



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GETTING FIT IN GOOD COMPANY

**Group Exercise Schedule
March 2016**



The Y. So Much More

EMBARCADERO YMCA
169 Steuart Street
San Francisco, CA 94105
(415) 957-9622
www.ymca.org/embarcadero

QUESTIONS? CONTACT:
Carol Wai
Director of Healthy Living
(415) 615-1314
cwai@ymca.org

FOR UP-TO-DATE SCHEDULE CHANGES
Please visit our website:
www.ymca.org/embarcadero
Or consult our NetpulseOne app.

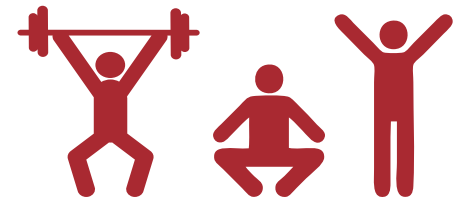


GROUP EXERCISE & KINESIS SCHEDULE

MARCH 2016

Group Exercise Studio or Gymnasium, 3rd Floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP™ 11:40am-12:40pm Jeff B (NP)	*BODYPUMP™* 6:30am-7:30am Carol (NP)	PILATES INTERMEDIATE 11:00am-11:55am Lena	*BODYPUMP™* 6:30am-7:30am Dana (NP)	BODYWORKS/ABS 12:00pm-12:15pm Mick (NP)	*BODYPUMP™* 9:00am-10:00am PJ (NP)	STEP INTERMEDIATE NO CLASS 3/27 9:15am-10:15am Jeff M
STEP FITNESS 12:45pm-1:30pm Debra (NP)	PILATES INTERMEDIATE 7:35am-8:30am d'Este (NP)	*BODYPUMP™* EXPRESS 12:00pm-12:40pm Carol (NP)	PILATES CORE 7:35am-8:30am d'Este (NP)	STEP FITNESS 12:15pm-12:55pm Mick	BODY COMBAT™ 10:00am-11:00am Lori (NP)	*BODYPUMP™* NO CLASS 3/27 10:20am-11:20am Dana/PJ (NP)
BODY COMBAT™ 5:30pm-6:30pm Klara (NP)	CIRCUIT 12:00pm-12:40pm Susanna (NP)	STEOGRAPHY 12:45pm-1:30pm Jeff M	BODYCOMBAT™ 12:00pm-1:00pm Klara (NP)	ZUMBA™ 1:00pm-1:55pm Dylan (NP)		
BODYPUMP™ 6:40pm-7:40pm Lori (NP)	PILATES BASICS 5:30pm-6:25pm Lena (NP)	BODY COMBAT™ NO CLASS 3/9 5:30pm-6:25pm PJ (NP)	HIP-HOP 4TH FLOOR 5:30pm-6:30pm Sarah (NP)	ZUMBA™ 5:30-6:20pm Eason (NP)		
	BOLLY X 4TH FLOOR 5:30pm-6:25pm Malvika (NP)	CLASSIC KICKS CARIOBOX PARTY 3/9 5:30pm-6:25pm PJ (NP)	CORE CONDITIONING 5:30pm-6:25pm Robert (NP)			
	BOOT CAMP 6:00pm-7:00pm Gymnasium Nes	*BODYPUMP™* 6:40pm-7:40pm Liz (NP)	RUN CLUB MEET IN LOBBY 5:30pm-6:30pm Lea (NP)			
	HIP-HOP 6:30pm-7:30pm Josh (NP)		*BODYPUMP™* 6:30pm-7:30pm Lily (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
