



GROUP EXERCISE SCHEDULE – MAY 2012

PAGE MILL YMCA

* \$10 TRX Fee

♥ Suggested for new or returning exercisers

MULTI-PURPOSE ROOM SCHEDULE

Yoga, Pilates and Healthy Back classes

MONDAY

6:00 – 8:00 am	Open Yoga Practice	
9:30 – 10:45 am	Vinyasa Flow Yoga	Camella
11:00 am – 12:15 pm	Adaptive Yoga ♥	Camella

TUESDAY

7:30 – 8:45 am	Vinyasa Flow Yoga	Anne
10:30 am – 12:00 pm	Yoga Fundamentals ♥	Chihiro
12:15 – 1:15 pm	Vinyasa Flow Yoga	Thoa
7:30 – 8:45 pm	Hatha Yoga	Camella

WEDNESDAY

7:00 – 8:15 am	Vinyasa Flow Yoga	Fiona
9:45 – 10:45 am	PiYo	Yue
11:00 am – 12:15 pm	Adaptive Yoga ♥	Camella
12:30 – 1:45 pm	Hatha Yoga	Camella

THURSDAY

6:00 – 7:00 am	Power Yoga	Jasmijn
9:00 – 10:15 am	Yoga Fundamentals ♥	Chihiro
12:15 – 1:15 pm	Vinyasa Flow Yoga	Thoa
7:00 – 9:00 pm	Open Yoga Practice	

FRIDAY

9:00 – 10:15 am	Pilates	Anne
10:15 – 11:30 am	Iyengar/Flow Yoga	Anne

SATURDAY

8:10 – 9:20 am	Yoga Fundamentals ♥	Chihiro
9:30 – 10:25 am	Yoga & Pilates	Stephanie
10:30 am – 12:00 pm	Inter/Adv Yoga	Anne

SUNDAY

10:00 – 11:15 am	Intermediate Yoga	Stephanie
3:00 – 4:30 pm	Restorative Yoga ♥	Chihiro
4:45 – 6:00 pm	Vinyasa Flow Yoga	Sonjia

Note: For hygienic reasons, please bring your own yoga mat.

CYCLING STUDIO SCHEDULE

MONDAY

6:00 – 7:00 am	Dawn Ride	Larre
11:15 am – 12:15 pm	Interval Cycle	Mary Jo
12:30 – 1:30 pm	Group Cycle	Joel

TUESDAY

9:30 – 10:30 am	Group Cycle	Yael
11:15 – 12:15 pm	Group Cycle	Bonnie
6:45 – 7:45 pm	Intense Interval Cycle	Angela

WEDNESDAY

6:00 – 7:00 am	Dawn Ride	Larre
11:15 am – 12:15 pm	Interval Cycle	Dianne
12:30 – 1:30 pm	Group Cycle	Joel

THURSDAY

9:30 – 10:30 am	Group Cycle	Yael
11:15 am – 12:15 pm	Group Cycle	Bonnie
6:00 – 6:45 pm	Intense Interval Cycle	Angela

FRIDAY

6:00 – 7:00 am	Cycle/Sculpt	Victoria
12:30 – 1:30 pm	Group Cycle	Joel

SATURDAY

9:15 – 10:15 am	RPM	Victoria
10:30 – 11:30 am	Group Cycle ♥	Staff

SUNDAY

8:00 – 9:00 am	Group Cycle ♥	Roya
10:30 – 11:30 am	RPM	Victoria

Classes are evaluated on a continuous basis and are subject to change. Class changes may occur due to low attendance and instructor availability.

UPSTAIRS EXERCISE STUDIO SCHEDULE

MON

7:00 – 8:00 am	Step & Sculpt ♥	Paula
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TUES

5:00 – 5:45 am	TRX Boot Camp*	Prys
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WEDS

6:00 – 6:45 am	TRX Boot Camp*	Prys
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THURS

5:00 – 5:45 am	TRX Boot Camp*	Prys
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FRI

6:00 – 6:45 am	TRX*	Prys
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SAT

7:30 – 9:00 am	Step, Sculpt & Core	Dana
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SUN

