



Oroville YMCA Group Fitness Schedule

April 2024

Revised 04.11.24

	Monday	Tuesday	Wednesday	Thursday	Saturday
Weight/Cardio Room 9:00am - 12:00pm	Weight/Cardio Room 9:00am - 12:00pm	Weight/Cardio Room 9:00am - 12:00pm	Weight/Cardio Room 9:00am - 12:00pm	Weight/Cardio Room 9:00am - 12:00pm	Weight/Cardio Room 9:00am - 12:00pm
Head to Toe 9:00am-9:50am Arla	Open Pickleball 9:00am-12:00pm	Head to Toe 9:00am-9:50am Arla	Open Pickleball 9:00am-12:00pm		
Senior Groove 10:00am-10:50am Arla	Pilates 9:00am-9:50am Cat	Senior Groove 10:00am-10:50am Arla	Pilates 9:00am-9:50am Cat	Zumba 9:00am-9:50am Karen	
Chair Yoga 11:00am - 11:50am Karen	Cardio & Weight Circuit 10:00am-10:50am Cat	NEW! Chair Yoga 11:00am - 11:50am Karen	Cardio & Weight Circuit 10:00am-10:50am Cat	Yoga Renew 10:00am - 10:50am Karen	
	Yoga-Mixed levels 11:00am-11:50am Madison	Weight/Cardio Room 2:00 - 5:00pm	Yoga-Mixed levels 11:00am-11:50am Madison		
		Open Basketball 2:00pm-5:00pm			
	NEW! Zumba 5:20pm-6:20pm Karen	U-Jam 5:20pm-6:20pm Lori	NEW! HIIT 5:20pm-6:20pm Karen		
Class Location:	Gym	Weight Room	Mind & Body Studio		

Facility Hours: Monday-Thursday: 9am - 12pm
 Wednesday: 2pm - 5pm
 Friday: CLOSED
 Saturday: Fitness room & Classes 8:00am-12:00pm
 Sunday: CLOSED



CLASS DESCRIPTIONS

Head to Toe: Light cardio, strength training, balance, mobility and flexibility, this class is formatted for those looking to improve overall health and fitness using dumbbells, bands and body weight. Participants may occasionally be asked to do floor work on a mat.

Senior Groove: Fun movements to restore walking gait and stability. This will be the silliest, funniest class you will ever experience for 50 minutes twice a week. You will dance, stretch, use playground games all to a background of oldies but goldies music. Walkers, canes and skateboards welcome, we have fun at all levels.

Pilates: Restorative muscle workout centered on breathing and building abdominal strength. This workout is performed on a yoga mat, sitting, laying down, rolling over. If you can get on the ground, we'll get you back up. These exercises can also be performed in a chair.

Cardio & Weight Circuit: The instructor will guide and motivate you through various exercises using cardio equipment and weights in a fun and energetic group environment.

Yoga - Mixed Levels/All levels: The instructor will name the pose in English and Sanskrit, then will proceed to give detailed instructions on how to get into the pose while demonstrating. First with the easiest variation of the pose, then other levels will be offered. Blocks, blankets, and straps will be used to enable the participants to achieve the poses at the level they are in at the time of the class.

U-Jam: Combining the energy and grittiness of urban dance with fitness, U-Jam is a cardio dance experience that feels more like a 90's House Party than a workout. U-Jam brings funky, adrenaline-based beats from around the world with easy-to-follow choreography, so everyone, everywhere can get their Jam on.

Zumba: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

Yoga Restorative/Renew: A revitalizing format that focuses on controlled breathing paired with a gentle flow and static stretching. Using a mixture of props and hands on adjustments from the instructor, you will unlock flexibility and improve your overall well-being.

Chair Yoga: Explore the range of movement of yoga postures with chair support. Members that find it difficult to get on and off the floor are a perfect fit for Chair Yoga.

HIIT: Our HIIT (High Intensity Interval Training) class is a no-nonsense class built around getting you strong and lean. This class incorporates a mixture of strength exercises using barbells, kettlebells, dumbbells, and sand bags, as well as metabolic conditioning exercises such as rowing, ski erg, AirDyne bikes, and sleds. Torch fat and build functional strength in this total body workout.