



Group Fitness Schedule

OCTOBER 2024

Revised 09.27.24

ymcasuperiorcal.org

916.452.9622

Sacramento Central YMCA

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------------------|--------------------------------------------------------------------------------|---------------------------------------------------------------------|
| HIIT 6:00am-6:50am Jen | Bootcamp 6:00am-6:50am Hallie | | Bootcamp 6:00am-6:50am Hallie | HIIT 6:00am-6:50am Lily | | |
| Ballet Barre 7:00am-7:50am Jackie | Pilates Mat Beginner 7:00am-7:50am Tia | Ballet Barre 7:00am-7:50am Jackie | Pilates Mat Beginner 7:00am-7:50am Tia | Morning Restore 7:00am-7:50am Tia | Cycling 8:00am-8:50am Rotating Staff | |
| | Cycling 7:00am-7:50am Jensen | | Cycling 7:00am-7:50am Jensen | QiGong 8:00am-8:50am Tia | Pickleball Open Play All Levels NO OPEN PLAY 10/26 8:30am-12:00pm | Pickleball Open Play 2.0-2.9 10/27 ONLY 9:00am-12:00pm |
| Tai Chi 8:00am-8:50am Ron | Yoga Gentle 8:00am-8:50am Amy | Tai Chi 8:00am-8:50am Ron | HIIT 8:00am-8:50am Jen | Pickleball Open Play All Levels 8:30am-12:00pm | Bootcamp 9:00am-9:50am Eliias | Zumba 9:30am-10:20am Celeste |
| Pickleball Open Play All Levels 8:30am-12:00pm | | Pickleball Open Play All Levels 8:30am-12:00pm | Pickleball Open Play 2.0-2.9 10/10 & 10/24 8:30am-12:00pm | Stretching 9:00am-9:50am Jackie | Zumba 10:00am-10:50am Kang | Yoga Gentle Yin 10:30am-11:20am Lux |
| Strength + Stability 9:00am-9:50am Jackie | Head to Toe 9:00am-9:50am Amy | Stretching 9:00am-9:50am Teresa | Head to Toe 9:00am-9:50am Eliias | Top to Bottom 9:00am-9:50am Eliias | | Yoga Gentle Yin 11:30am-12:20pm Lux |
| Pilates Mat Intermediate 9:30am-10:20am Tia | | Yoga Vinyasa 9:00am-9:50am Amy | | Zumba Gold 10:00am-10:50am Jackie | | |
| | Band + Bells Strength 9:15am-10:00am Tia | | QiGong 9:15am-10:00am Tia | Stretch & Balance Falls Prevention 11:00am-11:50am Eliias | Body Sculpt 11:00am-11:50am Holly | |
| Dance Aerobics 10:00am-10:50am Teresa | | Pilates Mat Beginner 10:00am-10:50am Teresa | Stretch & Balance Falls Prevention 10:00am-10:50am Eliias | Zumba 5:30pm-6:20pm Taylor | | |
| Stretch & Balance Falls Prevention 10:30am-11:20am Jackie | Pickleball Open Play All Levels 10:15am-1:00pm | Stretch & Balance Falls Prevention 10:30am-11:20am Jackie | | | | |
| | Ping Pong Open Play 1:00pm-3:00pm | Strength and Stability 12:00pm-12:50pm Amy | Ping Pong Open Play 1:00pm-3:00pm | | | |
| | Stretch & Balance Falls Prevention 2:00pm-2:50pm Jackie | | | | | |
| | HIIT 4:30pm-5:20pm Jen | | | | | |
| YMCA Strength 5:30pm-6:20pm Lily | Yoga 5:30pm-6:20pm Lisa | YMCA Strength 5:30pm-6:20pm Lily | Zumba 5:30pm-6:20pm Molly | | | |
| Cycling 6:00pm-6:50pm Marissa | BollyX 6:30pm-7:20pm Celeste | Cycling 6:00pm-6:50pm Jenna | Pickleball Open Play All Levels 5:00pm-6:30pm | | | |
| Zumba 6:30pm-7:20pm Taylor | | Pickleball Open Play 2.0-2.9 5:00pm-6:30pm | Yoga Gentle Yin 6:30pm-7:20pm Lux | | | |
| Pickleball Open Play All Levels 5:00pm-6:30pm | Tai Chi 7:30pm-9:00pm Stan | | Tai Chi 7:30pm-9:00pm Stan | | | |

MEMBERSHIP MEANS MORE

All Group Exercise classes are included with Membership!

