



# GROUP EXERCISE SCHEDULE

## NORTHWEST YMCA – FALL 2014 (August 25 – January 4)

**LEGEND**  
**CR** Community Room  
**CY** Courtyard \*  
**FP** Family Pavilion  
**GE** Group Exercise Room  
**P** Pool  
**MP** Multipurpose Room  
**NW** Northwest Room  
**\$** Additional fee. See Member Services for details.  
**★** Class is on the ticket system.  
**†** See class description for age requirement.  
**INTENSITY LEVEL**  
 • Low  
 •• Moderate  
 ••• High  
 A All levels

\* Courtyard Classes: Weather permitting, dress appropriately to participate in outdoor classes. Check at Front Desk for class status.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 – 7:00 am <b>Core &amp; More</b> Monique – FP ••	4:00 – 5:15 pm <b>Living Strong Living Well™</b> Trish – MP •	6:00 – 7:00 am <b>Zumba®</b> Jane – FP A	11:30 am – 12:30 pm <b>Balletone</b> Diane F. – MP •	6:00 – 7:00 am <b>BodyPump™</b> Wendy – FP ••	12:30 – 1:30 pm <b>Stretch &amp; Balance</b> Ron – GE •	6:00 – 7:00 am <b>Zumba®</b> Jasneet/Gwen – FP A
6:00 – 7:00 am <b>Cycling</b> Tricia – GE A	4:15 – 5:15 pm <b>BodyCombat™</b> Iwona – GE •••	6:00 – 7:00 am <b>Cycling</b> Patricia – GE A	11:45 am – 12:45 pm <b>Step</b> Laura – FP ••	6:00 – 7:00 am <b>Cycling</b> Monique – GE A	4:00 – 5:15 pm <b>Living Strong Living Well™</b> Trish – MP •	6:00 – 7:00 am <b>Cycling</b> Anne – GE A
7:15 – 8:15 am <b>Mat Pilates</b> Rose – FP ••	4:15 – 5:00 pm <b>Kids in Motion – Jr †</b> FP A	7:10 – 8:10 am <b>Morning Crunch</b> Jessica – FP •••	12:10 – 1:10 pm <b>Bollywood Cardio</b> Deepika – GE A	7:15 – 8:15 am <b>Mat Pilates</b> Patrick – GE ••	4:15 – 5:15 pm <b>BodyCombat™</b> Amy – GE •••	7:10 – 8:10 am <b>BodyPump™</b> Kristi – FP •• <b>Begins Oct. 9</b>
8:45 – 9:45 am <b>Aqua Fitness</b> Anu – P A	5:00 – 6:00 pm <b>Kids in Motion †</b> FP A	7:45 – 8:45 am <b>Traditional Yoga</b> Sachin – GE •	1:00 – 2:00 pm <b>Power Yoga</b> Phil – FP ••	7:30 – 8:30 am <b>Zumba®</b> Vanya – FP A	4:15 – 5:00 pm <b>Kids in Motion – Jr †</b> FP A	7:45 – 8:45 am <b>Traditional Yoga</b> Sachin – GE •
9:00 – 10:00 am <b>Cycling</b> Angela – GE A	5:00 – 6:00 pm <b>Laughter Yoga</b> Vanda – NW A	8:45 – 9:45 am <b>Aqua Fitness</b> Lida – P A	1:15 – 2:15 pm <b>Healthy Back</b> Ellen – GE •	8:45 – 9:45 am <b>Aqua Zumba®</b> Arezou – P A	5:00 – 6:00 pm <b>Kids in Motion †</b> FP A	8:20 – 8:50 am <b>CXWORX™</b> Marie – FP ••
9:00 – 10:00 am <b>Line Dance</b> Kathy/Limay – FP A	5:15 – 6:15 pm <b>Tai Chi for Health</b> Julie N. – MP •	9:00 – 10:00 am <b>BodyPump™</b> Marie – FP ••	4:15 – 4:55 pm <b>Hot Hula</b> Noriko – GE A	8:45 – 9:45 am <b>Power Yoga</b> Michal – FP ••	5:15 – 6:15 pm <b>Tai Chi for Health</b> Julie N. – MP •	8:45 – 9:45 am <b>Aqua Zumba®</b> Arezou/Gwen – P A
9:15 – 10:15 am <b>Gym Ventures: Level 3 †</b> CR A ★	5:45 – 6:45 pm <b>Cycling</b> Steve – GE A ★	9:00 – 10:00 am <b>Cycling</b> Roger – GE A	5:00 – 6:00 pm <b>Family Zumba®</b> Vanya/Julie Y. – FP •	9:00 – 10:00 am <b>Cycling</b> Seema – GE A ★	5:45 – 6:45 pm <b>Cycling</b> Silvano – GE A ★	9:00 – 10:00 am <b>Cycling</b> Seema – GE A ★
