

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:25 AM Boot Camp See Schedule		5:30 - 6:25 AM Boot Camp See Schedule		5:30 - 6:25 AM Boot Camp See Schedule		
6:30 - 7:25 AM Hi/Lo Jack	6:00 - 7:00 AM Body Sculpt Elmaz	6:30 - 7:25 AM Hi/Lo Jack	6:00 - 7:00 AM Body Sculpt Elmaz	6:30 - 7:25 AM Brazilian Dance Danilo	8:30 - 9:20 AM Gentle Postural Stretch%/TBA	9:15 - 10:15 AM Tai Chi Practice Arthur
7:30 - 8:25 AM Tai Chi Practice Arthur	7:30 - 8:25 AM Tai Chi Practice Arthur	7:30 - 8:25 AM Tai Chi Practice Arthur	7:30 - 8:25 AM Tai Chi Practice Arthur	7:30 - 8:25 AM Tai Chi Practice Arthur	9:30 - 10:25 AM Body Sculpt Elmaz/ Norlisha	10:30 - 11:25 AM Beg/Interm.Step Cindy/Tracie
8:45 - 9:40 AM Body Sculpt % Norlisha		8:45 - 9:40 AM Body Sculpt % Norlisha		8:45 - 9:40 AM Body Sculpt % Elmaz	10:30 - 11:25 AM African Dance Norlisha	11:30 - 12:30 PM Body Sculpt Sari
9:45 - 10:45 AM GentleMovement Norlisha %	10:30 - 11:25 AM Zumba Carole %	9:45 - 10:45 AM GentleMovement Norlisha %	10:30 - 11:25 PM Brazilian Dance Jasmine %		11:30 - 12:10 PM Intermed.Step Tracie	
12:10 - 1:00 PM Cardio Core Norlisha	12:10 - 1:00 PM Abs & Buns Sari	12:10 - 1:00 PM Zumba Carole %	12:10 - 1:00 PM Abs & Buns Sari	12:10 - 1:00 PM Brazilian Dance Danilo	12:15 - 1:00 PM Abs & Buns Sari	
	12:00 - 12:45 PM Circuit Class 2nd flr/Rick		12:00 - 12:45 PM Circuit Class 2nd flr/Rick			3:00 - 4:00 PM Boot Camp See Schedule
	4:00 - 4:55 PM Body Sculpt Tracie		4:00 - 4:55 PM Body Sculpt Tracie		Rooms: AR - Aerobics Room (1st floor) G - Gym (ground floor) MBS - Mind Body Studio (1st floor) S - Spirit Studio (ground floor, next to locker room)	
5:00 - 5:55 PM Body Sculpt Sari		5:00 - 5:55 PM Body Sculpt Sari		5:00 - 5:55 PM Body Sculpt Tracie	To get the updated Group Exercise Class Schedule visit: http://bit.ly/GroupEx For more info, contact: Maria Cruz W: 510.451.9622 x 152 E: mcruz@ymcaeastbay.org Safety: It is not age-appropriate for youth (12 and under) to attend adult exercise classes. For their safety, we do NOT allow youth in the Group Exercise Classes unless noted. Restricted hours for teens are: Monday-Thursday from 6-7PM. (Teens must be with an adult guardian and utilize the same program area as the adult.)	
6:00 - 6:55 PM Inter.Step Suzanna	5:00 - 5:55 PM Hi/Lo Aerobics Jack	6:00 - 6:55 PM Zumba Dylan until 8/1	5:00 - 5:55 PM Hi/Lo Aerobics Jack	6:00 - 6:55 PM Adv. Step Tracie		
	6:00 - 6:55 PM Zumba Andreina %		6:00 - 6:55 PM Hip House Soul Jamer			
	6:00 - 6:55 PM BootCamp see schedule		6:00 - 6:55 PM BootCamp see schedule			
	7:00 - 7:55 PM Body Sculpt Kelvin		7:00 - 7:55 PM Body Sculpt Kelvin			
7:30 - 8:25 PM Capoeira BBCrt/Danilo	8:00 - 9:00 PM Hip Hop Dance Rashad	7:45 - 8:45 PM Capoeira BBCrt/Danilo		7:30 - 8:25 PM Capoeira BBCrt/Danilo		
Spirit Studio (Ground Floor, next to locker rooms)						
11:00 - 11:50 AM Therapeutic Stretch Norlisha %		11:00 - 11:50 AM Therapeutic Stretch Norlisha %				8:30 - 9:25AM Begin.Pilates Amanda %
			5:00 - 5:55 pm Double Dutch \$ Bernadine		11:30 - 12:30 PM Karate \$ 5-7 yrs old	9:30 - 10:25 AM Adv Pilates Amanda
5:30 - 6:25 PM Feldenkrais % Dav	6:00 - 6:55 PM Pilates Mat Amanda/Spirit St	5:00 - 6:00 PM Karate \$ Yoshi	BootCamp 6:00 - 6:55 PM See Schedule	Symbol Key: \$ Additional Charge. Sign up required	12:30 - 1:30 PM Karate \$ 8-12 yrs old	% Ideal for new to fitness
7:00 - 8:00 PM Karate \$ Yoshi		7:00 - 8:00 PM Karate \$ Yoshi	7:00 - 7:55 PM Pre-Natal Yoga Hatsumi	7:00 - 8:00 PM Karate \$ Yoshi	+ New class/time/ location - a change has been made w/in the last 2 months.	Updated: 6/29/10

