



# Oroville YMCA Group Fitness Schedule

May 2024

Revised 04.23.24

ymcasuperiorcal.org

530.533.9622

OROVILLE YMCA FITNESS CENTER

**Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Saturday**

|   |  |   |  |   |
|---|--|---|--|---|
| <b>Weight/Cardio Room</b><br>9:00am - 12:00pm   | <b>Weight/Cardio Room</b><br>9:00am - 12:00pm                | <b>Weight/Cardio Room</b><br>9:00am - 12:00pm   | <b>Weight/Cardio Room</b><br>9:00am - 12:00pm                | <b>Weight/Cardio Room</b><br>9:00am - 12:00pm   |
| <b>Head to Toe</b><br>9:00am-9:50am<br>Arla     | <b>Open Pickleball</b><br>9:00am-12:00pm                     | <b>Head to Toe</b><br>9:00am-9:50am<br>Arla     | <b>Open Pickleball</b><br>9:00am-12:00pm                     |   |
| <b>Senior Groove</b><br>10:00am-10:50am<br>Arla | <b>Pilates Mat</b><br>9:00am-9:50am<br>Cat                   | <b>Senior Groove</b><br>10:00am-10:50am<br>Arla | <b>Pilates Mat</b><br>9:00am-9:50am<br>Cat                   | <b>Zumba</b><br>9:00am-9:50am<br>Karen          |
| <b>Yoga Chair</b><br>11:00am - 11:50am<br>Karen | <b>Cardio &amp; Weight Circuit</b><br>10:00am-10:50am<br>Cat | <b>Yoga Chair</b><br>11:00am - 11:50am<br>Karen | <b>Cardio &amp; Weight Circuit</b><br>10:00am-10:50am<br>Cat | <b>Yoga Renew</b><br>10:00am - 10:50am<br>Karen |
|   | <b>Yoga Mixed Levels</b><br>11:00am-11:50am<br>Madison       | <b>Weight/Cardio Room</b><br>2:00 - 5:00pm      | <b>Yoga Mixed Levels</b><br>11:00am-11:50am<br>Madison       |   |
|   |  | <b>Open Basketball</b><br>2:00pm-5:00pm         |  |   |
|   | <b>NEW! Zumba</b><br>5:30pm-6:30pm<br>Karen                  | <b>U-Jam</b><br>5:20pm-6:20pm<br>Lori           | <b>NEW! Strength and Tone</b><br>5:30pm-6:30pm<br>Karen      |   |

|                        |            |                    |                               |   |
|------------------------|------------|--------------------|-------------------------------|---|
| <b>Class Location:</b> | <b>Gym</b> | <b>Weight Room</b> | <b>Mind &amp; Body Studio</b> | <b>1359 Huntoon Street*</b><br><small>*classes are moved until further notice during construction</small> |
|------------------------|------------|--------------------|-------------------------------|---|

**Facility Hours:** Monday-Thursday: 9am - 12pm  
 Wednesday: 2pm - 5pm  
 Friday: CLOSED  
 Saturday: Fitness Room & Classes 8:00am-12:00pm  
 Sunday: CLOSED



## **CLASS DESCRIPTIONS**

**Cardio & Weight Circuit:** The instructor will guide and motivate you through various exercises using cardio equipment and weights in a fun and energetic group environment.

**Head to Toe:** Light cardio, strength training, balance, mobility and flexibility, this class is formatted for those looking to improve overall health and fitness using dumbbells, bands and body weight. Participants may occasionally be asked to do floor work on a mat.

**Strength and Tone:** A fun, full body workout using light weights and intervals designed for the ultimate total body toning experience.

**Senior Groove:** Fun movements to restore walking gait and stability. This will be the silliest, funniest class you will ever experience for 50 minutes twice a week. You will dance, stretch, use playground games all to a background of oldies but goldies music. Walkers, canes and skateboards welcome, we have fun at all levels.

**Pilates Mat:** Restorative muscle workout centered on breathing and building abdominal strength. This workout is performed on a yoga mat, sitting, laying down, rolling over. If you can get on the ground, we'll get you back up. These exercises can also be performed in a chair.

**U-Jam:** Combining the energy and grittiness of urban dance with fitness, U-Jam is a cardio dance experience that feels more like a 90's House Party than a workout. U-Jam brings funky, adrenaline-based beats from around the world with easy-to-follow choreography, so everyone, everywhere can get their Jam on.

**Yoga - Mixed Levels/All levels:** This format centers both breath and body - aligning the physical and mental by practicing stillness and gentle movements for extended periods of time. Poses are done on the floor, and can incorporate props such as straps, bolsters and blocks, ultimately promoting deep muscle relaxation and improved flexibility. **Chair:** Explore the range of movement of yoga postures with chair support. Members that find it challenging to get on and off the floor are a perfect fit for Chair Yoga. **Restorative/Renew:** Focuses on controlled breathing paired with a gentle flow and static stretching. Using a mixture of props and hands on adjustments, you will unlock flexibility and improve your overall well-being.

**Zumba:** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.