9:55 – 10:55 am <b>Aqua Arthritis</b> Diane F. – P •	6:00 – 7:00 pm <b>Dodgeball Jr. †</b> CY* A	9:00 – 10:00 am <b>Meditation</b> Sachin/Vicki – MP •	5:00 – 6:00 pm <b>VivAsia Pop</b> Noriko – GE A	9:15 – 10:15 am <b>Gym Ventures: Level 3 †</b> CR A ★	6:00 – 7:00 pm <b>Dodgeball Jr. †</b> CY* A	9:00 – 10:00 am <b>Line Dance</b> Kathy/Limay – FP A
10:10 – 11:10 am <b>BOSU® Bootcamp</b> Seema – FP •••	6:15 – 7:15 pm <b>BodyPump™</b> Orhun – FP ••	9:15 – 10:15 am <b>Gym Ventures: Level 3 †</b> CR A ★	5:15 – 6:15 pm <b>Badminton †</b> CY* A	9:55 – 10:15 am <b>Aqua Arthritis</b> Dianne G. – P •	6:15 – 7:15 pm <b>BodyPump™</b> Orhun – FP ••	9:15 – 10:15 am <b>Gym Ventures: Level 3 †</b> CR A ★
10:15 – 11:15 am <b>Qi Gong</b> Julie N. – GE •	6:35 – 7:35 pm <b>Aqua Fitness</b> Meena – P A	9:55 – 10:55 am <b>Aqua Arthritis</b> Lida – P •	6:05 – 6:50 pm <b>TRX®</b> Lucie – GE ••	10:00 – 11:00 am <b>Insanity®</b> Darren – FP •••	6:35 – 7:35 pm <b>Aqua Fitness</b> Meena – P A	9:55 – 10:55 am <b>Aqua Arthritis</b> Diane G. – P •
10:30 – 11:15 am <b>Gym Ventures: Level 2 †</b> CR A ★	7:00 – 8:00 pm <b>Belly Dance</b> Parri – GE A	10:15 – 11:10 am <b>Core &amp; More</b> Jessica – GE ••	6:15 – 7:15 pm <b>U-Jam™</b> Anita – MP A	10:10 – 11:10 am <b>NIA</b> Ya'ara – GE •	7:00 – 8:00 pm <b>Hatha Yoga</b> Chuck – GE ••	10:15 – 11:15 am <b>Feldenkrais</b> Vicki – MP •
11:20 am – 12:50 pm <b>Zumba®/Toning</b> Rie – FP A ★	7:00 – 8:00 pm <b>Dodgeball †</b> CY* A	10:15 – 11:15 am <b>Hula Hoop Cardio Fitness</b> Nessia – CY* •	6:15 – 7:15 pm <b>BodyCombat™</b> Orhun – FP •••	10:15 – 11:15 am <b>Qi Gong</b> George – MP •	7:00 – 8:00 pm <b>Dodgeball †</b> CY* A	10:15 – 11:15 am <b>U-Jam™</b> Monica – FP A
11:30 am – 12:15 pm <b>TRX® Stretch &amp; Flex</b> Tracy – GE ••	7:30 – 8:30 pm <b>Zumba®</b> Roberto – FP A ★	10:15 – 11:15 am <b>Feldenkrais</b> Vicki – MP •	7:00 – 7:45 pm <b>Youth Karate \$</b> Curt – GE ••	10:30 – 11:15 am <b>Gym Ventures: Level 2 †</b> CR A ★	7:30 – 8:30 pm <b>Zumba®</b> Jane – FP A ★	10:15 – 11:30 am <b>Hatha Yoga</b> Chuck – GE ••
12:30 – 1:30 pm <b>Stretch &amp; Balance</b> Ellen – GE •	8:15 – 9:15 pm <b>Hatha Yoga</b> Gloria – GE •	10:15 – 11:30 am <b>Hatha Yoga</b> Chuck – FP ••	7:30 – 8:30 pm <b>Step</b> Rob – FP ••	11:15 am – 12:15 pm <b>U-Jam™</b> Grace/Peter – FP A	8:15 – 9:45 pm <b>Tai Chi</b> Vivian – GE •	10:30 – 11:15 am <b>Gym Ventures: Level 2 †</b> CR A ★
1:00 – 2:00 pm <b>Gentle Yoga</b> Sudha – FP •	8:40 – 9:10 pm <b>CXWORX™</b> Bob – FP ••	10:30 – 11:15 am <b>Gym Ventures: Level 2 †</b> CR A ★	8:00 – 9:15 pm <b>Adult Karate \$</b> Curt – GE ••	11:20 am – 12:20 pm <b>Yogalates</b> Tracy – GE ••	8:40 – 9:40 pm <b>Boot Camp</b> Ryan – FP •••	11:40 am – 12:55 pm <b>Medical Qi Gong</b> Aileen – GE •
	11:15 am – 12:00 pm <b>TRX®</b> Matt – GE •• ★	11:15 am – 12:00 pm <b>TRX®</b> Matt – GE •• ★	8:40 – 9:40 pm <b>Zumba®</b> Marcia – FP A	12:30 – 1:30 pm <b>Gentle Yoga</b> Tracy – FP •		11:30 am – 12:30 pm <b>Balletone</b> Diane F. – MP •