YGROUP EXERCISE Mind/Body Studio (1st floor)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 - 7:00 AM All Levels Yoga Cecilia		6:00 - 7:00 AM All Levels Yoga Cecilia/Karen			8:15 - 9:15 AM Begin.Yoga% Tracie/Alan
7:30 - 8:30 AM Gentle Flow % Amanda	7:30 - 8:25 AM Begin Yoga % Danielle	7:30 - 8:30 AM Gentle Flow% Amanda	7:30 - 8:25 AM Begin Yoga % Danielle	7:30 - 8:30 AM Gentle Flow% Danielle	7:15 - 8:15 AM Tai Chi % GYM/ Wong	8:30 - 9:25AM Begin.Pilates% Spirit St/Amanda
	8:30 - 9:25 AM Feldenkrais % Kim		8:30 - 9:25 AM Feldenkrais % Kim		8:30 - 9:20 AM Gentle Postural Stretch% /AR	9:15 - 10:25 AM Intermed.Yoga Tracie/Alan
9:30 - 10:45 AM Powerflow Yoga Inter.Adv/Ambika		9:30 - 10:45 AM Powerflow Yoga Inter.Adv/Leah		9:30 - 10:45 AM Yoga All Levels Michelle	8:30 - 9:45 AM Adv Yoga Ambika	9:30 - 10:25 AM Adv Pilates Spirit St/Amanda
10:50 - 11:35 AM Flow Yoga Basics Begin./Roxanne	10:30-11:30 AM Tai Chi % GYM/ Wong	10:50 - 11:35 AM Flow Yoga Basics Begin./Leah %	10:30-11:30 AM Tai Chi % GYM/ Wong	10:45 - 11:30 AM Yoga Basics Carrie %	9:45-10:25 AM Begin. Yoga % Ambika	10:30 - 11:45 AM Yoga All Levels Ife
12:05 - 12:55 PM Intermediate Yoga Roxanne	12:00 - 12:50 PM Yoga All Levels TBA	12:05 - 12:55 PM Intermediate Yoga Amanda	12:00 - 12:50 PM Pilates/Yoga Amanda	12:00 - 12:50 PM Yoga All Levels Carrie	10:30 - 11:25 AM Pilates Mat TBA	<div style="border: 1px solid black; padding: 5px;"> Taught by students from the Flow Yoga Teacher Training </div>
	1:00 - 2:00 PM Therapeutic Yoga Carrie %		1:00 - 2:00 PM Therapeutic Yoga Carrie %	http://bit.ly/GroupEx Capitalize G & E		
5:00 - 5:55 PM Intermediate Yoga Roxanne	5:00 - 5:55 PM Gentle Yoga % Tracie	5:00 - 5:55 PM Intermediate Yoga Roxanne	5:00 - 5:55 PM Gentle Yoga % Tracie		4:30 - 5:30 pm Yoga All Levels Barbara/volunteers	Important info: * Participants who arrive more than 10 minutes after the class start time may be denied entrance to the class by the instructor. This rule is enforced for the safety of the participant and effectiveness of the instruction and is at the <u>sole discretion of the instructor.</u>
5:30 - 6:25 PM Feldenkrais % Spirit Studio	6:00 - 7:25 PM AdvVinyasaYoga Lauren		6:00 - 7:25 PM Int./Adv. Yoga Julie	* Proper and appropriate attire must be worn— <u>clean</u> shirts, gym shorts, sweats, and athletic shoes are required. NOT allowed: opened-toed shoes, sandals or street shoes. * Instructors & scheduled classes SUBJECT TO CHANGE * Classes can be cancelled/combined due to low participation (If there are 6 or less in the next 2 weeks, we will change or cancel the class).		
6:00 - 6:55 PM SlowFlowYoga Roxanne %	6:00 - 6:55 PM Pilates Mat Amanda/Spirit St	6:00 - 6:55 PM SlowFlowYoga Roxanne %				
7:00 - 7:55 PM Restorative Yoga Roxanne %		7:00 - 7:55 PM Restorative Yoga Roxanne %				

