

GROUP FITNESS SCHEDULE

Getting Fit is More Fun with Friends



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY 2017	MON	TUE	WED	THU	FRI	SAT	SUN
GROUP FITNESS PROGRAMS (Ages 15+)							
8:30 - 9:30 AM	STEP Elizabeth	KICKBOXING Eloisa (Beginning Jan. 17)	STEP Elizabeth	KICKBOXING Eloisa (Beginning Jan. 12)	ZUMBA Gabby		
9:30 - 10:30 AM	ZUMBA Gabby	ZUMBA Cristal	COMING SOON!!	ZUMBA Gabby	STEP Elizabeth		
10:30 - 11:30 AM	ZUMBA GOLD Eloisa (Beginning Jan. 16)		ZUMBA GOLD Eloisa (Beginning Jan. 18)				
4:15 - 5:30 PM	BEGINNERS KARATE Sensi Leo		BEGINNERS KARATE Sensi Leo		BEGINNERS KARATE Sensi Leo		
5:30 - 6:30 PM	ADVANCE KARATE Sensi Leo		ADVANCE KARATE Sensi Leo		ADVANCE KARATE Sensi Leo		
6:30 - 7:30 PM	ZUMBA Eloisa	STEP Maria. L	ZUMBA Eloisa	STEP Maria. L	ZUMBA Gabby		
7:30 - 8:30 PM		ZUMBA Gabby		ZUMBA Gabby	COMING SOON!!		

Color Code System: Effective immediately all classes will be scheduled based on level of participation/demand

Green (15+ students): Class is often full will continue based on demand

Yellow (10-15 students): Class is now in jeopardy of being canceled due to low participation

Red (10 students or less): Class will be canceled due to very low or no participation

IN PARTNERSHIP WITH
THE CITY OF SOLEDAD





PROGRAM DESCRIPTIONS

Take your fitness skills to the next level and join our high energy effective workout classes designed for cardiovascular conditioning and strength training.

Step

This is a high energy, fun-filled step aerobics class. Make this cardio based workout your own. It can be full of power and intensity or it can be gentle and low impact.

Boot Camp

Intervals of cardio for endurance and weight training for strength.

Kickboxing

Get fighting fit. Kickboxing classes are a combination of martial arts techniques and circuit training that will strengthen and tone every muscle in your body. It's a great way to learn self-defense, burn fat and kick your body into shape.

Zumba®

Combines high energy and motivating Latin music with unique moves and combinations that allow the participants to dance away their worries! Zumba is great for both mind and body. It's a "FEEL-HAPPY" workout. Come join the fitness party!

ZUMBA GOLD

Is a fitness program for active older adults. This classes' focus is To improve the quality of life for each participant and functional skills of daily living. It also provides a fun and enjoyable social environment and improves the physical and mental health by providing safe easy fitness choreography to ensure success.

Schedule Info & Dates to Note:

- **Free Fitness Assessments with Rosy! Please schedule at Member Desk**

Group Fitness Policies:

- Class capacity is 30 persons
- **Arrive 15 mins. early to assure your space in class**
- Wear proper work out attire
- **Bring water and a towel**

INSTRUCTORS NEEDED!

Join the Y's Health and Fitness Team. Teach one of our existing programs or try something new!

CONTACT SOUTH COUNTY YMCA - 831.678.1239