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## GROUP EXERCISE DESCRIPTIONS

♥ **AQUA ARTHRITIS** A warm water, gentle aqua class designed to improve the health and fitness of people with arthritis.

♥ **AQUA FITNESS** A low-impact water workout for all levels. Includes cardiovascular and muscle conditioning set to motivating music.

**AQUA ZUMBA®** An invigorating low-impact aquatic exercise integrates the popularity and benefits of Zumba with traditional aquatic fitness disciplines.

**BADMINTON** (Ages 8+) General practice and skill-building combined with round-robin singles or doubles mini-tournaments are played while developing agility and hand-eye coordination through friendly competition and fun.

### **BALLETONE SOLE SYNTHESIS™**

Intensify your fitness by fusing ballet, yoga and fitness techniques with a mindfulness approach. This class is designed to develop strength, flexibility, balance, and cardio endurance.

**BALLROOM DANCE** Introduces you to a variety of Latin and smooth dances for physical and social benefits, increased body awareness and improved balance, grace, stamina, coordination and confidence.

**BELLY DANCE** This fun, calorie-burning workout tones and shapes your mid-section while you learn to move like a belly dancer.

**BODYCOMBAT™** A fiercely energetic program inspired by mixed martial arts, to unleash your cardio workout power.

**BODYPUMP™** The original LES MILLS™ barbell class gives you the moves to burn fat, gain strength, sculpt, tone and strengthen your entire body.

**BOLLYWOOD CARDIO** Choreographed to Bollywood hits to target abs, hips, thighs, core and flexibility. Fun, high-intensity interval training.

**BOOT CAMP** Incorporates drills, weights, active cardiovascular segments, BOSU balls, bands, core conditioning and more.

**BOSU® BOOTCAMP** Get a total body workout with a BOSU balance trainer and boot camp exercises. Improve your strength, endurance, core conditioning and balance.

**CARDIO GROOVE** Combines traditional cardio moves with dance choreography for nonstop groove.

**CHAIR NIA** Designed for all ages and abilities, based on natural everyday moves and focused on longevity of mind and body.

**CORE & MORE** Strengthen your core and improve your balance by using a variety of equipment. Beginners welcome.

**CXWORX™** Focuses on the torso and sling muscles that connect your upper and lower body. It's ideal for tightening tummy and butt, while improving functional strength and assisting in injury prevention.

**CYCLING** Using specialized indoor bikes, this class incorporates different levels of resistance, speed and intensity for a great workout. Bikes are compatible with athletic shoes and clip-in shoes.

**CYCLING EXPRESS** Cycling Express is a 45-minute version of the Cycling class.

**DANCE FUSION** Utilizes a variety of dance styles and techniques for a total body workout.

**DODGEBALL JUNIOR** (Ages 6-8) A playful, yet competitive experience for youth that builds friendships, agility, cardiovascular endurance, and sportsmanship.