Drop in rates:
Adult: \$15 Youth & Senior: \$8

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Download YMCA360 to easily view and register for classes or take a virtual class anywhere you are!



STRENGTH



CARDIO



CORE



RESTORE

Location:

Studio A

Studio B

Gym

Pickleball Courts

Facility Hours:

Monday-Thursday: 5:30am - 9:00pm
Friday: 5:30am - 8:00pm

Saturday: 7:00am - 6:00pm
Sunday: 9:00am - 6:00pm



CLASS DESCRIPTION:

Band & Bells Strength: improve hip & shoulder stability with the versatile Dynaband and dumbbells. This class is great for rehabilitation as well as general strengthening. Build total body strength in this fun and engaging workout.

Ballet Barre: a total body workout that utilizes movements and positions from Dance, Pilates, Yoga and Functional Strength Training. It focuses on optimal alignment and posture to improve balance, coordination, stability, strength and over function. Most movements utilize bodyweight and light weights to focus on muscular endurance, core and joint stability.

Body Sculpt: Body sculpting is an impactful body-shaping class. We focus on improving core strength, enhancing flexibility, and increased blood flow, by guiding you through a range of traditional weight bearing and cardio exercises. Multiple exercise levels will be shown throughout each segment. Classes are fun and motivational for all.

Boot Camp: combines all aspects of fitness into a fast-paced, total body workout. Your strength, speed, 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.

Circuit Strength: well-rounded class, this full body strength workout utilizing dumbbells, bands, barbells, and bodyweight exercises. Each circuit consists of different stations targeting all muscle groups.

Core Express: a quick abdominal burner designed to sculpt your abs and unlock your potential. Class serves as a great supplement to our other classes.

Cycling: 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.

Dance Aerobics: this class starts with a warm up, then some heart-pumping cardio sections with a cool down and a lot of fun!!

Group Power: 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!

Head to Toe: from light to moderate cardio, strength training, balance, mobility, flexibility, this class is formatted for those looking to improve overall health and fitness using dumbbells, body weight, mats.

HIIT: 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.

Pilates Mat: Beginner: 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

Intermediate: our Pilates Mat format with a little edge. Designed to build upon our beginning mat pilates class, this format introduces slightly more advanced exercise variations guaranteed to improve your core strength and stabilizing muscles.

Morning Restore: Start your day off right designed to relax and restore the spirit, mind, and body. This class will look at the whole body and the importance of strength, flexibility, posture, core strength and recovery.

QiGong: combines exercises that integrates postures, movements and breathing techniques to improve physical and mental health, and bring positive healing energy to your life. Most movements can be done in a sitting position.

Stretch & Core: explore a perfect blend of flexibility and core strengthening exercises in this fun and engaging format. All fitness levels are welcome!

Strength & Stability: low impact exercises for strength and endurance, with an emphasis on balance, coordination, and mobility.

Stretch & Balance for Falls Prevention: 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.

Stretching: a restorative class of dynamic and static stretching! This class is designed to increase flexibility, muscle control, and range of motion.

Tai Chi: 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).

Top to Bottom Intervals: Total Body H.I.I.T is a series of total body movements utilizing multiple muscle groups simultaneously to strengthen 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.

Yoga: Gentle: focuses on posture and consists of hip opener poses that will help keep the spine straight and aligned. It may help those with tense upper, lower back, and tight hip problems. All levels welcome! Vinyasa: perfect for building strength and flexibility. We will focus on alignment through breathing. **Yin:** A deeply relaxing class for both mind and body. Provides a gentle, quiet, and meditative practice, all poses are done on the floor so that the muscles can relax and allow the deep connective tissues surrounding the hips, thighs, and lower back to be gently stretched. Poses are held for longer periods of time (generally 3-5 minutes) and awareness is brought to sensations in the body.

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

Rainy Day Pickleball Schedule: Mondays; 11am-1pm, Tuesdays; 10am-11:30am, Wed & Fri; 10:15am-12pm, NO INDOOR PLAY on Holidays, or when kids are out of school. NO INDOOR PLAY on Thursday, Saturday or Sunday.