



# HEALTHY LIVING STARTS HERE

## SACRAMENTO CENTRAL YMCA GROUP FITNESS SCHEDULE

JUNE 2022 (Updated 06/24/2022)

*INSTUDIO CLASS LOCATED IN STUDIO A*							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		<b>Bootcamp</b> 6:00am-6:50am Hallie Studio A		<b>Bootcamp</b> 6:00am-6:50am Hallie Studio A			
7:00 AM	<b>Ballet Barre</b> 7:00am-7:50am Jackie Studio A	<b>Cycling</b> 7:00am-7:50am Jensen <i>*Starts 06/14/2022*</i>	<b>Ballet Barre</b> 7:00am-7:50am Jackie Studio A	<b>Cycling</b> 7:00am-7:50am Jensen <i>*Starts 06/16/2022*</i>	<b>Lift + Recover</b> 7:00am-7:50am Eliias <i>*Starts 07/01/2022*</i>	<b>*Core Conditioning</b> 8:00am-8:30am <b>INSTUDIO</b> Studio A	
8:00 AM	<b>Tai Chi</b> 8:00am-8:50am Ron Studio A	<b>Gentle Yoga</b> 8:00am-8:50am Amy Studio A	<b>Tai Chi</b> 8:00am-8:50am Ron Studio A	<b>*Tabata Fierce</b> 8:00am-8:45am <b>INSTUDIO</b> Studio A	<b>Foam Rolling</b> 8:30am-9:00am Jackie Studio A	<b>Xtreme Hip-Hop Step</b> 9:00am-9:50am Monique Studio A	
9:00 AM	<b>Strength &amp; Stability</b> 9:00am-9:50am Jackie Indoor Gym ~~~ <b>Pickleball</b> 8am-12pm	<b>Head to Toe</b> 9:00am-9:50am Amy Indoor Gym	<b>Stretching</b> 9:00am-9:50am Teresa Indoor Gym ~~~ <b>Pickleball</b> 8am-12pm	<b>Head to Toe</b> 9:00am-9:50am Eliias Indoor Gym ~~~ <b>Begining Pickleball</b> 10:00am-11:00am	<b>Top to Bottom Intervals</b> 9:00am-9:50am Anfernee/Studio A ~~~ <b>Stretching</b> 9:00am-9:50am	<b>Bootcamp</b> 9:00am-9:50am Regina/Outdoor Field ~~~ <b>Pickleball</b> 8:00am-12:00pm Outdoor Courts	
10:00 AM	<b>Dance Aerobics</b> 10:00am-10:50am Teresa Indoor Gym		<b>Beginning Pilates</b> 10:00am-10:50am Teresa Studio A		<b>Zumba Gold</b> 10:00am-10:50am Jackie Studio A	<b>Zumba</b> 10:00am-10:50am Kang Studio A	<b>Zumba</b> 10:00am-10:50am Celeste Studio A
10:30 AM	<b>Stretch &amp; Balance for Falls Prevention</b> 10:30am-11:20am Eliias Studio A	<b>On The Ball</b> 10:15am to 11:00am Amy Studio A <i>*Starts 06/14/2022*</i>	<b>Stretch &amp; Balance for Falls Prevention</b> 10:30am-11:20am Jackie Studio B			<b>*Power Yoga</b> 11:00am-11:50am <b>INSTUDIO</b> Studio A	
11:30 AM	<b>Gentle Yoga</b> 11:30-12:20pm Autumn	<b>Zumba</b> 11:30am-12:20pm Celeste Studio A	<b>*Y Box (Cardio Kickingboxing)</b> 11:30am-12:00pm <b>INSTUDIO</b> Studio A	<b>*Silver Strength</b> 11:30am-12:00pm <b>INSTUDIO</b> Studio A	<b>Vinyasa Yoga</b> 11:30am-12:20pm Autumn Studio A		
4:30 PM		<b>Cardio Boxing</b> 4:30pm-5:20pm Adam Studio A	<b>Tae Kwon Doe</b> "Intro into Self Defense" 4:30pm John / Studio A	<b>Cardio Boxing</b> 4:30pm-5:20pm Adam Studio A			
5:30 PM	<b>Group Power</b> 5:30pm-6:20pm Hallie Studio A	<b>Xtreme Hip-Hop Step</b> 5:30pm-6:20pm Monique- Studio A	<b>Group Power</b> 5:30pm-6:20pm Hallie Studio A	<b>Zumba</b> 5:30pm-6:20pm Molly Studio A			
6:30 PM	<b>Cycling</b> 6:30pm-7:20pm Regina Studio B	<b>*Body Blitz</b> 6:30pm-7:05pm <b>INSTUDIO</b> Studio A	<b>Barre</b> 6:30pm-7:20pm Cecelia Studio A	<b>H.I.I.T</b> 6:30pm-7:20pm Eliias Studio A	<b>*Body Pump</b> 6:30pm-7:15pm <b>INSTUDIO</b> Studio A		
7:00 PM	<b>Zumba</b> 6:30pm-7:20pm Silvia Studio A	<b>Tai Chi</b> 7:30pm-9:00pm Stan Studio A		<b>Tai Chi</b> 7:30pm-9:00pm Stan Studio A			