MIXED LEVEL 12:00pm-12:30pm Felix (NP)	SPORTS PERFORMANCE 7:00am-7:30am Susanna (NP)	LEVEL 1 12:00pm-12:30pm Alex (NP)	SPORTS PERFORMANCE 7:00am-7:30am Susanna (NP)	LEVEL 1 12:00pm-12:30pm Felix (NP)		
MIXED LEVEL 12:30pm-1:00pm Felix (NP)	MIXED LEVEL 7:30am-8:00am Susanna (NP)	MIXED LEVEL 12:30pm-1:00pm Alex (NP)	MIXED LEVEL 7:30am-8:00am Susanna (NP)	MIXED LEVEL 12:30pm-1:00pm Felix (NP)		
		LEVEL 1 5:30pm-6:00pm Thomas (NP)		MIXED LEVEL 5:30pm-6:00pm Alex (NP)		
		LEVEL 2 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
60-MINUTE RIDE 6:30am-7:30am Sean	60-MINUTE RIDE 6:30am-7:30am Kathy	60-MINUTE RIDE 6:30am-7:30am Sean	30-MINUTE RIDE 12:00pm-12:30pm Susanna	60-MINUTE RIDE 6:30am-7:30am Antonio C	60-MINUTE RIDE NO CLASS 3/12 9:30am-10:30am Kathy	60-MINUTE RIDE 9:30am-10:30am Bill
50-MINUTE RIDE 12:00pm-12:50pm Antonio G	50-MINUTE RIDE 12:00pm-12:50pm Peter	50-MINUTE RIDE 12:00pm-12:50pm Susanna	55-MINUTE RIDE 5:30pm-6:25pm Rebecca	50-MINUTE RIDE 12:00pm-12:50pm Susanna	STUDIO CLOSED 3/12, 9-11am For IndoY100 Event	
55-MINUTE RIDE 5:30pm-6:25pm Bill	60-MINUTE RIDE 6:00pm-7:00pm Maria/Marty	55-MINUTE RIDE 5:30pm-6:25pm Jonathan	60-MINUTE RIDE 6:30pm-7:30pm Marty	55-MINUTE RIDE 5:30pm-6:25pm Hannah/Jennifer		
		90-MINUTE RIDE 3/16 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
TRX CORE 7:30am-8:00am Sean (NP) (\$)	TRX CORE 12:45pm-1:15pm Carol (NP) (\$)	TRX CORE 7:30am-8:00am Sean (NP) (\$)	TRX BODYBLAST 12:45pm-1:15pm Susanna (NP) (\$)			
TRX CORE 6:00pm-6:30pm Sally (NP) (\$)	MEDITATION 5:45pm-6:15pm Ernie (NP)					
TRX BODYBLAST 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.grouperpro.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
PRENATAL / POSTPARTUM 3/14 6:30pm-7:20pm Kelli (\$) (NP)	BEGINNER PILATES REFORMER DEMO* 3/8, 3/15, 3/22, 3/29 7:00pm-7:30pm Darina (NP) (No Cost)	MIXED LEVEL 12:00pm-12:50pm Denice (\$)	MIXED LEVEL 6:00pm-6:50pm Kelli (\$)	MIXED LEVEL 12:00pm-12:50pm Denice (\$)		
	BEGINNER PILATES REFORMER DEMO* 3/8, 3/15, 3/22, 3/29 7:30pm-8:00pm Darina (NP) (No Cost)	JUMP BOARD 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.grouperpro.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