Indoor Cycling (1st floor)

5:00 - 5:30 AM WakeUp Spin Kym see BC schedule		5:00 - 5:30 AM WakeUp Spin Kym see BC schedule		5:00 - 5:30 AM WakeUp Spin Kym see BC schedule	7:45 - 8:30 AM Kelvin/Janece	
6:15 - 7:00 AM Doyle/Janece	6:00 - 6:45 AM Ignacio	5:45 - 6:30 AM Doyle 6/2-6/30	6:00 - 6:45 AM Ignacio	6:15 - 7:00 AM Janece	8:45 - 9:30 AM Kelvin/Janece	9:30 - 10:15 AM Janece
8:30 - 9:30 AM 60-Minutes/Elmaz	8:45 - 9:30 AM Sari	6:30 - 7:15 AM Doyle 6/2-6/30	8:45 - 9:30 AM Sari	8:30 - 9:15 AM James	9:45 - 10:30 AM Sari	10:30 - 11:15 AM Sari
12:15 - 1:00 PM Kelvin	12:15 - 1:00 PM Kym	8:30 - 9:15 AM Kelvin	12:15 - 1:00 PM Kelvin	12:15 - 1:00 PM Ignacio	10:45 - 11:30 AM Sari	
4:15 - 5:15 PM Giselle	5:00 - 5:45 PM Mike/Janece	12:15 - 1:00 PM Elmaz	5:00 - 5:45 PM Mike/Janece		Get email updates http://conta.cc/yupdates	
5:30 - 6:15 PM Erica	6:00 - 7:00 PM Mike/Janece	5:30 - 6:15 PM Harini (6/23-8/25)	6:00 - 7:00 PM Janece	5:30 - 6:15 PM Erica	Indoor Cycling Reservation: Call 510-763-1217 or come by the front desk to sign up for a class a day ahead. *First time cyclists arrive early and alert the instructor. *Pace yourself.	
6:30 - 7:15 PM Sari		6:30 - 7:15 PM Sari				

***Back-to-back rides NOT allowed.** As a courtesy to your fellow Y members, note that if you have signed up for a spin class that is full (both regular and alternates) and you have just taken the class immediately before please allow someone who has signed up (regular/alternate) to have your bike. This allows more members the opportunity to take spin as part of their exercise routine. Your cooperation is greatly appreciated!

CLASS DESCRIPTION FOR GROUP EXERCISE

CARDIO/DANCE CLASSES – boost your strength, cardiovascular endurance and muscle tone.

African Dance - A vigorous class based on West African movement.

Belly Funk - Learn to shake it like Shakira! A fun, cardio dance workout that focuses on tightening waistlines and strengthening core, Belly Funk® blends the soft, sensuous movements of belly dance with the energetic, urban flavor of hip hop.

Boot Camp - A challenging workout combining cardio, agility, and strength training. Open to anyone with a positive attitude and an interest in getting or staying in shape. All fitness levels and abilities are welcome.

Capoeira - An Afro-Brazilian art form that combines music and dance, attack and defense; helps challenge your mind and condition your body.