## Group Fitness Class Descriptions

<b>Lift+Recover</b>	a multi-joint weightlifting and isometric focused class that is dedicated to help major muscle group development and joint health. You will engage in heavy resistance training, isometric exercises, and then recover by using body weight exercises. All ability levels are welcome to join!
<b>Ballet Barre</b>	Ballet Barre Fitness is a total body workout, utilizes movements and positions from Dance, Pilate, Yoga and Functional Strength Training. Focuses on optimal alignment and posture to improve balance coordination, stability and strength and over function. Most movements utilize bodyweight and light weights to focus on muscular endurance, core and joint stability.
<b>Xtreme Hip Hop Step</b>	Beginner friendly, high energy step aerobic class with a twist to the latest upbeat songs in a exciting environment where your focus will be so geared into the fun you'll be having, you won't realize all the MANY calories being burnt!!!
<b>Beggining Pilates</b>	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!
<b>Boot Camp</b>	Combines all aspects of fitness into a fast-paced, total body workout. Your strength, speed, and 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.
<b>Barre</b>	Barre is a fusion workout style that combines ballet, strength training and Pilates. This class will focus on core strengthening exercises throughout. These low-impact exercises can help to improve flexibility, balance and body tone.
<b>Cardio Boxing</b>	This boxing class will be based around cardio and having fun. Real boxing technique and strategy will be taught during the middle portion of class. No gloves , equipment, or previous experience in any form of training is necessary. Very minimum contact, none in the beginning. This will be a super safe learning environment where the end goal is to promote heath, wellness, and having fun.
<b>Cycling</b>	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.
<b>Dance Aerobics</b>	This dance aerobics class starts with a warm up, then some heart pumping cardio sections with a cool down and a lot of fun!!
<b>Head to Toe</b>	From light to moderate cardio, strength training, balance, mobility and flexibility, this class is formatted for those looking to improve overall health and fitness using dumbbells, body weight, and mats.
<b>Mindful Hath Yoga</b>	This class includes both standing and floor postures. Breath and body awareness will be taught as well as tuning in to what you are feeling in your body as we move through traditional hatha and modern asanas (poses). You will be encouraged to work at the level your body is ready to.
<b>Strength &amp; Stability</b>	Low impact exercises for strength and endurance, with an emphasis on balance, coordination, and mobility.
<b>Group Power</b>	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!
<b>Stretch &amp; Balance</b>	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.
<b>Stretching</b>	A restorative class of dynamic and static stretching! This class is designed to increase flexibility, muscle control, and range of motion.
<b>Tai Chi</b>	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).
<b>*Body Pump</b>	Work every major muscle group with weighted bar and weighted plates, motivating music and top instructors.
<b>*Y Box</b>	No gloves, no problem! Enjoy this cardio kickboxing workout! Introducing Y Box, a total-body workout ranging from stretches and punches to kicking and footwork.
<b>*Tabata Fierce</b>	Push yourself and see results from this group of interval training, functional resistance and core exercises. A tabata based interval workout that will push you to your limits...it's fierce fun!
<b>*Core Conditioning</b>	Work the muscles of your core, as well as the larger supporting systems. Feel stronger and more centered with this work. Focusing on the basics of conditionig, these classes are for all levels.
<b>*Body Blitz</b>	Body Blitz includes a range of exercise techniques and equipment to give you a full body functional strength workout. Slim and trim your whole body with the Y's new, custom resistance training program.
<b>Zumba</b>	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.
<b>Zumba Gold</b>	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® choreography that focuses on balance, range of motion, and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong!
<b>Gentle Yoga</b>	This gentle yoga class will focus on posture. It will consist of hip opener poses that will help keep the spine straight and aligned. This session may hopefully help those with tense upper, lower back, and tight hips problems. Please be cautious when doing certain poses. Not all poses are suitable for every body type. All levels are welcome. We will pay attention to our breath as we stretch our inner muscles deep into the pose.
<b>Vinyasa Yoga</b>	This class is perfect for building strength and flexibility. In class we will focus on alignment through breathing. This class is suitable for intermediate and strong beginners. There are great benefits from vinyasa such as endurance, stability, and decreased anxiety. This will be a calm challenging class.
<b>HIIT</b>	HIIT, or 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.
<b>Top to Bottom Intervals</b>	Total Body H.I.I.T is a series of total body movments utilizing multiple muscle groups simultaneously to streghten 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.
<b>Intro to Self Defense Basics</b>	Beginner to Intermdiate exercises that mimic self defense basics of Tae Kwon Doe. You'll get great exercise while also learning basic self defense techniques and improving your coordination, balance, and mobility.