



Group Fitness Schedule

OCTOBER 2024

Revised 09.27.24

ymcasuperiorcal.org

916-988-1727

Rollingwood YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Master's Swimming 6:00am-7:00am Steve		Master's Swimming 6:00am-7:00am Steve		Master's Swimming 6:00am-7:00am Steve		
Pickleball Open Play 7:00am-9:30am	Pickleball Open Play 7:00am-9:30am	Pickleball Open Play 7:00am-9:30am	Pickleball Open Play 7:00am-9:30am	Pickleball Open Play 7:00am-9:30am		
HIIT 7:00am-8:00am Christina	Kettlebell 8:00am-9:00am Kenia	HIIT 7:00am-8:00am Christina	Kettlebell 8:00am-9:00am Christina	HIIT 7:00am-8:00am Sierra	Yoga All Levels 7:45am-8:45am Jeannette	Strength & Tone 8:30am-9:30am Affi
Yoga Flow 7:45am-8:45am Kate		Yoga Vinyasa 7:45am-8:45am Kate	Tai Chi 8:00am-8:50am Shown	Yoga Flow 7:45am-8:45am Kate	Pickleball Open Play 8:00am-10:30am	Pickleball Open Play 8:00am-10:30am
Body Blast 9:00am-10:00am Affi	Cycling 9:00am-10:00am Holly	Stretch Core & More 9:00am-9:50am Sandra	Cycling 9:00am-10:00am Holly	Body Blast 9:00am-10:00am Affi	Cycling & Sculpt 8:45am-9:45am Philipp	
TRX 9:30am-10:30am Fernanda	Pilates Mat 9:00am-10:00am Affi	TRX 9:30am-10:30am Heather		Cycling 9:00am-10:00am Christina		Yoga Vinyasa 9:30am-10:30am Affi
Swim FUNDamentals 9:30am-10:30am Steve		Swim FUNDamentals 9:30am-10:30am Steve	Splash & Tone 9:30am-10:30am Karalynn	Splash & Tone 9:30am-10:30am Joilynn		
Splash & Tone 9:30am-10:30am Joilynn	Splash & Tone 9:30am-10:30am Karalynn	Total Barre 10:15am-11:15am Affi	Core + More 10:00am-11:00am Holly	Total Barre 10:15am-11:15am Affi		
Swim FUNDamentals 10:30am-11:30am Steve	Body Sculpt 10:00am-11:00am Holly	Swim FUNDamentals 9:30am-10:30am Steve				
Yoga Gentle 10:15am-11:15am Kate	Water Arthritis 10:45am-11:45am Joilynn	Women's Total Workout (\$) 10:30am-11:30am Heather	Water Arthritis 10:45am-11:45am Joilynn	Body Circuit 10:15am-11:15am Kenia	Aqua Blast 10:30am-11:30am Debbie	
Pilates Chair 11:30am-12:30pm Toni	Beginning Balance 11:30am-12:30pm Paula	Perfect Balance 11:30am-12:30pm Toni	Beginning Balance 11:30am-12:30pm Toni	Yoga Chair 11:30am-12:30pm Jeannette		
	Yoga Chair 12:30pm-1:30pm Paula		Core Express Gentle 12:30pm-1:15pm Toni	Senior Groove 12:30pm-1:30pm Toni		STRENGTH
Yoga Chair 1:30pm-2:30pm Jeannette	Senior Groove 1:30pm-2:30pm Paula	Yoga Chair 2:00pm-3:00pm Paula	Yoga Chair 1:30pm-2:30pm Paula	Beginning Balance 2:00pm-3:00pm Paula		
HIIT 5:00pm-6:00pm Rich	Swim Clinic 4:30pm-7:00pm Staff	HIIT 5:00pm-6:00pm Rich	Swim Clinic 4:30pm-7:00pm Staff	Swim Clinic 4:30pm-7:00pm Staff		CARDIO
Aqua Blast 6:00pm-7:00pm Joilynn	Zumba 5:30pm-6:30pm Kang	Body Blast 5:00pm-6:00pm Affi				
Tai Chi 6:00pm-7:00pm Shown	Yoga Vin Yin 6:30pm-7:30pm Dannin	Aqua Blast 6:00pm-7:00pm Joilynn	Yoga Restorative 6:30pm-7:30pm Jeannette			CORE
Ping Pong Open Play Upstairs Community Room 6:00pm-7:30pm	Pickleball Open Play 6:00pm-8:30pm	Pickleball Open Play 6:00pm-8:30pm				
						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

All Group Exercise classes are included with Membership!

Drop in rates:

Adult: \$15 Youth & Senior: \$8

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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: If you are looking for growth in your swimmers' abilities in the off-season and to have some fun. This is the class for them. We will be focusing on stroke development for Butterfly, Backstroke, Breaststroke, and Freestyle. This will be done through various drills, by breaking the strokes into their parts of kick, arm stroke, breathing, and body position. We will also work to improve open turns and flip turns and introduce bucket turns, or cross-over turns for more experienced swimmers. Racing starts off the starting blocks will be introduced and practiced. Each Friday we will provide a race preparation practice. This will culminate on the final Friday of each month with a mock Swim Meet. We will almost always find time for fun and games to round out each practice.

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.