**DODGEBALL** (Ages 9+) A playful, yet competitive experience for pre-teens and teens that builds friendships, agility, cardiovascular endurance, and sportsmanship.

♥ **FAMILY YOGA** A class for the whole family that incorporates fun and innovative games. Families participate together; children must be accompanied by a parent.

♥ **FAMILY ZUMBA®** Aerobic fitness for the entire family. Dance together by the beat of fun Latin-style music. Families participate as a group. Children must be with a parent.

**FELDENKRAIS-AWARENESS THROUGH MOVEMENT®** Rediscover and integrate core movements to swim, walk, run, bike or dance better. Gentle mind/body explorations improve flexibility, reduce muscle/joint pain and prevent injuries.

♥ **GENTLE YOGA** Yoga poses taught at a slower pace and lower intensity. Great for beginners.

**GYM VENTURES: LEVEL 1** (Ages 9-18 mos) Parent-and-me class introduces our youngest members to exploring their world through play. Circle-time includes music and movement activities like parachute play, sing-a-longs, crawling, climbing, drumming, and games emphasizing development.

**GYM VENTURES: LEVEL 2** (Ages 18 mos-3 years) Parent/child pre-gymnastics class that develops fine and gross motor skills through climbing, balancing, tumbling, and obstacle courses. Singing, parachutes, and group activities round off the developmental family fun.

**GYM VENTURES: LEVEL 3** (Ages 3-5) In this "on-my-own" class, your child is challenged through instructional play. Children build confidence while exploring basic tumbling, balancing, jumping and climbing skills.

**HATHA YOGA** Emphasis is on proper body alignment and coordinating breathing with movement, grace and power within each pose.

♥ **HEALTHY BACK** Develop a daily stretching routine for a healthy back. Learn a variety of exercises to alleviate and prevent back pain.

**HOT HULA FITNESS®** Easy dance movements set to the sounds of traditional Polynesian drum beats are fused with Reggae music, resulting in a modern, hip fitness workout.

**HULA HOOP CARDIO FITNESS** Fundamentals and principals of hoopedance. Emphasis on core moves and techniques with the progression to gain fluidity and control over various hoop moves, build core strength, tone the body, burn calories and have fun. No experience necessary.

**JUMPIN' JAMBOREE JUNIOR** (Ages 4-6) Jumping is the focus of this fun, kid-friendly class. Instructors lead children through jump-related games and activities both inside and outside our bouncers. Please wear socks.

**JUMPIN' JAMBOREE** (Ages 7+) Jumping is the focus of this fun, kid-friendly class. Instructors lead children through jump-related games and activities both inside and outside our bouncers. Please wear socks.

**INSANITY®** Take your fitness to new training heights, burn more calories faster, and make your metabolism more efficient.

**KARATE** Practice skills, concentration and discipline in Shotokan Karate, while improving strength, stamina and endurance. This is also an ideal class for kids and teens to develop self-discipline. Fee required.

**KIDS IN MOTION - JUNIOR** (Ages 4-6) This high-energy class is physical education at its best. Children learn and use a variety of locomotor movement skills while developing basic fundamentals like kicking, throwing, catching, jumping, volleying, and striking in a mix of fun group games that foster teamwork and fair play. Athletic shoes required.

**KIDS IN MOTION** (Ages 7+) This fun, energetic class is full of high-active group games that challenge and develop children's athletic skill-sets. Everyone plays, everyone moves, everyone must leave sweaty. Athletic shoes required.

♥ **LAUGHTER YOGA** A unique exercise routine blending yogic deep breathing, stretching, and unconditional laughter exercises.

♥ **LINE DANCE** Learn fun choreographed dances in lines. No partner needed.

**LIVING STRONG LIVING WELL (LSLW)™** A small-group fitness training program for adult cancer survivors. Participants are referred by the Stanford Health Improvement Program.

♥ **MAT PILATES** Develop core strength and tone your body. Pilates improves posture, alignment and general fitness.

**MEDICAL QI GONG** The art of cultivating vital life force energy (Qi - 'chee') in the body. The healing movements are gentle and non-impact. Relax your body through creative visualization and breathing techniques.

**MEDITATION** Guided focus of the mind to increase awareness of the present, promote relaxation and reduce stress.

**MORNING CRUNCH** Increase your energy, make new friends, and rev up your fitness routine by joining us for indoor/outdoor workouts in the morning.