MARCH 2016

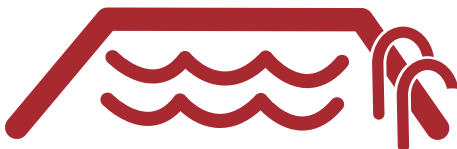
Mind-Body Programs: Wellness Studio, 4th Floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
IYENGAR FOCUS 11:00am-11:55am Emily (NP)	MORNING MOTION YOGA 6:30am-7:30am Richard (NP)	PILATES INTERMEDIATE 3RD FLOOR 11:00am-11:55am Lena	MORNING MOTION YOGA 6:30am-7:30am Saeeda (NP)	MORNING MOTION YOGA 6:30am-7:30am Katherine (NP)	FLOW YOGA NO CLASS 3/26 10:00am-11:10am Katherine	TAI CHI 9:15am-10:00am Richard F (NP)
VINYASA FLOW 12:00pm-12:55pm Wendy	PILATES INTERMEDIATE 3RD FLOOR 7:35am-8:30am d'Este	IYENGAR FOCUS 11:30am-12:25pm Leslie H. (NP)	PILATES CORE 3RD FLOOR 7:35am-8:30am d'Este (NP)	GENTLE YOGA 9:45am-11:00am Michael (NP)	SPRING EQUINOX YOGA WORKSHOP 3/26 9:45-11:10am with Amanda, Martine, and Richard	VINYASA FLOW NO CLASS 3/27 4:00pm-5:15pm Richard (NP)
VINYASA FLOW 5:30pm-6:25pm Martine (NP)	GENTLE YOGA 9:45am-11:00am Ernie (NP)	POWER YOGA 12:30pm-1:30pm Richard	IYENGAR FOCUS 11:30am-12:30pm Katherine (NP)	POWER YOGA 12:00pm-12:55pm Laura	SELF DEFENSE KOKIKAI AIKIDO 11:15am-12:25pm Robert (NP)	
BOXING YOGA™ 6:30pm-7:30pm Martine (NP)	VINYASA FLOW 12:00pm-12:55pm Martine	FLOW YOGA 5:30pm-6:40pm Richard	VINYASA FLOW 12:30pm-1:25pm Martine (NP)	PILATES 1:00pm-2:00pm d'Este (NP)	ADVANCED* SELF DEFENSE KOKIKAI AIKIDO 12:30pm-1:00pm Robert	
SELF DEFENSE KOKIKAI AIKIDO 7:45pm-9:00pm Robert (NP)	HATHA FLOW 1:00pm-2:00pm Richard (NP)	PILATES 6:45pm-7:40pm Kelli (NP)	CLOSED STUDIO 2:30pm-5:30pm	URBAN ZEN RESTORATIVE YOGA 3/11 6:15pm-7:45pm Emily (NP)	YOGA WORKSHOP ALIGNMENT CARE 3/26 1:05pm-2:30pm Athena (NP)	
	BOLLY X 5:30pm-6:25pm Malvika (NP)	SELF DEFENSE KOKIKAI AIKIDO 7:45pm-9:00pm Robert (NP)	HIP-HOP 5:30pm-6:30pm Sarah (NP)	MEDITATION, BREATHING, & RELAXING 3/25 5:30pm-7:00pm Ernie (NP)	*This is an advanced class and requires instructor permission to attend	
	PILATES BASICS 3RD FLOOR 5:30pm-6:25pm Lena (NP)		VINYASA FLOW YOGA 6:30pm-7:30pm Emily (NP)			
	MEDITATION 1ST FLOOR 5:45pm-6:15pm Ernie (NP)		TAEKWONDO HAPKIDO CLUB 7:45pm-9:15pm Glenn (NP)			
	YOGA BASICS 6:30pm-7:40pm Ernie (NP)					
	TAEKWONDO HAPKIDO CLUB 7:45pm-9:15pm Glenn (NP)					



Group Aqua: Activity Pool, 2nd Floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MODIFIED AQUA MOVES 9:00am-10:00am Jean (NP)		MODIFIED AQUA MOVES 9:00am-10:00am Jean (NP)	MODIFIED AQUA MOVES 9:00am-10:00am Jean (NP)	MODIFIED AQUA MOVES 9:00am-10:00am Jean (NP)	AQUA FITNESS* 8:10am-8:55am Irene (NP)	AQUA BOOT CAMP* 10:00am-11:00am Dona / Claudia
AQUA FITNESS* 12:30pm-1:15pm Leslie J (NP)	AQUA RUNNING* 12:30pm-1:15pm Claudia (NP)	AQUA BOOT CAMP* 12:30pm-1:15pm Irene M (NP)	AQUA FITNESS* 12:30pm-1:15pm Leslie J (NP)		MODIFIED AQUA MOVES NO CLASS 3/12 12:15pm-1:15pm Maureen (NP)	
AQUA RUNNING* ABS & ARMS 6:00pm-6:45pm Dona (NP)	AQUA FITNESS* 6:00pm-7:00pm Mary/Irene (NP)		AQUA FITNESS* 6:00pm-7:00pm Mary/Dona (NP)		POOL CLOSED 3/12, 10:30am-2:30pm For SWIMATHON	



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.