



# Oroville YMCA Group Fitness Schedule

April 2024

Revised 03.22.24

	Monday	Tuesday	Wednesday	Thursday	Saturday
<b>Weight/Cardio Room</b> 9:00am - 12:00pm	<b>Weight/Cardio Room</b> 9:00am - 12:00pm	<b>Weight/Cardio Room</b> 9:00am - 12:00pm	<b>Weight/Cardio Room</b> 9:00am - 12:00pm	<b>Weight/Cardio Room</b> 9:00am - 12:00pm	<b>Weight/Cardio Room</b> 9:00am - 12:00pm
<b>Head to Toe</b> 9:00am-9:50am Arla	<b>Open Pickleball</b> 9:00am-12:00pm	<b>Head to Toe</b> 9:00am-9:50am Arla	<b>Open Pickleball</b> 9:00am-12:00pm		
<b>Senior Groove</b> 10:00am-10:50am Arla	<b>Pilates</b> 9:00am-9:50am Cat	<b>Senior Groove</b> 10:00am-10:50am Arla	<b>Pilates</b> 9:00am-9:50am Cat	<b>Zumba</b> 9:00am-9:50am Karen	
<b>Chair Yoga</b> 11:00am - 11:50am Karen	<b>Cardio &amp; Weight Circuit</b> 10:00am-10:50am Cat	<b>NEW! Chair Yoga</b> 11:00am - 11:50am Karen	<b>Cardio &amp; Weight Circuit</b> 10:00am-10:50am Cat	<b>Yoga Renew</b> 10:00am - 10:50am Karen	
	<b>Yoga-Mixed levels</b> 11:00am-11:50am Madison	<b>Weight/Cardio Room</b> 2:00 - 5:00pm	<b>Yoga-Mixed levels</b> 11:00am-11:50am Madison		
		<b>Open Basketball</b> 2:00pm-5:00pm			
		<b>U-Jam</b> 5:20pm-6:20pm Lori			
<b>Class Location:</b>	<b>Gym</b>	<b>Weight Room</b>	<b>Mind &amp; Body Studio</b>		

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



## **CLASS DESCRIPTIONS**

**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.

**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:** 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.

**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.

**Yoga - Mixed Levels/All levels:** The instructor will name the pose in English and Sanskrit, then will proceed to give detailed instructions on how to get into the pose while demonstrating. First with the easiest variation of the pose, then other levels will be offered. Blocks, blankets, and straps will be used to enable the participants to achieve the poses at the level they are in at the time of the class.

**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.

**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.

**Yoga Restorative/Renew:** A revitalizing format that focuses on controlled breathing paired with a gentle flow and static stretching. Using a mixture of props and hands on adjustments from the instructor, you will unlock flexibility and improve your overall well-being.

**Chair Yoga:** Explore the range of movement of yoga postures with chair support. Members that find it difficult to get on and off the floor are a perfect fit for Chair Yoga.