**MULTI STEP** Incorporates two or more steps to give you a high-energy workout. Intermediate/Advanced level.

♥ **NIA** A spirit, mind, body fitness program that integrates martial arts, dance arts and healing arts. Beginners welcome.

**PIYO™** Based on Pilates and yoga, Piyo builds strength and increases flexibility by sculpting abs and developing core.

**POWER YOGA** Let time, space, and the worries of the day disappear in Power Yoga, an intense practice that develops discipline, core strength, balance, flexibility and a body/mind balance.

♥ **QI GONG** A self-healing art that combines movement and meditation. Uses visualizations to enhance the mind/body connection and to assist healing. Beginners welcome.

**STEP** A high-energy class using a step and other equipment to increase muscle strength and improve cardio.

♥ **STRETCH & BALANCE** Focus and work through balance and stretching exercises to achieve greater flexibility and improved fitness.

♥ **TAI CHI** Traditional Chen Taijiquan combines martial arts aspects with health benefits. Develops strength and coordination and promotes muscle relaxation and flexibility. Fee for Program Members.

♥ **TAI CHI FOR HEALTH** Improves muscle strength, flexibility, cardiovascular fitness, immunity and balance, and helps reduce high blood pressure. Research has shown it helps prevent falls, and impaired glucose tolerance from becoming type 2 diabetes.

**TRX®** Total Body Resistance Exercise (TRX) challenges you to the core. Perform hundreds of exercises that build power, strength, flexibility and balance at your own intensity.

**TRX® STRETCH & FLEX** A Pilates/yoga inspired workout to increase total body flexibility and develop core strength. Incorporates floor yoga work and stretching on the TRX to release tight areas like the chest, shoulders and hips.

**U-JAM™** U-Jam is a cardio dance fitness workout that combines dance and high-energy music. Get your heart rate up and your body moving, all while having fun.

**VIVASIA POP** An energetic hip-hop fitness dance class that uses popular music from Asia.

**VINYASA YOGA** Dynamic flow yoga using techniques that increase endurance, strength and flexibility.

♥ **WILD GOOSE QI GONG** A safe and powerful healing system popular in China. The delightful, carefree and fun-to-learn movements imitate that of wild geese. Great for all levels.

**TRADITIONAL YOGA** Develop your mind and body in a harmonious way, achieving strength, flexibility, and relaxation. Emphasizes alignment and precision while teaching physical postures, breathing exercises and relaxation.

**YOGALATES** A fusion of yoga and Pilates exercises set to international music. Develops core strength, tones muscles and increases flexibility.

**ZUMBA®** A fusion of Latin and international music with dance themes that create a dynamic, exciting, effective fitness system. Features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Great for all levels.

♥ **ZUMBA GOLD®** The easy-to-follow program lets you move to the beat at your own speed throughout a modified, low-impact workout for active older adults.

**ZUMBA® KIDS** (Ages 7+) Zumba fans play it loud and rock with friends to their own rules through age-appropriate music and moves. The class makes fitness fun and reinforces the idea that it's okay to be yourself and dance like no one's watching.

**ZUMBA® TONING** A Latin-inspired dance and tone program that utilizes lightweight toning sticks to target arms, abs and thighs while developing coordination and endurance.



# HELPING YOU LIVE HEALTHIER

## Group Exercise Northwest YMCA



FALL 2014 (August 25, 2014 - January 4, 2015)

### OUR FOCUS

Because we know that healthy lifestyles are achieved through nurturing spirit, mind and body, well-being and fitness at the Y include more than just working out. Beyond our fitness classes and facilities, we provide educational programs to promote healthier decisions and offer a variety of programs that support physical, intellectual and spiritual strength.

- Our group exercise classes accommodate all fitness levels. If you are new to a class, be sure to let your instructor know. Before starting any new exercise program, consult your doctor.
- Ages 8-9 welcome with parent/guardian. Ages 10 and older may participate on their own.
- Due to safety reasons, children are not allowed in classes where weights or equipment are used.



### Kid's Club Hours

Mon - Fri: 8:45 am - 1:15 pm, 3:30 pm - 8:45 pm  
Sat & Sun: 8:00 am - 12:30 pm

♥ Suggested for new or returning Health Seekers

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