



Oroville YMCA Group Fitness Schedule

May 2024

Revised 04.23.24

ymcasuperiorcal.org

530.533.9622

OROVILLE YMCA FITNESS CENTER

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
Head to Toe 9:00am-9:50am Arla		Head to Toe 9:00am-9:50am Arla		
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
Yoga Chair 11:00am - 11:50am Karen	Cardio & Weight Circuit 10:00am-10:50am Cat	Yoga Chair 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	
	NEW! Zumba 5:30pm-6:30pm Karen	U-Jam 5:20pm-6:20pm Lori	NEW! Strength and Tone 5:30pm-6:30pm Karen	

Class Location:	Gym	Weight Room	Mind & Body Studio	1359 Huntoon Street* <small>*classes are moved until further notice during construction</small>
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Facility Hours: Monday-Thursday: 9am - 12pm Saturday: Fitness Room & Classes 8:00am-12:00pm
 Wednesday: 2pm - 5pm 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.

Strength and Tone: A fun, full body workout using light weights and intervals designed for the ultimate total body toning experience.