

GLENDALE YMCA GROUP FITNESS SCHEDULE

EFFECTIVE August 4, 2011

ALL CLASSES ARE IN THE GROUP FITNESS ROOM (3rd floor, fitness bldg.) UNLESS OTHERWISE NOTED.

Youth Gym is on 2nd fl of fitness building. Youth Fit Ctr is an outside entrance, east of the fitness bldg. front doors.

**Studio B is in the Administration bldg. downstairs. (entrance is thru the blue double doors across from fitness bldg. entrance)

For Your Safety:

Warm up and cool down/stretching are important to achieve a safe workout. Please allow time for these vital elements of each class.

Wear appropriate athletic shoes and clothing.

Please refrain from wearing perfumes when exercising.

Inform the instructor if you have any special needs or limitations (injury, pregnancy, etc). We can show you exercise modifications.

Most classes are multi-level. If you are a beginner, go at your own pace. If you need to modify the class for your fitness level, ask the instructor to offer options to adjust the degree of difficulty and/or intensity.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-7:00am Lean & Strong/Hi Lo Dave	7:00-7:40am A.M. Circuit <i>Youth Fit Ctr</i> Betsy	6:00-7:00am Lean & Strong/HiLo Dave	7:00-7:40am A.M. Circuit <i>Youth Fit Ctr</i> Betsy	6:00-7:00am Lean & Strong/Hi Lo Dave	
	8:00-9:00 Tai Chi Sam	8:00-9:00 Tai Chi Sam	8:00-9:00 Tai Chi Steve		8:00-9:00 Tai Chi Bess	
	8:30 - 9:30 Zumba Bess	9:30-11:00 Iyengar Yoga Valerie <i>Studio B</i>		8:00-9:00 Hatha Yoga Anahit		9:00-10:00 Kundalini Yoga Mona
	9:30-10:30 Low Impact Beatrice	9:30-10:30 Jumpstart FunkFusion Harout	9:30-10:30 FunkFusion Darcel	9:30-10:30 Aerobox Sam	9:30 -10:30 FunkFusion Darcel	10:00-11:00 All Cardio Staff
	10:30-11:30 Flexercise Mandy	10:30-11:30 Core Power Diana	10:30-11:30 Total Body Strength Michelle	10:30-11:30 Pilates Diana	10:30-11:30 All Ball JoDee	11:00-12:00 Lean & Strong Lisa
	12:00 - 12:40 Lunch Circuit <i>Youth Ft Ctr</i>			12:00 - 1:00 Flexercise Cidinha		12:00-1:00 Core Power Lisa
	5:00-6:00pm Kundalini Yoga Mona		5:15-6:30pm Hatha Yoga Anahit <i>Studio B</i>		5:00-6:00pm Kundalini Yoga Mona	
		5:30-6:30pm Afro-Funk Tanita		5:30-6:30 Zumba Fransini		
	6:00-6:30 Jumpstart Yoga Mona			6:30-7:30 Jumpstart Yoga Mona		
	6:30-7:30 FunkFusion Harout	6:30-7:30 Aerobox Sam	6:30-7:30 FunkFusion Darcel	6:30-8:00 Iyengar Yoga Margie <i>Studio B</i>		
Questions / Comments? Call Zulema at (818) 240-4130, Extension 34	7:45-9:30 Fitbox Bootcamp Lisa	7:30 to 8:30 Zumba Shawn NEW	7:30-8:30 Lean & Strong Lisa	7:45-9:30 Fitbox Bootcamp Interval Lisa		
			8:30-9:30 Core Power Pilates Lisa			

GLENDALE YMCA CLASS DESCRIPTIONS

Our classes are taught by certified fitness instructors that provide fun, effective and safe workouts geared for a variety of fitness levels and interests. **(Revised August 4, 2011)**

Aerobox – A great medium impact class that borrows martial arts moves and will have you punching and kicking up a sweat.

Afro Funk Dance Fitness – A Combination of traditional and stylized African & Caribbean dance in a dynamic and fun workout format. For all ages and levels.

All-Ball – A toning and strength class using stability balls and weighted exercise balls for core training and a total body workout.

All-Cardio – You'll enjoy one full hour of nothing but cardiovascular exercise. The schedule alternates to allow variety.

- 1st Sat of every month: Low Impact/Michelle
- 2nd Sat of every month: Funk Fusion/Harout
- 3rd Sat of every month: Funk Fusion Lindsay Blue
- 4th Sat of every month: Funk Fusion/Harout
- Occasional 5th Sat: Funk Fusion/Lindsay Blue

A.M. or Lunch Circuit – An instructor will guide you through a series of exercise "stations" designed to build muscular and cardiovascular strength. Fast paced, easy-in, easy-out.

Core Power – A functional class strength class that combines mat pilates, isometric exercises and balance training to develop a strong core.

Fitbox Bootcamp – Got Stress? Come and let it out! You'll do cardio intervals and punch/kick combinations on the heavy bag. A medium to high impact workout that strengthens muscles and bones in the upper and lower body. *Previous aerobox class/boxing experience is required. Gloves are required.*

Interval – A fat burning workout that consists of mixing slow and fast cardio intervals interspersed with plyometrics. Come in and try it! We have loaner gloves.

Flexercise – A strength training class incorporating hand weights, exercise tubing and stability balls to sculpt and tone your entire body.

FunkFusion! – Simple hip-hop, jazz and current dance moves choreographed into an easy-to-follow low impact format. A fun class with hot music. Each dynamic instructor adds their own flair and style!

Hatha Yoga – The most popular branch of yoga from which many styles have originated. Focuses on Asana poses and breath to strengthen, purify and balance the body.

Iyengar Yoga – This style is noted for great attention to detail and alignment of postures as they are held for long periods. Props are also used such as blocks and belts.

Jumpstart classes are easy to follow, beginner level workouts. The program was designed to "jump start" you as a beginner, or to get you warmed up for a subsequent workout in the weight room, running on our track, participating in other activities at our facility or another fitness class.

Kundalini Yoga – A heat and energy based yoga style with emphasis on breathing and chanting to balance the mind.

Low Impact – Builds cardiovascular fitness, muscle strength and burns fat without stress on the body.

Lean & Strong – A unique class that incorporates core strength techniques, rehab stabilization training, Power Yoga (muscle work using your own body weight for resistance) and deep flexibility exercise. Increase mind/body concentration, strength, coordination and balance.

Tai Chi – A 3,000 year old martial art form that emphasizes physical dexterity and strength through slow precise movements. This program is safe for all ages including seniors.

Zumba – A combination of dance and fitness moves done to a variety of mostly latin rhytymms.