



# Group Fitness Schedule

## April 2024

Revised 03.22.24

ymcasuperiorcal.org

916.452.9622

Sacramento Central YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
<b>HIIT</b> 6:00am-6:50am Jen	<b>Bootcamp</b> 6:00am-6:50am Hallie		<b>Bootcamp</b> 6:00am-6:50am Hallie	<b>HIIT</b> 6:00am-6:50am Jen					
<b>Ballet Barre</b> 7:00am-7:50am Jackie	<b>Pilates Mat- Beginner</b> 7:00am-7:50am Tia	<b>Ballet Barre</b> 7:00am-7:50am Jackie	<b>Pilates Mat- Beginner</b> 7:00am-7:50am Tia	<b>Morning Restore</b> 7:00am-7:50am Tia					
	<b>Cycling</b> 7:00am-7:50am Jensen		<b>Cycling</b> 7:00am-7:50am Jensen	<b>QiGong</b> 8:00am-8:50am Tia	<b>Cycling</b> 8:00am-8:50am Rotating Staff				
<b>Tai Chi</b> 8:00am-8:50am Ron	<b>Yoga- Gentle</b> 8:00am-8:50am Amy	<b>Tai Chi</b> 8:00am-8:50am Ron	<b>HIIT</b> 8:00am-8:50am Jen	<b>Top to Bottom</b> 9:00am-9:50am Eliias	<b>Bootcamp</b> 9:00am-9:50am Eliias	<b>Zumba</b> 9:30am-10:20am Celeste			
<b>Strength + Stability</b> 9:00am-9:50am Jackie	<b>Head to Toe</b> 9:00am-9:50am Amy	<b>Stretching</b> 9:00am-9:50am Teresa	<b>Head to Toe</b> 9:00am-9:50am Eliias	<b>Stretching</b> 9:00am-9:50am Jackie	<b>Zumba</b> 10:00am-10:50am Kang	<b>Gentle YinYoga</b> 10:30am-11:20am Lux			
<b>Pickleball Open Play</b> 9:00am-11:00am	<b>Pickleball Open Play 2.0-2.9</b> 10:15am-12:00pm	<b>Pickleball Open Play</b> 9:00am-11:00am		<b>Pickleball Open Play</b> 9:00am-11:00am	<b>Pickleball Open Play</b> 9:00am-11:00am	<b>Gentle YinYoga</b> 11:30am-12:20pm Lux			
<b>Pilates Mat- Intermediate</b> 9:30am-10:20am Tia		<b>Yoga-Vinyasa</b> 9:00am-9:50am Amy	<b>Yoga-Gentle</b> 9:00am-9:50am Lux	<b>Zumba Gold</b> 10:00am-10:50am Jackie	<b>Body Sculpt</b> 11:00am-11:50am Holly	<b>Pickleball Open Play 2.0-2.9</b> 12:30pm-2:00pm			
	<b>Band + Bar Strength</b> 9:15am-10:00am Tia		<b>QiGong</b> 9:15am-10:00am Tia	<b>Stretch &amp; Balance Falls Prevention</b> 10:30am-11:20am Eliias					
<b>Dance Aerobics</b> 10:00am-10:50am Teres	<b>Core Express</b> 10:00am-10:20am Tia	<b>Pilates Mat- Beginner</b> 10:00am-10:50am Teresa	<b>Stretch &amp; Balance Falls Prevention</b> 10:00am-10:50am Eliias	<b>Zumba</b> 5:30pm-6:20pm Taylor					
<b>Stretch &amp; Balance Falls Prevention</b> 10:30am-11:20am Jackie		<b>Stretch &amp; Balance Falls Prevention</b> 10:30am-11:20am Jackie	<b>Core Express</b> 10:00am-10:20am Tia	<h2>MEMBERSHIP MEANS MORE</h2> <p>All Group Exercise classes are included with Membership! Drop in rates: Adult: \$15 Youth &amp; Senior: \$8</p> <h2>STAY IN THE KNOW</h2> <p>Download our app on Google Store or Apple Store to easily view and register for classes!</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Apple</b> </div> <div style="text-align: center;">   <b>Android</b> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">   <b>STRENGTH</b> </div> <div style="text-align: center;">   <b>CARDIO</b> </div> <div style="text-align: center;">   <b>CORE</b> </div> <div style="text-align: center;">   <b>RESTORE</b> </div> </div>					
		<b>Strength</b> 12:00pm-12:50pm Amy							
	<b>Stretch &amp; Balance Falls Prevention</b> 2:00pm-2:50pm Jackie								
	<b>HIIT</b> 4:30pm-5:20pm Jen								
<b>Group Power</b> 5:30pm-6:20pm Hallie	<b>Yoga</b> 5:30pm-6:20pm Lisa	<b>Group Power</b> 5:30pm-6:20pm Hallie	<b>Zumba</b> 5:30pm-6:20pm Molly						
<b>Cycling</b> 6:00pm-6:50pm Marissa		<b>Cycling</b> 6:00pm-6:50pm Jenna							
<b>Zumba</b> 6:30pm-7:20pm Taylor			<b>Gentle Yin Yoga</b> 6:30pm-7:20pm Lux						
	<b>Tai Chi</b> 7:30pm-9:00pm Stan		<b>Tai Chi</b> 7:30pm-9:00pm Stan						

<b>Location:</b>	Studio A	Studio B	Gym	East Grass	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 & Bar Strength:** improve hip & shoulder stability with the versatile Dynaband and Body Bar. This class is great for rehabilitation as well as general strengthening.

**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.

**Boot Camp:** 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.

**Circuit Strength:** well-rounded class, this full body strength workout utilizing dumbbells, bands, barbells, and bodyweight exercises. Each circuit consists of different stations targeting all muscle groups.

**Core Express:** a quick abdominal burner designed to sculpt your abs and unlock your potential. Class serves as a great supplement to our other classes.

**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!!

**Group Power:** blasts all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls with functional integrated training. Dynamic music and motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best!

**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.

**HITT:** 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.

**HITT 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.

**Mat Pilates – 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.

**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.

**Stretch & Core:** explore a perfect blend of flexibility and core strengthening exercises in this fun and engaging format. All fitness levels are welcome!

**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:** Total Body H.I.I.T is a series of total body movements utilizing multiple muscle groups simultaneously to strengthen and condition the body as a whole. While also increasing your body's mobility and ability to move as a whole from top to bottom.

**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.

**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.