8:30 – 10:15 am	Zumba/Sculpt	Jennifer
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8:35 – 9:35 am	Zumba	Ernie
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6:00 – 7:00 am	BODYPUMP	Sue
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7:15 – 8:15 am	Step ♥	Paula
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6:00 – 7:00 am	BODYPUMP	Janet
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7:15 – 8:25 am	Step ♥	Paula
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9:10 – 10:15 am	Zumba	Donna/Carey
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11:45 am – 12:45 pm	BODYPUMP	Sue
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9:45 – 10:45 am	Low & Tone ♥	Milda
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7:45 – 8:40 am	Pilates Fundamentals	Cheryl
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8:35 – 9:35 am	BODYPUMP	Paula
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9:00 – 10:00 am	Zumba	Carey
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8:35 – 9:35 am	BODYPUMP	Paula
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11:30 am – 12:30 pm	BODYPUMP	Sue
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11:00 am – 12:15 pm	Body Sculpt	Carey
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9:05 – 10:05 am	Step (level 2-3)	Yue
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9:45 – 10:45 am	Low & Tone ♥	Cheryl
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10:15 – 11:15 am	Step (level 2-3)	Sonjia
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9:45 – 10:45 am	Low & Tone ♥	Carey
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12:30 – 1:15 pm	Express Circuit Training ♥	Elly
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10:10 – 11:10 am	BODYPUMP	Choon
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11:00 am – 12:15 pm	Body Sculpt	Bonnie
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11:30 am – 12:30 pm	BODYPUMP	Elly
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11:00 am – 12:15 pm	Body Sculpt	Bonnie
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5:00 – 6:00 pm	Hi-Lo Aerobics ♥	Diane
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12:30 – 1:30 pm	Body Sculpt	Bonnie
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12:30 – 1:15 pm	Express Circuit Training ♥	Teri
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1:30 – 3:30 pm	Tai Chi ♥ (begins April 5)	Margot
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12:30 – 1:15 pm	Express Circuit Training ♥	Yue
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6:15 – 7:15 pm	Power Pilates	Terri
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3:30 – 4:25 pm	Stretch ♥	Anne
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12:30 – 1:15 pm	TRX*	Bonnie
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4:30 – 5:30 pm	Pilates	Kathy
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12:30 – 1:15 pm	TRX*	Bonnie
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4:30 – 5:25 pm	Pilates	Anne
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3:45 – 4:45 pm	Zumba Gold ♥	Sue S.
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5:35 – 6:30 pm	Zumba	Ela/Janet
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5:30 – 6:30 pm	Zumba	Janet T.
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5:35 – 6:35 pm	BODYPUMP	Sue
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5:00 – 6:00 pm	Hi-Lo Aerobics ♥	Diane
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7:00 – 8:00 pm	BODYPUMP	Orna
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6:45 – 8:15 pm	Ballroom Dance	Roya
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6:05 – 7:05 pm	Zumba	Jennifer
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7:15 – 8:15 pm	BODYPUMP	Hugo
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HOTLINE

Call 650 687 6914 for daily sub information.

WEEKLY EMAIL UPDATES

Join our Group X Community email list.

Just send an email to Shannon Savage at ssavage@ymcasv.org

GROUP EXERCISE CLASS DESCRIPTIONS

GENERAL CLASSES

♥ **BALLROOM DANCE** is a program suitable for beginning and returning dancers alike. Emphasis will be placed upon proper technique, styling and good partner connection. Come and have a great time as you learn to dance.

BODY SCULPTING takes your body on a journey through movement. You will lift, lunge, squat and crunch your way to a healthy, well-defined body. Hand weights, resistance tubing, body bars, and your own body weight will be used to help define and tone your muscles.

BODYPUMP challenges all the muscle groups by using the best weight room exercises to shape, tone and improve your overall fitness and well-being. Great music, new equipment, and trained instructors will lead you through this exciting program.

DAWN RIDE is the way to start your morning off right. This spinning class is perfect for anyone who needs to go to the office or start their day early.

♥ **EXPRESS CIRCUIT TRAINING** is a great 45 minute cardio and strength workout held in the fitness center. The instructor will time your circuit progression and keep you moving between the cardio equipment and weight machines.

GROUP CYCLE is an intense cardiovascular spinning workout. Sign-up at the front desk to reserve a space in this popular class.

♥ **HI-LO AEROBICS** blends high and low impact aerobic exercises into a fun and upbeat workout that gets your heart pumping and your body moving. Toning and stretching exercises complete your workout.

♥ **LOW & TONE** is a well-balanced workout (cardio, strength and stretch) for the active and older adult or for anyone just beginning a fitness program.

PILATES, focuses on your body's "powerhouse" or "core" — the abs and back muscles. These simple, precisely executed exercises engage and strengthen the core; improve your posture, coordination, balance and flexibility; and give you longer, stronger and leaner muscles. Synchronized breathing techniques connect the body, mind and spirit while improving stamina and concentration.

♥ **PILATES FUNDAMENTALS** is a class for anyone new to Pilates or for those who want a better understanding of the fundamental movement principles and concepts that make this method different from other exercise routines. Also for those who want to improve their technique and practice the Mat Work – levels I and II.

STEP AEROBICS differs from other forms of aerobic exercise by utilizing an adjustable, elevated platform to vary the workout intensity. Energetic music and fun choreography make for a great cardiovascular workout.

STEP & SCULPT is the best of both classes rolled into one. Get your cardio workout while you tone and strengthen in this class for all levels.

