



Oroville YMCA Group Fitness Schedule

JANUARY 2025

Revised 11.15.24

ymcasuperiorcal.org

530.533.9622

OROVILLE YMCA FITNESS CENTER

Monday	Tuesday	Wednesday	Thursday	Saturday
Chair Yoga 9:00am-9:50am Karen	Open Pickleball 9:00am-12:00pm	Chair Yoga 9:00am-9:50am Karen	Open Pickleball 9:00am-12:00pm	
	Yogalates 9:00am-9:50am Karen		Yogalates 9:00am-9:50am Karen	Zumba 9:00am-9:50am Karen
Head to Toe 10:00am-10:50am Arla		Head to Toe 10:00am-10:50am Arla		Yoga Renew 10:00am - 10:50am Karen
	Zumba Toning 5:45pm-6:45pm Karen		Zumba Toning 5:45pm-6:45pm Karen	
Class Location:	Gym		Mind & Body Studio	

Facility Hours: Monday-Thursday: 9am - 12pm
Friday: CLOSED

Saturday: Classes ONLY 9:00am-11:00am
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.

Zumba Toning: This class uses low-impact/high intensity routines set to current and iconic music using easy-to-follow choreography for a booty-shaking fun cardio experience, and a full-body workout that combines traditional strength moves to create a unique fitness experience resulting in increased muscular strength and endurance.

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.

Yogalates: A combination of yoga and Pilates exercises for your whole body that focus on effort and relaxation. Attention is paid to strengthening your abdominal and back muscles while loosening your back. However, your arm and leg muscles are not forgotten. This class is very suitable for beginners, but is also popular with people who have experience with yoga. After this lesson you will feel rested and stronger

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.

Yoga Renew: Mixes hatha yoga poses that flow from one posture to the next, incorporating stretches. People of all fitness levels can participate in Yoga Renew classes as modifications are used when needed.

Zumba: This class uses low-impact/high intensity routines set to current and iconic music using easy-to-follow choreography for a booty-shaking fun cardio and toning experience.