLING</b> 8:15 AM Ann H.	<b>Y-WORKOUT</b> 8:00 AM Ray	<b>CARDIO KICK</b> 8:00 AM Alyona	<b>Y-WORKOUT</b> 8:00 AM Ray	<b>CYCLING</b> 9:00 AM Danielle	<b>BODYWORKS</b> 9:15 AM Marc	<b>BODYWORKS</b> 10:00 AM Ray
<b>BOOT CAMP</b> 9:15 AM Ann H.	<b>BODYWORKS</b> 9:00 AM Luci	<b>CYCLING</b> 9:00 AM Ann H.	<b>BEG. BODYWORKS</b> 9:00 AM Peggy	<b>ZUMBA®</b> 9:00 AM Rachael	<b>CYCLING</b> 9:30 AM Sylvia	<b>CYCLING</b> 10:30 AM Jessica
<b>QIGONG</b> 10:15 AM Ann Marie	<b>CYCLING</b> 9:15 AM Jim R.	<b>PILATES</b> 9:00 AM Christi	<b>CYCLING</b> 9:30 AM Marc	<b>QIGONG</b> 10:15 AM Ann Marie	<b>ZUMBA®</b> 10:15 AM Abril A.	
<b>POWERHOUSE</b> 5:30 PM Ray	<b>CORE EXPRESS</b> 9:45 AM Luci	<b>CORE EXPRESS</b> 9:45 AM Luci	<b>NIA</b> 10:15 AM Monica	<b>CYCLING</b> 6:30 PM Jessica		
<b>CYCLING</b> 6:30 PM Ray	<b>NIA</b> 10:15 AM Monica	<b>ZUMBA®</b> 10:15 AM Claudia	<b>CYCLING</b> 6:30 PM Judy G.	<b>AOA CLASSES - SENIOR ANNEX</b>  <b>LITE N' LIVELY</b> Mon. - 8:00 AM; Fri. - 8:15 AM <b>TAI CHI/QIGONG</b> Mon. - 8:45 AM; Thurs. - 8:00 AM <b>SIT &amp; BE FIT</b> Mon./Wed. - 9:30 AM <b>ADAPTIVE STROKE</b> Mon./Wed./Fri. - 10:30 AM <b>CARDIO BALANCE</b> Tues./Thurs. - 9:05 AM; Wed. - 8:00 AM <b>ADAPTIVE YOGA</b> Fri. - 9:30 AM		
<b>ZUMBA®</b> 6:30 PM Abril A.	<b>CYCLING</b> 6:30 PM Judy G.	<b>CYCLING</b> 6:30 PM Jessica	<b>CARDIO BOOT CAMP</b> 6:30 PM Angela			
	<b>ZUMBA®</b> 6:30 PM Cynthia	<b>ZUMBA®</b> 6:30 PM Abril A.				
		<b>TAI CHI (YANG)</b> Begin. & Inter. 6:30 PM (Annex) Garrett				

### GROUP EXERCISE ETIQUETTE...

- **Instructors are your studio managers:** He/She is responsible for the safety of the members and studios. Classes are group activities. Individual exercise routines are not permitted during a scheduled class session.
- **Be on time:** Instructors may decline additional participants to any class. If the class is full and/or the class is 10 minutes past starting, please do not enter. When classes are back to back, please do not enter a class late to save space for the next class. Exit the class at the end of one class before entering again for the next class. Wait until the previous class has ended before entering.
- **Be considerate:** Please be mindful of other members' exercise space. Turn off all cell phones or set to vibrate. Please refrain from conversation while class is in session. Extend this courtesy to others while waiting for a class to begin. Avoid wearing heavy fragrances, noisy jewelry /accessories that can create a disturbance in the class.
- **Special Needs:** Are you new to the class? Please arrive early to acquaint yourself with the instructor.
- **Personal items:** Personal items may not be kept on the exercise floor or near your feet. Utilize locker rooms or lock box to secure clothing and valuables.
- **Youth (13 and under):** Youth ages 13 and under must be supervised by parent or guardian before and after class. No child may be left unattended or leave the classroom unless permission is given by the instructor.
- **Hygiene:** To ensure fit and healthy hygiene, please bring your own mat and straps for exercise classes.
- **Saving Space:** Saving classroom space or equipment for fellow participants is prohibited.
- **Contact your physician:** Please speak to your doctor before beginning any exercise program.

CLASS SCHEDULES AND/OR INSTRUCTORS MAY CHANGE WITHOUT NOTICE.

