



Group Fitness Schedule

NOVEMBER 2024

Revised 10.27.24

ymcasuperiorcal.org

916.452.9622

Sacramento Central YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Circuit 6:00am-6:50am Jen	Bootcamp 6:00am-6:50am Hallie		Bootcamp 6:00am-6:50am Hallie	HIIT 6:00am-6:50am Lily		
Ballet Barre 7:00am-7:50am Jackie	Pilates Mat Beginner 7:00am-7:50am Tia	Ballet Barre 7:00am-7:50am Jackie	Pilates Mat Beginner 7:00am-7:50am Tia	Morning Restore 7:00am-7:50am Tia	Cycling 8:00am-8:50am Rotating Staff	
	Cycling 7:00am-7:50am Jensen		Cycling 7:00am-7:50am Jensen	QiGong 8:00am-8:50am Tia	Pickleball Open Play All Levels 11/13 8:30am-11:00am 8:30am-12:00pm	Pickleball Open Play 2.0-2.9 11/10 ONLY 9:00am-12:00pm
Tai Chi 8:00am-8:50am Ron	Yoga Gentle 8:00am-8:50am Amy	Tai Chi 8:00am-8:50am Ron	HIIT Circuit 8:00am-8:50am Jen	Pickleball Open Play All Levels 8:30am-12:00pm	Bootcamp 9:00am-9:50am Eliias	Zumba 9:30am-10:20am Celeste
Pickleball Open Play All Levels 8:30am-12:00pm	Pickleball Open Play 2.0-2.9 8:30am-12:00pm	Pickleball Open Play All Levels 8:30am-12:00pm	Pickleball Open Play 2.0-2.9 11/21 ONLY 8:30am-12:00pm	Stretching 9:00am-9:50am Jackie	Zumba 10:00am-10:50am Kang	Yoga Gentle Yin 10:30am-11:20am Lux
Strength + Stability 9:00am-9:50am Jackie	Head to Toe 9:00am-9:50am Amy	Stretching 9:00am-9:50am Teresa	Head to Toe 9:00am-9:50am Eliias	Top to Bottom 9:00am-9:50am Eliias		Yoga Gentle Yin 11:30am-12:20pm Lux
Pilates Mat Intermediate 9:30am-10:20am Tia		Yoga Vinyasa 9:00am-9:50am Amy		Zumba Gold 10:00am-10:50am Jackie		Pickleball Open Play 2.0-2.9 11/3, 11/17, 11/24 ONLY 11:30am-1:30pm
	Band + Bells Strength 9:15am-10:00am Tia		QiGong 9:15am-10:00am Tia	Stretch & Balance Falls Prevention 11:00am-11:50am Eliias	Body Sculpt 11:00am-11:50am Holly	
Dance Aerobics 10:00am-10:50am Teresa		Pilates Mat Beginner 10:00am-10:50am Teresa	Stretch & Balance Falls Prevention 10:00am-10:50am Eliias	Zumba 5:30pm-6:20pm Taylor		
Stretch & Balance Falls Prevention 10:30am-11:20am Jackie	Pickleball Open Play All Levels 10:15am-1:00pm	Stretch & Balance Falls Prevention 10:30am-11:20am Jackie				
	Ping Pong Open Play 1:00pm-3:00pm	Strength and Stability 12:00pm-12:50pm Amy	Ping Pong Open Play 1:00pm-3:00pm			
	Stretch & Balance Falls Prevention 2:00pm-2:50pm Jackie					
	HIIT Circuit 4:30pm-5:20pm Jen					
YMCA Strength 5:30pm-6:20pm Lily	Yoga 5:30pm-6:20pm Lisa	YMCA Strength 5:30pm-6:20pm Lily	Zumba 5:30pm-6:20pm Molly			
Cycling 6:00pm-6:50pm Marissa	BollyX 6:30pm-7:20pm Celeste	Cycling 6:00pm-6:50pm Jenna				
Zumba 6:30pm-7:20pm Taylor			Yoga Gentle Yin 6:30pm-7:20pm Lux			
	Tai Chi 7:30pm-9:00pm Stan		Tai Chi 7:30pm-9:00pm Stan			

MEMBERSHIP MEANS MORE

All Group Exercise classes are included with Membership!
Drop in rates:
Adult: \$15 Youth & Senior: \$8

STAY IN THE KNOW

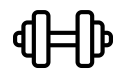
DOWNLOAD THE APP TODAY



Google Android

Apple iOS

Download YMCA360 to easily view and register for classes or take a virtual class anywhere you are!



STRENGTH



CARDIO



CORE



RESTORE

Location:	Studio A	Studio B	Gym	Pickleball Courts
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Facility Hours:

Monday-Thursday: 5:30am - 9:00pm
Friday: 5:30am - 8:00pm

Saturday: 7:00am - 6:00pm
Sunday: 9:00am - 6:00pm



CLASS DESCRIPTION:

Band & Bells Strength: improve hip & shoulder stability with the versatile Dynaband and dumbbells. This class is great for rehabilitation as well as general strengthening. Build total body strength in this fun and engaging workout.

