

# Group Fitness Schedule

## SEPTEMBER 2025

Revised 08.21.25

ymcasuperiorcal.org

916-988-1727

Rollingwood YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>HIIT</b> 7:00am-8:00am Christina	<b>HIIT Circuit</b> 7:00am-8:00am Brigitta	<b>HIIT</b> 7:00am-8:00am Brigitta		<b>HIIT</b> 7:00am-8:00am Christina		
<b>Yoga Flow</b> 7:45am-8:45am Kate		<b>Yoga Vinyasa</b> 7:45am-8:45am Kate	<b>Tai Chi</b> 8:00am-8:50am Showen	<b>Yoga Flow</b> 7:45am-8:45am Emily	<b>Stretching</b> 7:45am-8:45am Brian	
	<b>Kettlebell</b> 8:00am-9:00am Brigitta		<b>Kettlebell</b> 8:00am-9:00am Christina			<b>Strength &amp; Tone</b> 8:30am-9:30am Affi
<b>Body Blast</b> 9:00am-10:00am Affi	<b>Core + More</b> 9:00am-10:00am Brian	<b>Stretch Core &amp; More</b> 9:00am-9:50am Sandra		<b>Body Blast</b> 9:00am-10:00am Affi		
<b>TRX</b> 9:30am-10:30am Fernanda	<b>Cycling</b> 9:00am-10:00am Holly	<b>TRX</b> 9:30am-10:30am Heather	<b>Cycling</b> 9:00am-10:00am Holly	<b>Cycling Sculpt</b> 9:00am-10:00am Christina	<b>Cycling Sculpt</b> 8:45am-9:45am Philipp	
						<b>Yoga Vinyasa</b> 9:30am-10:30am Affi
		<b>Total Barre</b> 10:15am-11:15am Affi	<b>Core + More</b> 10:00am-11:00am Holly	<b>Total Barre</b> 10:15am-11:15am Affi		
<b>Yoga Gentle</b> 10:15am-11:15am Kate	<b>Body Sculpt</b> 10:00am-11:00am Holly	<b>Women's Total Workout (\$)</b> 10:30am-11:30am Heather				
			<b>Zumba Gold</b> 11:00am-11:45am Sednima			<b>Zumba</b> 11:00am-12:00pm Sednima
<b>Pilates Seated</b> 11:30am-12:30pm Toni	<b>Beginning Balance</b> 11:30am-12:30pm Paula	<b>Perfect Balance</b> 11:30am-12:30pm Brigitta		<b>Body Circuit</b> 11:30am-12:30pm Fernanda		
	<b>Yoga Chair</b> 12:30pm-1:30pm Paula		<b>Core + More Gentle</b> 12:00pm-1:00pm Toni	<b>Groove &amp; Strength</b> 12:30pm-1:30pm Jennifer		STRENGTH  CARDIO  CORE  RESTORE
<b>Stretching Chair</b> 1:30pm-2:30pm Brian	<b>Groove &amp; Strength</b> 1:30pm-2:30pm Paula	<b>Yoga Chair</b> 2:00pm-3:00pm Paula	<b>Yoga Chair</b> 1:30pm-2:30pm Paula	<b>Beginning Balance</b> 2:00pm-3:00pm Paula		
<b>Cycling Sculpt</b> 6:00pm-7:00pm Brigitta	<b>Zumba</b> 5:30pm-6:30pm Kang	<b>Body Blast</b> 5:00pm-6:00pm Affi				
<b>Tai Chi</b> 6:00pm-7:00pm Showen						
	<b>Yoga Vin Yin</b> 6:30pm-7:30pm Emily		<b>Stretching</b> 6:30pm-7:30pm Brian			

Class Location

Group EX

Cycle

Functional  
Fitness A

Functional  
Fitness B

### Facility Hours:

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

Saturday and Sunday: 7:00am - 7:00pm



DOWNLOAD THE APP TODAY



All Group Exercise classes are included with Membership!  
Drop in rates: Adult: \$15 Youth & Senior: \$8

**\*\*Monday 9/1 Branch Hours**  
5:30am-6pm  
6pm classes cancelled Monday 9/1\*\*

## CLASS DESCRIPTION:

**Beginning Balance:** Our entry level class to balance and stability. A low intensity class designed to help improve your overall strength and balance.

