



# Group Fitness Schedule

# DECEMBER 2024

Revised 11.26.24

ymcasuperiorcal.org

916-988-1727

Rollingwood YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Master's Swimming</b> 6:00am-7:00am Steve		<b>Master's Swimming</b> 6:00am-7:00am Steve		<b>Master's Swimming</b> 6:00am-7:00am Steve		
<b>Pickleball Open Play</b> 8:00am-10:30am	<b>Pickleball Open Play</b> 8:00am-10:30am	<b>Pickleball Open Play</b> 8:00am-10:30am	<b>Pickleball Open Play</b> 8:00am-10:30am	<b>Pickleball Open Play</b> 8:00am-10:30am		
<b>HIIT</b> 7:00am-8:00am Brigitta	<b>Bootcamp</b> 7:00am-8:00am Brigitta	<b>HIIT</b> 7:00am-8:00am Brigitta	<b>Kettlebell</b> 8:00am-9:00am Christina	<b>HIIT</b> 7:00am-8:00am Christina	<b>Yoga All Levels</b> 7:45am-8:45am Jeannette	<b>Strength &amp; Tone</b> 8:30am-9:30am Affi
<b>Yoga Flow</b> 7:45am-8:45am Kate	<b>Kettlebell</b> 8:00am-9:00am Kenia	<b>Yoga Vinyasa</b> 7:45am-8:45am Kate	<b>Tai Chi</b> 8:00am-8:50am Shown	<b>Yoga Flow</b> 7:45am-8:45am Kate	<b>Pickleball Open Play</b> 9:00am-11:30am	<b>Pickleball Open Play</b> 9:00am-11:00am
<b>Body Blast</b> 9:00am-10:00am Affi	<b>Cycling</b> 9:00am-10:00am Holly	<b>Stretch Core &amp; More</b> 9:00am-9:50am Sandra	<b>Cycling</b> 9:00am-10:00am Holly	<b>Body Blast</b> 9:00am-10:00am Affi	<b>Cycling &amp; Sculpt</b> 8:45am-9:45am Philipp	
<b>TRX</b> 9:30am-10:30am Fernanda	<b>Pilates Mat</b> 9:00am-10:00am Affi	<b>TRX</b> 9:30am-10:30am Heather		<b>Cycling &amp; Sculpt</b> 9:00am-10:00am Christina		<b>Yoga Vinyasa</b> 9:30am-10:30am Affi
<b>Swim FUNDamentals</b> 9:30am-10:30am Steve		<b>Swim FUNDamentals</b> 9:30am-10:30am Steve	<b>Splash &amp; Tone</b> 9:30am-10:30am Karalynn	<b>Splash &amp; Tone</b> 9:30am-10:30am Joilynn		
<b>Splash &amp; Tone</b> 9:30am-10:30am Joilynn	<b>Splash &amp; Tone</b> 9:30am-10:30am Karalynn	<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>Swim FUNDamentals</b> 10:30am-11:30am Steve	<b>Body Sculpt</b> 10:00am-11:00am Holly	<b>Swim FUNDamentals</b> 9:30am-10:30am Steve				
<b>Yoga Gentle</b> 10:15am-11:15am Kate	<b>Water Arthritis</b> 10:45am-11:45am Joilynn	<b>Women's Total Workout (\$)</b> 10:30am-11:30am Heather	<b>Water Arthritis</b> 10:45am-11:45am Joilynn	<b>Body Circuit</b> 10:15am-11:15am Kenia	<b>Aqua Blast</b> 10:30am-11:30am Debbie	
<b>Pilates Chair</b> 11:30am-12:30pm Toni	<b>Beginning Balance</b> 11:30am-12:30pm Paula	<b>Perfect Balance</b> 11:30am-12:30pm Kenia	<b>Zumba Gold</b> 11:00am-11:45am Sednima	<b>Yoga Chair</b> 11:30am-12:30pm Jeannette		
	<b>Yoga Chair</b> 12:30pm-1:30pm Paula		<b>Core Express Gentle</b> 12:00pm-12:45pm Toni	<b>Senior Groove</b> 12:30pm-1:30pm Kenia		STRENGTH
<b>Yoga Chair</b> 1:30pm-2:30pm Jeannette	<b>Senior Groove</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>HIIT</b> 5:00pm-6:00pm Rich	<b>Swim Clinic</b> 4:30pm-7:00pm Staff	<b>HIIT</b> 5:00pm-6:00pm Rich	<b>Swim Clinic</b> 4:30pm-7:00pm Staff	<b>Swim Clinic</b> 4:30pm-7:00pm Staff		CARDIO
<b>Aqua Blast</b> 6:00pm-7:00pm Joilynn	<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 Shown	<b>Yoga Vin Yin</b> 6:30pm-7:30pm Dannin	<b>Aqua Blast</b> 6:00pm-7:00pm Joilynn	<b>Yoga Restorative</b> 6:30pm-7:30pm Jeannette			CORE
<b>Ping Pong Open Play</b> Upstairs Community Room 6:00pm-7:30pm	<b>Pickleball Open Play</b> 5:30pm-7:30pm	<b>Pickleball Open Play</b> 5:30pm-7:30pm				
						RESTORE