Ballet Barre: a total body workout that utilizes movements and positions from Dance, Pilates, Yoga and Functional Strength Training. It focuses on optimal alignment and posture to improve balance, coordination, stability, strength and over function. Most movements utilize bodyweight and light weights to focus on muscular endurance, core and joint stability.

Body Sculpt: Body sculpting is an impactful body-shaping class. We focus on improving core strength, enhancing flexibility, and increased blood flow, by guiding you through a range of traditional weight bearing and cardio exercises. Multiple exercise levels will be shown throughout each segment. Classes are fun and motivational for all.

Bootcamp: combines all aspects of fitness into a fast-paced, total body workout. Your strength, speed, agility, as well as your cardio fitness will be challenged with traditional, non-traditional, and functional exercises. You will also be introduced to metabolic resistance training, which will have you still burning calories hours after the workout is completed.

Cycling: Indoor Cycle helps you burn calories, improves your heart health, and boosts your muscle endurance. Your legs will get a serious workout. By the end of class, you'll have a steady stream of feel-good brain chemicals called endorphins. This class can cater to the beginner and advanced beginner.

Dance Aerobics: this class starts with a warm up, then some heart-pumping cardio sections with a cool down and a lot of fun!!

Head to Toe: from light to moderate cardio, strength training, balance, mobility, flexibility, this class is formatted for those looking to improve overall health and fitness using dumbbells, body weight, mats.

HIIT: High Intensity Interval Training is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

HIIT Circuit: Build strength, power and endurance in this exciting and dynamic workout. Explore a mixture of fun exercises in circuit fashion guaranteed to burn calories and build strength.

Pilates Mat: Beginner: low-impact mat exercises designed to strengthen your core muscles, increase spinal mobility, boost balance, alleviate back pain and tightness, and improve mind-body awareness. A nice combination of strengthening, therapeutic stretching, flow, and a good dose of fun

Intermediate: our Pilates Mat format with a little edge. Designed to build upon our beginning mat Pilates class, this format introduces slightly more advanced exercise variations guaranteed to improve your core strength and stabilizing muscles.

Morning Restore: Start your day off right designed to relax and restore the spirit, mind, and body. This class will look at the whole body and the importance of strength, flexibility, posture, core strength and recovery.

QiGong: combines exercises that integrates postures, movements and breathing techniques to improve physical and mental health, and bring positive healing energy to your life. Most movements can be done in a sitting position.

Strength & Stability: low impact exercises for strength and endurance, with an emphasis on balance, coordination, and mobility.

Stretch & Balance for Falls Prevention: using seated and standing exercises, this class increases strength, flexibility, and balance while focusing on the breath. The instructor guides participants in enhancing personal awareness and consciousness to help prevent falls.

Stretching: a restorative class of dynamic and static stretching! This class is designed to increase flexibility, muscle control, and range of motion.

Tai Chi: the ultimate purpose of Tai Chi is to cultivate the "qi", or life energy within us, to flow smoothly and powerfully throughout the body. The essential principles include mind integrated with the body, control of movements and breathing, generating internal energy, mindfulness, song (loosening 松) and jing (serenity 静).

Top to Bottom Intervals: Join this interactive interval class that targets each muscle from top to bottom in a circuit style method. Items used vary from body weight, dumbbells, and bands.

YMCA Strength: This full-body strength class aims to target every muscle group. A combination of dumbbells, barbells, and bodyweight will be used to build stronger muscles! Modifications can be given to make this class achievable for people of all fitness levels.

Yoga: Gentle: focuses on posture and consists of hip opener poses that will help keep the spine straight and aligned. It may help those with tense upper, lower back, and tight hip problems. All levels welcome! Vinyasa: perfect for building strength and flexibility. We will focus on alignment through breathing. **Yin:** A deeply relaxing class for both mind and body. Provides a gentle, quiet, and meditative practice, all poses are done on the floor so that the muscles can relax and allow the deep connective tissues surrounding the hips, thighs, and lower back to be gently stretched. Poses are held for longer periods of time (generally 3-5 minutes) and awareness is brought to sensations in the body.

Zumba: we take the "work" out of workout, by mixing low and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Zumba Gold: perfect for those who are looking for a modified Zumba® class that recreates the original moves at a lower intensity. The design of the class introduces easy-to-follow Zumba®

Rainy Day Pickleball Schedule: Mondays; 11am-1pm, Tuesdays; 10am-11:30am, Wed & Fri; 10:15am-12pm, NO INDOOR PLAY on Holidays, or when kids are out of school. NO INDOOR PLAY on Thursday, Saturday or Sunday.