



Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|--------------------------------|---|--------------------------------|-------------------|---|---|
| 5:45 am | 6AM Sunrise Power Yoga | | *Boot Camp Runs monthly | | 6AM Sunrise Power Yoga | |
| 6:25 am | | Body Sculpting | | Body Sculpting | | |
| 7:00 am | Studio Cycling | | Studio Cycling | | Studio Cycling | |
| 8:00 am | Yoga | Tai Chi | Yoga | Tai Chi | Yoga | *Boot Camp |
| 9:15 am | | On the Ball | | Senior Sculpt | | |
| 9:30 am | Senior Fitness (in the Gym) | | Senior Fitness (in the Gym) | | Senior Fitness (in the gym) | |
| 10:15am | | 15 Minute Cardio Blast | | | | |
| 10:30 am | Low- Impact Dance | *Healthy Back | Low-Impact Dance | | Zumba | |
| 11:30 am | Pilates Begins 10/19 | Yoga Light | Stretch | *Healthy Back | Step-Sculpt | |
| 11:45 am | | | | Tai Chi Chih | | |
| 12:30 pm | Body Sculpting |  | Body Sculpting | |  | |
| 5:15 pm | 10 Min Ab Blast | | 10 Min Ab Blast | | | |
| 5:30 pm | Yoga | | 5:45 Studio Cycling | | Yoga | |
| 6:00 pm | | | | | | |
| 6:15 pm | | Core Cycling | | Core Cycling | | |
| 6:30 pm | | | | | | |
| 6:45 pm | Power Sculpt | Yoga | Absolute Ball | | *Classes Marked Require Pre- Registration |  |
| 7:00 pm | | | *Ladies Lift | Yoga | | |
| 8:00 pm | Tai Chi | | Tai Chi | | | |

Class Descriptions

Senior Fitness

A gentle aerobic and muscle toning class geared for active older adults.

Yoga Light

This class is designed for a gentle practice. Focus is on helping participants increase range of motion, improve posture, restore flexibility and increase breath capacity.

Studio Cycling

This is a non-impact fitness and athletic training class conducted on a stationary cycle using a variety of music. The focus is on strength and endurance training.

Non-Impact Dance

A gentle aerobic and muscle toning class geared for beginning exercisers, seniors, pre-and post-natal women, and those concerned about osteoporosis.

Senior Sculpt

Senior fitness class geared towards toning and strengthening all of the major muscle groups. Proper form geared towards postural improvement and injury prevention will be emphasized.

***Boot Camp: Registration required**

Train with Instructor Battle in a no-nonsense class designed to burn calories, improve body composition and strengthen the heart.

Core Cycling

Combination cycling class and core strengthening

Yoga

Incorporates slow body stretches, strength development through muscle control, relaxation and the mind-body connection.

Body Sculpting

Designed for toning and strengthening all of the major muscle groups by using a variety of exercise equipment.

On the Ball/Absolute Ball

Stability ball exercises are designed to increase strength, flexibility and stability in all of the major muscle groups.

Tai Chi

This class blends strength training through flowing and sustained postures. Tai Chi develops physical strength and body awareness with breathing and concentration techniques to calm the body and focus the mind.

Tai Chi Chih

Perfect for Seniors & Adaptable for participants who prefer to remain seated

***Healthy Back Registration required**

Gentle stretching and strengthening exercises geared toward spinal alignment and strength and core stability.

Power Sculpt

Body sculpting class incorporating basic power lifting techniques that can be used in the weight room. Guaranteed to tone the whole body, get your heart rate up. Prerequisite to Ladies Lift.

Ladies Lift: Registration Required

Work in a comfortable environment with a group to learn powerful and dynamic conditioning programs using the weight room . First time registrants attend Power Sculpt and work one-one-one with a trainer before attending.

Stretch

Gentle traditional stretch fused with basic yoga and pilates technique

Pilates

Basic Pilates technique includes core strength and stability, injury prevention, stress relief, improved posture, balance and coordination.



Sacramento Area YMCA
2021 W Street
Sacramento, CA 95818
(916) 452-9622
Sacymca.org