



# Group Fitness Schedule

# DECEMBER 2024

Revised 11.26.24

ymcasuperiorcal.org

916.452.9622

Sacramento Central YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>HIIT Circuit</b> 6:00am-6:50am Jen	<b>Bootcamp</b> 6:00am-6:50am Hallie		<b>Bootcamp</b> 6:00am-6:50am Hallie	<b>HIIT</b> 6:00am-6:50am Lily		
<b>Ballet Barre</b> 7:00am-7:50am Jackie	<b>Pilates Mat Beginner</b> 7:00am-7:50am Tia	<b>Ballet Barre</b> 7:00am-7:50am Jackie	<b>Pilates Mat Beginner</b> 7:00am-7:50am Tia	<b>Morning Restore</b> 7:00am-7:50am Tia	<b>Cycling</b> 8:00am-8:50am Rotating Staff	
	<b>Cycling</b> 7:00am-7:50am Jensen		<b>Cycling</b> 7:00am-7:50am Jensen	<b>QiGong</b> 8:00am-8:50am Tia	<b>Pickleball Open Play All Levels</b> 12/21 Paddles & Pastries 9:00am-12:00pm	<b>Pickleball Open Play 2.0-2.9</b> 12/22 and 12/29 9:00am-12:00pm
<b>Tai Chi</b> 8:00am-8:50am Ron	<b>Yoga Gentle</b> 8:00am-8:50am Amy	<b>Tai Chi</b> 8:00am-8:50am Ron	<b>HIIT Circuit</b> 8:00am-8:50am Jen	<b>Pickleball Open Play All Levels</b> 9:00am-12:00pm	<b>Bootcamp</b> 9:00am-9:50am Eliias	<b>Zumba</b> 9:30am-10:20am Celeste
<b>Pickleball Open Play All Levels</b> 9:00am-12:00pm	<b>Pickleball Open Play 2.0-2.9</b> 9:00am-12:00pm	<b>Pickleball Open Play All Levels</b> 9:00am-12:00pm	<b>Pickleball Open Play 2.0-2.9</b> 12/26 ONLY 9:00am-12:00pm	<b>Stretching</b> 9:00am-9:50am Jackie	<b>Zumba</b> 10:00am-10:50am Kang	<b>Yoga Gentle Yin</b> 10:30am-11:20am Lux
<b>Strength + Stability</b> 9:00am-9:50am Jackie	<b>Head to Toe</b> 9:00am-9:50am Amy	<b>Stretching</b> 9:00am-9:50am Teresa	<b>Head to Toe</b> 9:00am-9:50am Eliias	<b>Top to Bottom</b> 9:00am-9:50am Eliias		<b>Yoga Gentle Yin</b> 11:30am-12:20pm Lux
<b>Pilates Mat Intermediate</b> 9:30am-10:20am Tia		<b>Yoga Vinyasa</b> 9:00am-9:50am Amy		<b>Zumba Gold</b> 10:00am-10:50am Jackie		<b>Pickleball Open Play 2.0-2.9</b> 12/1 and 12/15 11:30am-1:30pm
	<b>Band + Bells Strength</b> 9:15am-10:00am Tia		<b>QiGong</b> 9:15am-10:00am Tia	<b>Stretch &amp; Balance Falls Prevention</b> 11:00am-11:50am Eliias	<b>Body Sculpt</b> 11:00am-11:50am Holly	
<b>Dance Aerobics</b> 10:00am-10:50am Teresa	<b>Pickleball Open Play All Levels</b> 10:00am-12:00pm	<b>Pilates Mat Beginner</b> 10:00am-10:50am Teresa	<b>Stretch &amp; Balance Falls Prevention</b> 10:00am-10:50am Eliias	<b>Zumba</b> 5:30pm-6:20pm Taylor		
<b>Stretch &amp; Balance Falls Prevention</b> 11:00am-11:50am Jackie	<small>NOTE: Stretch &amp; Balance Falls Prevention M&amp;W with Jackie time and studio changes begin week of 12/9</small>	<b>Stretch &amp; Balance Falls Prevention</b> 11:00am-11:50am Jackie				
	<b>Ping Pong Open Play</b> 1:00pm-3:00pm	<b>Strength and Stability</b> 12:00pm-12:50pm Amy	<b>Ping Pong Open Play</b> 1:00pm-3:00pm			
	<b>Stretch &amp; Balance Falls Prevention</b> 2:00pm-2:50pm Jackie					
<b>Pickleball Open Play All Levels</b> 5:00pm-7:00pm	<b>HIIT Circuit</b> 4:30pm-5:20pm Jen					
<b>YMCA Strength</b> 5:30pm-6:20pm Lily	<b>Yoga</b> 5:30pm-6:20pm Lisa	<b>YMCA Strength</b> 5:30pm-6:20pm Lily	<b>Zumba</b> 5:30pm-6:20pm Molly			
<b>Cycling</b> 6:00pm-6:50pm Marissa	<b>BollyX</b> 6:30pm-7:20pm Celeste	<b>Cycling</b> 6:00pm-6:50pm Jenna				
<b>Zumba</b> 6:30pm-7:20pm Taylor			<b>Yoga Gentle Yin</b> 6:30pm-7:20pm Lux			
	<b>Tai Chi</b> 7:30pm-9:00pm Stan		<b>Tai Chi</b> 7:30pm-9:00pm Stan			

