



Oroville YMCA Group Fitness Schedule

NOVEMBER 2024
Revised 10.30.24

Monday	Tuesday	Wednesday	Thursday	Saturday
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	
	Yogalates 9:00am-9:50am Karen		Yogalates 9:00am-9:50am Karen	Dance Fit 9:00am-9:50am Karen
Senior Groove 10:00am-10:50am Arla		Senior Groove 10:00am-10:50am Arla		Yoga Renew 10:00am - 10:50am Karen
Yoga Chair 11:00am - 11:50am Karen	Yoga Mixed Levels 11:00am-11:50am Madison	Yoga Chair 11:00am - 11:50am Karen	Yoga Mixed Levels 11:00am-11:50am Madison	
	Dance Fusion 5:30pm-6:45pm Karen	U JAM Canceled* <small>This is temporarily cancelled as our instructor heals.</small>	Dance Fusion 5:30pm-6:45pm Karen	

Class Location:	Gym	Mind & Body Studio
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Facility Hours: Monday-Thursday: 9am - 12pm Saturday: Classes ONLY 9:00am-11:00am
Friday: CLOSED 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.

Dance Fusion: 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 - Mixed Levels/All levels: This format centers both breath and body - aligning the physical and mental by practicing stillness and gentle movements for extended periods of time. Poses are done on the floor, and can incorporate props such as straps, bolsters and blocks, ultimately promoting deep muscle relaxation and improved flexibility. **Chair:** Explore the range of movement of yoga postures with chair support. Members that find it challenging to get on and off the floor are a perfect fit for Chair Yoga. **Restorative/Renew:** Focuses on controlled breathing paired with a gentle flow and static stretching. Using a mixture of props and hands on adjustments, you will unlock flexibility and improve your overall well-being.

Dance Fit: 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.