## WELLNESS STUDIO SCHEDULE - FALL 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CARDIO KICK</b> 7:00 AM  Alyona	<b>CUBAN SALSA</b> 7:00 AM  Sonly	<b>BALLETONE ®</b> 7:00 AM  Alyona	<b>POWERHOUSE</b> 7:00 AM  Ray	<b>CORE STRETCH</b> 7:00 AM  Terry	<b>STEP</b> 7:30 AM  Kathleen	<b>ASHTANGA YOGA (Beginner)</b> 8:00 AM
<b>BALLETONE ®</b> 8:00 AM  Alyona	<b>PILATES - YOGA</b> 8:00 AM  Patricia	<b>POWERHOUSE</b> 8:00 AM  Ray	<b>YOGAFLOW</b> 8:00 AM  April G.	<b>PILATES</b> 8:00 AM  Christi	<b>YOGA</b> 8:30 AM  Patricia	<b>ASHTANGA YOGA (Intermediate)</b> 9:00 AM
<b>INT. PILATES</b> 9:00 AM  Christine	<b>YOGA</b> 9:00 AM  Patricia	<b>ASHTANGA YOGA</b> 8:45 AM  Christine	<b>BEG. POWERHOUSE</b> 9:15 AM  Jim R.	<b>INT. PILATES</b> 9:00 AM  Shannon	<b>INT. YOGA</b> 9:35 AM  Patricia	<b>BODYWORKS</b> 10:05 AM  Chris F.
<b>ASHTANGA YOGA</b> 10:30 AM  Christine	<b>TAI CHI (CHEN)</b> 10:20 AM  Loren	<b>QIGONG</b> 10:15 AM  Ann Marie	<b>INT. POWERHOUSE</b> 10:00 AM  Jim R.	<b>INT. YOGA</b> 10:30 AM  Patricia		<b>INT. PILATES</b> 11:30 AM  April G.
<b>CARDIO SCULPT/ AOA</b> 1:00 PM  Ray	<b>BELLY DANCE</b> 5:30 PM  Victoria/Rasa	<b>CARDIO SCULPT/ AOA</b> 1:00 PM  Ray	<b>YOGAFLOW</b> 10:45 AM  April G.	<b>CARDIO SCULPT/ AOA</b> 1:00 PM  Ray		<b>BALLROOM WORKSHOP</b> 1:00 PM - 2:30 PM  Norman  (For students in the Wed. night Ballroom classes.)
<b>CORE STRETCH</b> 2:00 PM  Cat	<b>STEPSCULPT</b> 6:30 PM  Margaret	<b>BODYWORKS</b> 5:30 PM  Sandra B.	<b>BELLY DANCE</b> 4:00 PM  Victoria/Rasa	<b>BODYWORKS</b> 5:30 PM  Sandra B.		
<b>YOGAFLOW</b> 5:30 PM  April G.	<b>CUBAN SALSA</b> 7:30 PM  Sonly	<b>INT. PILATESCULPT</b> 6:30 PM  Christi	<b>HIP HOP</b> 5:30 PM  Terry			
<b>PILATES</b> 6:30 PM  April G.		<b>BEG. BALLROOM</b> 7:30 PM  Ken	<b>INT. PILATES</b> 6:30 PM  Christine			
<b>INT. TAI CHI (YANG)</b> 8:00 PM  John		<b>INT. BALLROOM</b> 8:30 PM  Ken	<b>INT. YIN-YANG YOGA</b> 6:30 PM (Annex)  Tanya			
			<b>CUBAN SALSA</b> 7:30 PM  Sonly			

### CLASS DESCRIPTIONS...

- **Balletone ®** - Incorporates many dance movements. Sculpt, tone and condition your body while you dance!
- **Belly Dance** - Sinuous hip and abdominal movements. Learn to isolate and utilize various muscle groups to develop a strong core.
- **Bodyworks** - Body sculpting and core strengthening workout. Utilizes hand weights, resistance tubing, stability balls and rollers.
- **Boot Camp** - An intense strength and conditioning workout. Includes cardio drills, manual resistance training and plyometrics.
- **Cardio Sculpt** - Combination of low-impact cardio movements and strength training. Utilizes weights and other forms of resistance. Specifically designed for the Active Older Adult (AOA).
- **Core Express** - Strengthen your abs and back in 30 minutes!
- **H.E.A.T.** - (High Energy Aerobic Training) 45-minute high energy, advanced workout. Cardio mixed with muscular endurance sets.
- **Nia ®** - Increase body-mind-spirit connection through movement. Combines several carefully selected movements and concepts from dance, martial arts and other modalities.
- **Pilates** - Please bring your own mat. Focuses on improving posture, developing core stability, maintaining balance and
- **Powerhouse Abdominals** - 45-minutes of core focus: abs and lower back. Pilates techniques combined with the ideal sequence for working the abs, lower back and other core muscles.
- **Qigong** - Focus on having the breath, body and mind moving in unison. Various 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, without much pause between postures. The **Chen** style moves at a more varied pace - from a standstill to powerful moves, from lulls to crescendos.
- **Yoga - Hatha** yoga uses postures (asanas) designed to strengthen the physical body and nervous system. **Ashtanga** yoga is a more aerobic cleansing style, focused on connecting breath with movement. **YogaFlow** starts with stretching, moves into basic postures to warm up the body, and followed by sun salutations.
- **Y-Workout** - Traditional dance aerobics.
- **Zumba ®** - Exciting Latin dance moves and rhythms. High energy, complete body workout.