Hi/Low Impact Aerobics - Emphasizes a less stressful style of movement while delivering an excellent cardio workout. Dance experience not necessary. Burn calories and have fun.

Hip Hop – Offered for beginning and intermediate levels; focusing on stretching, cardio and choreography. Great for all ages!

Latin Fusion and Zumba - A vigorous low-impact class that includes Cuban salsa, Timba and Brazilian dance. The moves are accessible to all fitness levels.

•**Beginning Step** introduces basic choreography at a slower pace to allow participants an opportunity to get familiar with step moves.

•**Intermediate Step** is for those familiar with the basics. It

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KARATE (\$)

This class begins with routine stretching of muscles and loosening of joints, then proceeds to the three K's: kihon, or practice of basic techniques; kata or performance of mandatory forms; and kumite, which is a controlled form of free sparring. Fees: check flyer.

IMPORTANT INFORMATION:

*Instructors subject to change.

*All classes & scheduled activities are based upon minimum enrollments & **subject to change.**

*Classes can be cancelled or combined due to low enrollment.

* Participants who arrive more than 10 minutes after the class start time may be denied entrance to the class by the instructor. This rule is enforced for the safety of the participant and the effectiveness of the instruction and is at the **sole discretion of the instructor.**

MIND/BODY CLASSES

Feldenkrais – This class combines functional integration with awareness through movement. The Feldenkrais Method teaches that, because movement is the best way for the mind to communicate with the body, changing the way we move can help us make changes in our lives. Bring greater awareness to your fitness program and reduce strain, discomfort, and injury.

Gentle Postural Stretch - Gentle exercises for range-of-motion, optimal alignment, conditioning of joints, muscles, tendons, and ligaments.

Pilates-based Mat class - This core conditioning class is based on the work of Joseph Pilates. It is designed to strengthen deep muscles, combining postural awareness, abdominal and back work, and flexibility training.

Yoga - The word “yoga” means union. The union of a person's mind, body and spirit is brought into balance through a total system of health and fitness. This is accomplished through breathing and relaxation techniques accompanying a series of poses or postures and the transitions between poses..

•**Beginning Yoga or Fundamentals or Basics** - Great for people exploring or just starting out. It is also ideal for more advanced practitioners who prefer a basic approach to yoga. This class offers clear, direct instruction about postures, breathing, and meditation techniques. Yoga is taught as a system of health and fitness.

•**Gentle Yoga or Gentle Flow** - Learn techniques to help you to link your body, breath and mind through breathing and relaxation techniques accompanying a series of yoga poses or postures at a slower pace.

•**Restorative Yoga** – This form of yoga brings the body to rest deeply, in a different way than sleep. Relaxation is a state in which there is no movement, no effort, and the brain is quiet.

•**Therapeutic Yoga** – This class aims to provide a routine of gentle stretching to bring relaxation and relief from tight muscles and joints. Appropriate for all ages and fitness levels.

•**Vinyasa Yoga** - This more vigorous form of yoga uses linked poses, held and repeated in sequence.

•**Flow Yoga** - teaches sequences of flowing postures linked by the breath to detoxify, strengthen, and stretch the body. The selected yoga postures are carefully balanced to build strength and flexibility while releasing accumulated tension.

•**Power Flow Yoga** has its roots in Ashtanga Yoga. It tends to be less structured than Ashtanga and allows the instructor to alter sequences and assign poses in response to students' needs. Power Flow Yoga is a fast-paced class with poses that encourage alignment, flexibility, balance, strength, and muscle endurance.

•**Tai Chi** - This class covers warm-ups, gentle stretching, the 24-movement simplified form and basic Chi-Gung exercises.

STRENGTH & CONDITIONING

Abs & Buns (Abilates) – a class dedicated to the troublesome abdominal midsection and rear.

Body Sculpt – a workout designed to promote muscular endurance, strength and flexibility. Classes may use dumbbells, cords, bands, and natural body resistance. Highlights abdominals, lower body and stretching.

Indoor Cycling - an intense, non-impact cardiovascular journey performed to inspiring music on specially designed bikes. Beginners welcome. Sign up for a bike at the front desk.