## MEMBERSHIP MEANS MORE

All Group Exercise classes are included with Membership!

Drop in rates:  
Adult: \$15 Youth & Senior: \$8

### 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



Google Android

Apple iOS



STRENGTH



CARDIO



CORE



RESTORE

Location:

Studio A

Studio B

Gym

Pickleball Courts

### Facility Hours:

Monday-Thursday: 5:30am - 9:00pm  
Friday: 5:30am - 8:00pm

Saturday: 7:00am - 6:00pm  
Sunday: 9:00am - 6:00pm



## CLASS DESCRIPTION:

**Band & Bells Strength:** improve hip & shoulder stability with the versatile Dynaband and dumbbells. This class is great for rehabilitation as well as general strengthening. Build total body strength in this fun and engaging workout.

**Ballet Barre:** a total body workout that utilizes movements and positions from Dance, Pilates, Yoga and Functional Strength Training. It focuses on optimal alignment and posture to improve balance, coordination, stability, strength and over function. Most movements utilize bodyweight and light weights to focus on muscular endurance, core and joint stability.

**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.

**Bootcamp:** combines all aspects of fitness into a fast-paced, total body workout. Your strength, speed, agility, as well as your cardio fitness will be challenged with traditional, non-traditional, and functional exercises. You will also be introduced to metabolic resistance training, which will have you still burning calories hours after the workout is completed.

**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.

**Dance Aerobics:** this class starts with a warm up, then some heart-pumping cardio sections with a cool down and a lot of fun!!

**Head to Toe:** from light to moderate cardio, strength training, balance, mobility, flexibility, this class is formatted for those looking to improve overall health and fitness using dumbbells, body weight, mats.

**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.

**Pilates Mat: Beginner:** low-impact mat exercises designed to strengthen your core muscles, increase spinal mobility, boost balance, alleviate back pain and tightness, and improve mind-body awareness. A nice combination of strengthening, therapeutic stretching, flow, and a good dose of fun

**Intermediate:** our 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.

**Morning Restore:** Start your day off right designed to relax and restore the spirit, mind, and body. This class will look at the whole body and the importance of strength, flexibility, posture, core strength and recovery.

**QiGong:** combines exercises that integrates postures, movements and breathing techniques to improve physical and mental health, and bring positive healing energy to your life. Most movements can be done in a sitting position.

**Strength & Stability:** low impact exercises for strength and endurance, with an emphasis on balance, coordination, and mobility.

**Stretch & Balance for Falls Prevention:** using seated and standing exercises, this class increases strength, flexibility, and balance while focusing on the breath. The instructor guides participants in enhancing personal awareness and consciousness to help prevent falls.

**Stretching:** a restorative class of dynamic and static stretching! 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 (loosening 松) and jing (serenity 静).

**Top to Bottom Intervals:** Join this interactive interval class that targets each muscle from top to bottom in a circuit style method. Items used vary from body weight, dumbbells, and bands.

**YMCA Strength:** This full-body strength class aims to target every muscle group. A combination of dumbbells, barbells, and bodyweight will be used to build stronger muscles! Modifications can be given to make this class achievable for people of all fitness levels.

**Yoga:** Gentle: focuses on posture and consists of hip opener poses that will help keep the spine straight and aligned. It may help those with tense upper, lower back, and tight hip problems. All levels welcome! Vinyasa: perfect for building strength and flexibility. We will focus on alignment through breathing. **Yin:** A deeply relaxing class for both mind and body. Provides a gentle, quiet, and meditative practice, all poses are done on the floor so that the muscles can relax and allow the deep connective tissues surrounding the hips, thighs, and lower back to be gently stretched. Poses are held for longer periods of time (generally 3-5 minutes) and awareness is brought to sensations in 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. Zumba 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®

**Rainy Day Pickleball Schedule:** Mondays; 11am-1pm, Tuesdays; 10am-11:30am, Wed & Fri; 10:15am-12pm, NO INDOOR PLAY on Holidays, or when kids are out of school. NO INDOOR PLAY on Thursday, Saturday or Sunday.