Class Location	Group EX	Cycle	Functional Fitness A	Pickleball Courts	Functional Fitness B	Indoor Pool	Outdoor Pool
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### Facility Hours:

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

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

### DECEMBER HOLIDAY HOURS:

12/24: Open at 5:30am, closing at 2:00pm

12/25 - CLOSED ALL DAY

12/26 - Open at 7:00am, closing at 9:00pm

12/31: Opening at 5:30am, closing at 6:00pm



DOWNLOAD THE APP TODAY



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

## CLASS DESCRIPTION:

**Aqua Blast:** This total body water workout builds cardiovascular endurance while pushing range of muscular strength and motion in your upper body, lower body and core.

**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 Express Gentle:** A gentle version of our Core Express class. Quick abdominal burner designed to sculpt your abs and unlock your potential. Class serves as a great supplement to our other classes.

**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.

**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.

**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.

**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.

**Master's Swimming:** This amazing one hour workout focuses on fundamentals, stroke technique, conditioning and stamina building. Whether you want to compete, improve or maintain your fitness, or just come have fun swimming, Master Swimming can be just the right thing for you! \*Coach on deck during every Masters workout.

**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.

**Pickleball Open Play:** Already an experienced player? Join fellow pickleball enthusiasts for fun Round Robin play. All levels welcome!

**Pilates Chair:** A system of exercises performed mostly seated. Designed to improve: core strength, flexibility, better posture, balance/coordination, build confidence and enhance mental awareness.

**Pilates Mat:** Pilates Mat is a system of controlled exercise that engages the mind and conditions the body. The blend of strength and flexibility training improves posture, eases stress and creates long, lean muscles without bulk. Gain strength and flexibility in this amazing class.

**Senior Groove:** A unique exercise class that focuses on restoring walking gait and improving stability, while also providing a fun and lighthearted experience. You'll enjoy dancing and stretching. We welcome participants of all levels, and even those who use walkers, canes, or skateboards can join in the fun.

**Splash & Tone:** Have fun and tone your entire body with this low intensity cardio class. We combine water aerobics and strength training with bells, noodles and balance work to strengthen muscles and shed calories. Enjoy toning your body to fun music and get inspired by our high energy instructors.

**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.

**Swim Clinic:** This class is perfect for swimmers who want to improve their skills during the off-season while having fun. We'll focus on stroke development through drills that break down each stroke into kicking, arm strokes, breathing, and body position. We'll also practice open turns, flip turns, and introduce bucket and crossover turns for more experienced swimmers. Racing starts from the blocks will be introduced as well. Every Friday, we'll have a practice dedicated to race preparation, leading up to a mock Swim Meet on the final Friday of each month.

**Swim FUNDamentals:** Swim technique for adults that want to improve upon or learn swim strokes and build workouts. Strokes will be broken down by function; kicking, arm movement, breathing and body position. Whether you are a seasoned swimmer looking to make improvements or a new swimmer learning the basics, everyone is welcome. In addition to technique, these classes will provide a fair amount of distance allowing you to burn some calories and get a great workout. We suggest that participants are comfortable in water floating on your front and back and comfortable with your face in the water.

**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 静).

**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.

**Water Arthritis:** This class is designed so that you can move your body without adding excess strain on your joints and muscles. It is hosted in warm water and you do exercises approved by the arthritis foundation. Don't worry about swimming, this class takes place in shallow water allowing you to focus on activities like daily moving, moving a joint through its range of motions, and holding it in a gentle stretch. You will also be guided through walking, gentle stretching, flexing, and extension exercises as well.

**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. **Restorative:** Focuses on controlled breathing paired with a gentle flow and static stretching. Using a mixture of props and hands on adjustments, you will unlock flexibility and improve your overall well-being. **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!