

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Walnut Creek Family YMCA Aerobic Schedule Revised 5/28/10

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Y – Pump 5:10 –6:00 am Kim	Kickbox 5:05 –6:00 am Gentry In Youth Gym	Y – Pump 5:10 –6:00 am Christine	Step 5:05 – 5:55 am Gentry Trek Class 5:15 – 6:00a Caleb	Y – Pump 5:10 –6:00 am Jennifer	Yoga 7:00 – 8:00 am Stacie/ Jodi
	Cardio kick box interval 6:00 – 6:45 am Christine	6:05 – 6:30 Abs and Back Gentry	Super Circuit 6:05 –6:45 am Amy	Vinyassa Yoga 6:00 –6:50 am Susan TUBE 6-6:35 am In youth gym	Cardio Circuit 6:05 – 6:45 am Christine	
	Y-Pump 8:30-9:15 am Gwyn	H.E.A.T. 8:40 –9:20am Gwyn	Y-Pump 8:30 – 9:15 am Lori	H.E.A.T. 8:40 –9:20am Kristina		Body Jam/ Hip Hop Hustle 9:10 – 10:10 am Kristin/Rachel
	Step 9:20 – 10:05 am Michelle	Hip Hop/Body Jam 9:00 – 9:40 am Kristin	Step Interval 9:20 – 10:05 am Erin	Kickbox 9:00 – 9:40 pm Greg	Y-Pump 8:30-9:15 am Gwyn	Cardio Kickbox Combo 10:00 – 11:15 am Lindsey/Tori
	Y – Pump 10:10 – 11:00 am Michelle	9:45 – 10:30 Y – Pump Erin	Y – Pump 10:10 – 11:00 am Dawn	9:45 – 10:30 Y - Pump Michelle	Cardio Conditioning 9:20– 10:10 am Gwyn	10:15 – 11:00 am Y-Pump Chantelle
	Senior Aerobics 10:15 – 11:15 am Gwyn	Basics Combo 10:35 – 11:30 Lori	Senior Aerobics 10:15 – 11:15 am Rachel	Basics Combo 10:35 – 11:30 Teri	Y – Pump 10:10 – 11:00 am Kristina	
	Yoga/Pilates 11:05 – 12:00pm Jodi	Stretch 101 11:35 – 12:00 pm Pam	Tai Chi 11:05 –12:00 pm Sherry	Stretch 101 11:35 – 12:00 pm Pam	Senior Aerobics 10:15 – 11:15 am Gwyn	
Yoga 12:00 –1:00 pm Jamie	Y – Pump 12:05 – 12:55 pm Pam	Cardio Kick box 12:05 – 12:55 pm Kristina	Y – Pump 12:05 – 12:55 pm Pam	Body Jam 12:05 – 12:55 pm Kristin	Tai Chi 11:05 – 12:00 pm Sherry	
		Yoga 1:00 – 2:00 pm Deann		Yoga 1:00 – 2: 15 pm Michelle	Y – Pump 12:05 – 12:55 pm Pam	
	Power Yoga 4:00 – 4:55pm Jamie	Step 4:20 – 5:10 pm Sara	Y – Pump 5:00 – 5:45 pm Kim			
Kickbox 2:20 – 3:10 Alicia	Y – Pump 5:00 – 5:45 pm Jessica		Cardio KB combo 5:30 –6.30 pm Christine	Cardio Kickbox 4:30 –5:15 pm Mendy		
	Turbokick 5:40 – 6:30 pm Chantelle	Cardio Conditioning 5:30 – 6:30 pm Chantelle/Jill/Jennifer	Step 5:50 –6:30 pm Jill			
Y – Pump 3:55 – 4:40pm Jennifer	Step 5:50 –6:30 pm Jill	Kids Fit 6:30 -7:00pm	Y - Pump 6:40 – 7:30 pm Jill	Yoga 5:30 – 6:30 pm Chantelle		
Abs and Back 4:45 – 5:05pm Ann	Abs and Back 6:35 – 7:00 pm Chantelle/ Jill			Kids Fit 6:30-7:10pm		
Intermediate Step 5:10-6:00pm Ann	Yoga 7:05 – 8:05 pm Karen	Yoga 7:05 – 8:20 pm Ben		Pilates 7:15 –8:15 pm Marty		Schedule subject to change due to low attendance
						Classes in shaded area are held in Main Gym



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<p>Basic Combo – A great choice for members just getting started in an aerobic program or members who want a less complicated workout. Classes will use basic foot patterns and emphasize safety and body alignment</p>	<p>Cardio Conditioning – Join this choreography – free class for all ability levels. Class includes athletic drills, interval and circuit training all rolled into one. A great addition to anyone’s cross-training routine.</p>
<p>Step-A great low impact and moderate intensity workout that combines patterns on and around the step. May include muscle conditioning and stretching.</p>	<p>H.E.A.T. – If you like cardio conditioning you will love H.E.A.T. This is a “boot camp” inspired class with a sport warm-up followed by obstacle courses and drills.</p>
<p>Step Circuit - Step class with intense muscle work. Advanced participants can challenge themselves during muscle work and beginners can use the interval as a rest.</p>	<p>Reebok Core Board training- Aerobic/Step– Dynamic strength and conditioning program that focuses o developing total body power by emphasizing the abs, torso and “core” muscles.</p>
<p>Step Interval – Step aerobics interspersed with intense cardio segments and followed by a recovery period. Class will improve cardio conditioning. Beginners can use the interval period as a rest.</p>	<p>The board offers three-dimensional action that tilts, twists, torques and recoils with the body’s movement. Core is offered in combination with aerobics, step or kickboxing.</p>
<p>Double Step – A challenge for body and mind. Participants use two steps to add variety and excitement. Not recommended for the beginning stepper.</p>	<p>Super Circuit – A combination of floor aerobics, step and muscle work for a total body workout. Great for those who like a little bit of everything.</p>
<p>Cardio Kickboxing – Are you ready for a very athletic Martial Arts inspired workout? Combines powerful jabs and punches for the upper body with leg kicks and squats for the lower body.</p>	<p>Senior Aerobics – This class is designed for those seniors’ citizens interested in a cardio workout combined with muscle work.</p>
<p>Kickbox Interval – This box will include basic kicks and punches followed up with high intensity cardio intervals. The intervals can be done at varying intensity levels to help accommodate many fitness levels.</p>	<p>Y-Pump – Take a break from the weight room and get into this class. It is a muscle endurance class focusing on primary upper and lower body muscle groups using dumbbells, body bars, and weighted barbells... your choice. A great addition to any fitness workout routine.</p>
<p>Cardio Kickbox Combo – A combination of kickboxing, sports style aerobic and step conditioning. Little choreography involved in this intense and fun workout.</p>	<p>Power Yoga - This class moves through the progression of movements at an intermediate pace. In addition it adds more challenging asanas. Along with flexibility and strength gains, expect a cardiovascular workout too.</p>
<p>Pilates A workout that is relaxed and it improves strength, flexibility and creates a body that is long and lean. Work focuses on the core muscles. A program that works for everyone.</p>	<p>Yoga–This class teaches you all the fundamentals of asana yoga: how to breath, and move, stretch and relax. End results show gains in flexibility and strength.</p>
<p>Tai Chi Tai Chi is a century old system of health and self-defense. It is thought of as “new age dance”. Through a series of postures you will learn how to relax and move towards optimal health in addition to life protection benefits. Friday class incorporates fan work into the workout.</p>	<p>PI – YO This unique class combines principles of pilates with yoga. Great for increasing flexibility and core strength PraiseMoves® combines low-impact aerobics, deep stretching, Christian music and strong scripture to lose weight, relieve stress, gain flexibility and strength. Adaptable to a variety of fitness abilities.</p>
<p>Trek Class This class is held on the treadmills. This is an instructor lead walking and running class using grade and cadence for elements of intensity.</p>	<p>Wu Shu A martial arts class emphasizing stance training, stretching, self defense and basic martial arts techniques. It also provides a healthy cardio vascular workout.</p>
<p>Body Jam BODY JAM is a workout set to the latest music and greatest dance moves. It’s cardio fun at its best for those with a passion for with a passion for movement. You’ll burn calories, increase your fitness levels and learn to dance!</p>	<p>Abs and Back This class focuses strictly on working the core muscle groups. Abdominal and lower back are emphasized. A great addition to any workout.</p>
<p>Cardio Blast This quick “get in/get out” class offers high intensity athletic drills that gets your heart pumping for a strong workout and gets you on your way in 30 minutes!</p>	<p>Capoeira is an Afro-Brazilian martial art form. It is a fusion of fight, dance, music, history and much more. It was created by slaves in Brazil and used to free themselves from slavery. Capoeira is practiced in sequences of attack and defense, adding in acrobatic and gymnastic movements if wanted.</p>

Questions – Please contact Penny Luthens, Health and Fitness Director, at penny.luthens@dymca.org or 515-224-1888 extension 241.



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