♥ **STRETCH AND RELAXATION** is a class that gives you time for both. Increase your flexibility and release any stress with gentle stretching exercises and breathing techniques for a relaxed mind and body.

♥ **TAI CHI** promotes serenity and focus through gentle movements connecting the mind and body. Originally developed in China, Tai Chi has evolved into a form of exercise suitable for all members—from people just beginning exercise to those looking for a new challenge.

ZUMBA is a workout that blends Latin rhythms with sizzling international dance steps (Cumbia, Salsa, Samba and Merengue). In Zumba, you'll move fast, burn calories, and have a blast.

♥ **ZUMBA GOLD** is the same great workout but at a slower, easy-to-follow pace.

YOGA

♥ **ADAPTIVE YOGA** is for people with special needs and conditions, or for anyone new to yoga. This style of yoga offers modifications to traditional Hatha yoga postures. You will increase your strength, range of motion, flexibility, and energy level while also cultivating steadiness and a quiet mind. All levels are welcome.

HATHA YOGA is the practice of poses (asanas) and breath control (pranayama) to open channels of energy throughout the body and promote overall health and well-being. All levels are welcome.

♥ **Suggested for new or returning exercisers**

IYENGAR YOGA focuses on proper alignment and spending adequate time in poses (asanas) to build strength and flexibility. Props are often used for those who are new to yoga, deconditioned or have special needs.

PIYO is a fusion style format of Pilates and Yoga with short bursts of cardiovascular work and strength training for an all over body conditioning.

OPEN YOGA PRACTICE Come in, relax, practice your yoga poses outside of a class setting. It's a lovely way to integrate your yoga into your pre- or post-workout routine.

♥ **RESTORATIVE YOGA** is a gentle, healing and nurturing practice focused on self-care, letting go and being present. Props such as blankets, bolsters and blocks are used to safely support the body in various postures allowing for deep relaxation. No prior yoga experience is necessary.

VINYASA FLOW YOGA encourages movement synchronized with the breath. This dynamic style of yoga uses creative, flowing movement sequences to build heat, endurance, strength and increase flexibility. All levels are welcome.

YOGA AND PILATES is a fusion class that combines the principles and exercises from two great systems of movement — yoga and Pilates. Stretch, strengthen, lengthen, breathe and tone your core while increasing your flexibility and range of motion.

♥ **YOGA FUNDAMENTALS FOR BEGINNERS** Learn the fundamentals and experience the benefits of yoga in this beginner level class.

SPIN/CYCLE

DAWN RIDE is the way to start your morning off right. This spinning class is perfect for anyone who needs to go to the office or start their day early.

INTERVAL CYCLE is an intense cardiovascular and fat-burning hour-long workout in which you alternate between short periods of working hard and periods of recovery (easy pedaling).

RPM is the cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring coach who leads the pack through hills, flats, mountain peaks, time trials and intervals. This intense workout will take your fitness to the next level.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE HEALTHIER

Group Exercise Schedule PAGE MILL YMCA

MAY 2012

HAPPENING THIS MONTH...

Nutrition Night

Come check out our new monthly Nutrition Seminars lead by Stephanie Happe. Come Tuesday, May 22 from 6:15 – 7:15 pm in the Multi-Purpose Room.

New Power Yoga class! Prepare yourself for the work day with a great workout and some inner peace!

Join Jasmijn for her Thursday morning Power Yoga class! Challenge yourself and awaken your body and mind in this early morning class, allowing you enough time to work up a sweat and still enjoy our Jacuzzi and sauna before your work day even begins!

Don't forget to Stretch!

Stretching is just as important as strength training for your muscles and health. If you're one of the many who often forget or overlook its importance, get yourself to Anne's Tuesday afternoon stretch class! It's hard work but oh, so good for you!

FACILITY HOURS

Mon – Fri, 5:00 am – 10:30 pm • Sat & Sun, 7:00 am – 8:00 pm

PAGE MILL YMCA 755 Page Mill Road, Bldg B, Palo Alto CA 94304
650 858 0661 | pagemillymca.org



MAY CHANGES

New Class

Power Yoga with Jasmijn
Thursday, 6:00 – 7:00 am

Class Changes

Tuesday, Vinyasa Flow
7:30 am has moved to 7:00 am

New Instructors

Body Pump with Choon
Tuesday, 10:10 – 11:10 am

Body Pump with Sue
Tuesday, 5:35 – 6:35 pm

RPM is now Group Cycle with Yael
Tuesday/Thursday, 9:30– 10:30 am

RPM is now Intense Interval Cycle with Angela

Tuesday, 6:45 – 7:45 pm &
Thursday, 6:00 – 6:45 pm

TRX with Prys
Friday, 6:00 – 6:45 am

RPM with Victoria
Sunday, 10:30 – 11:30 am

Cancelled Class

Tuesday, 9:00 am, Gentle Yoga