**Body Blast:** This high energy workout challenges your entire body by working all major muscle groups using barbells, dumbbells and body weight. Gain strength and tone your body while being motivated by amazing music and instructors.

**Body Circuit:** Strength training meets cardio in this inspired full body workout designed to get your blood pumping. Get energized in this circuit format performing a mixture of challenging intervals using weights, cardio machines, and calisthenics.

**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.

**Core + More:** An extended version of our Core Express class. An abdominal burner designed to sculpt your abs and unlock your potential. This class includes working other parts of the body as well.

**Core + More Gentle:** A gentle version of our Core + More class. An abdominal burner designed to sculpt your abs and unlock your potential. This class includes working other parts of the body as well.

**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.

**Cycling Sculpt:** Leave your cares behind and escape to the Cycle Studio for a fun, high-energy Cycle/Strength class that combines great music with cardio and strength training using light weights. Enjoy an awesome calorie burn and total body toning in this incredible combo class.

**Groove and Strength:** A fun, low-impact workout that combines easy-to-follow dance aerobics with light strength training. Move to iconic and current hits while boosting your heart rate, then finish strong with dumbbells and bodyweight exercises to improve balance, mobility, and flexibility. No floor work.

**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.

**HIIT Circuit:** Build strength, power and endurance in this exciting and dynamic workout. Explore a mixture of fun exercises in circuit fashion guaranteed to burn calories and build strength.

**Kettlebell:** In this Kettlebell class learn the fundamentals of training with kettlebells. Build a bulletproof physique as you forge physical resilience and strength. This class is built around full-body exercises geared towards improving overall strength, conditioning, athleticism, and fat loss.

**Perfect Balance:** The perfect combination of strength, flexibility and balance in one workout. This gentle workout is designed specifically for fall prevention and movement related injuries. Bring balance to your life with this low intensity workout.

**Pilates Seated:** Looking for a low-impact workout that builds strength and boosts confidence? Pilates Seated offers a system of core-focused exercises performed mostly seated, using a chair for support and assistance. This format helps improve: core strength, flexibility, posture, balance and coordination, body awareness Perfect for all fitness levels. Join us and move with confidence, one seated step at a time!

**Pilates Mat Intermediate:** 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.

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

**Stretch, Core & More:** This fun, full-body workout incorporates a unique mixture of stretching, core strengthening, light weight lifting, low impact cardio, and balance exercises to help with daily functional movements and overall physical well-being.

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

**Stretching Chair:** A restorative class of dynamic and static stretching with a chair! 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 and jing (serenity 靜).

**Total Barre:** A fusion of Pilates, yoga, and core strengthening exercises. A mixture of exercises using ballet style bars for support and a blend of body weight movements designed to tone, sculpt and lengthen your body. This unique full body workout is designed to add strength without the bulk!

**TRX:** Utilizing TRX as the backbone of this class, you will explore a mixture of intervals and calisthenics to shape and sculpt a rock-solid physique. Each workout incorporates full body movements that flow seamlessly together resulting in an exciting and effective training experience.

**Women's Total Workout (\$):** Be all the woman you can be during our unique and innovative Semi-Private Group Training Class designed with women in mind. This class provides interval training, cardio bursts, calisthenics/TRX, and strength training. You will receive personalized measurements and nutritional feedback.

**Yoga 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. **Flow:** by incorporating Vinyasa Flow yoga that simply intertwines posture with breath in a series of movements that flow seamlessly together within your exercise regime, you bring balanced health and harmony to your body and mind. **Gentle:** A gentle and slow-flowing approach to Yoga with emphasis on increasing flexibility and range-of-motion. Experience a release of stress and an increase in focus with gentle stretching in this wonderful class. **Vin Yin** is a unique combination of a traditional Vinyasa Flow format integrated with a contemporary Yin Yoga philosophy. For the first half of the class, you'll synchronize breath with a rhythmic flow designed to improve overall strength and mobility. For the second half of class, you'll focus on traditional Yin poses and passive stretches designed to lengthen your connective tissues helping you relax into the deepest layers of 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. **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® choreography that focuses on balance, range of motion, and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong!