

# Group Exercise Schedule Spring 2012

Update: May 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

AM						
<b>Total Body Conditioning</b> 6:00-6:55 AM Yue Main Studio	<b>Hatha Flow</b> <span style="color:blue;">NEW</span> 6:00-6:55 AM Yue Yoga Studio	<b>Total Body Conditioning</b> 6:00-6:55 AM Jenna Main Studio	<b>Hatha Flow</b> <span style="color:blue;">NEW</span> 6:00-6:55 AM Yue Yoga Studio	<b>Total Body Conditioning</b> 6:00-6:55 AM Jenna Main Studio	<b>Vinyasa</b> <span style="color:blue;">NEW</span> 7:45-8:45 AM Dina Yoga Studio	<b>Cardio Dance Mix</b> 9:00-9:55 AM Angela Main Studio
<b>Cycle</b> 6:00-6:55 AM Darlene Cycle Studio	<b>Cycle 45</b> 6:00-6:45 AM Bruce Cycle Studio	<b>Cycle</b> 6:00-6:55 AM Beth Cycle Studio		<b>Cycle</b> 6:00-6:55 AM Darlene Cycle Studio	<b>BODYPUMP™</b> 8:15-9:25 AM Orna Main Studio	<b>Cycle</b> 9:00-9:55 AM Scott S. Cycle Studio
<b>BODYPUMP™</b> 7:00-8:10 AM Pam Main Studio	<b>Core Express (30min)</b> 6:50-7:20 AM Bruce Main Studio	<b>BODYPUMP™</b> 7:00-8:10 AM Esther Main Studio		<b>BODYPUMP™</b> 7:00-8:10 AM Heather Main Studio	<b>Aqua Interval</b> 8:15-9:10 AM Carole Outdoor Pool	<b>Pilates Yoga Fusion</b> 9:00-9:55 AM Terri Y. Yoga Studio
<b>Barre Workout - Level 1</b> 8:30-9:25 AM Stephanie Main Studio	<b>ZUMBA®</b> 8:30-9:25 AM Ying Main Studio	<b>ZUMBA®</b> 8:30-9:25 AM Alejandra Main Studio	<b>U-Jam Fitness</b> 8:30-9:25 AM Robert Main Studio	<b>Barre Workshop - Lv 2 (\$)</b> 8:30-9:25 AM Stephanie Main Studio	<b>Cycle</b> 8:15-9:15 AM Kim Cycle Studio	<b>BODYPUMP™</b> 10:00-11:10 AM Janet Main Studio
<b>Aqua Fitness (Sr)</b> 8:30-9:25 AM Julie Indoor Pool	<b>Vinyasa - Level 2</b> 9:15-10:30 AM Eileen Yoga Studio	<b>Aqua Fitness (Sr)</b> 8:30-9:25 AM Michelle D. Indoor Pool	<b>Aqua Fitness (Sr)</b> 8:30-9:25 AM Michelle Outdoor Pool	<b>Aqua Fitness (Sr)</b> 8:30-9:25 AM Lisa B. Outdoor Pool	<b>Vinyasa</b> 9:00-10:15 AM Dina Yoga Studio	<b>Cycle</b> 10:00-10:55 AM Scott S. Cycle Studio
<b>BODYPUMP™</b> 9:30-10:40 AM Michele M. Main Studio	<b>Step Interval</b> 9:30-10:25 AM Brett Main Studio	<b>Hatha - Level 2</b> 9:30-9:25 AM Keyko Yoga Studio	<b>Vinyasa - Level 2</b> 9:15-10:30 AM Eileen Yoga Studio	<b>Step Interval</b> 9:30-10:25 AM Yue Main Studio	<b>Step Interval</b> 9:30-10:25 AM Lloyd Main Studio	<b>Hatha Flow (75min)</b> 10:15-11:30 AM Gloria Yoga Studio
<b>Cycle</b> 9:30-10:25 AM Deb Cycle Studio	<b>Mat Pilates</b> 10:40-11:35 AM Lizeth Yoga Studio	<b>BODYPUMP™</b> 9:30-10:40 AM Michele M. Main Studio	<b>Step Interval</b> 9:30-10:25 AM Kelly Main Studio	<b>Cycle</b> 9:30-10:25 AM Judi Cycle Studio	<b>Cycle</b> 9:30-10:25 AM Bruce Cycle Studio	
<b>Hatha - Level 2</b> 9:30-10:25 AM Nicole M. Yoga Studio	<b>Stretch &amp; Move (Sr)</b> 10:45-11:30 AM Debbie G. Main Studio	<b>Cycle</b> 9:30-10:25 AM Lisa G. Cycle Studio	<b>Tai Chi* (Sr)</b> 10:40-11:55 AM Amara Yoga Studio	<b>Brain-to-Body Mat Pilates</b> 9:30-10:25 AM Stephanie Yoga Studio	<b>Mat Pilates</b> 10:30-11:25 AM Jen/ Lizeth Yoga Studio	
<b>Hatha</b> 10:40-11:35 AM Nicole M. Yoga Studio		<b>Vinyasa - Level 1</b> 9:30-10:25 AM Keyko Yoga Studio	<b>Stretch &amp; Move (Sr)</b> 10:45-11:30 AM Debbie G. Main Studio	<b>ZUMBA®</b> 9:30-10:25 AM Claudia Gym	<b>Core &amp; Glute Attack</b> 10:30-10:55 AM Lloyd Main Studio	
<b>Light &amp; Easy (Sr)</b> 10:40-11:35 AM Michele M. Main Studio		<b>ZUMBA® (Sr)</b> 10:40-11:35 AM Terri A. Main Studio		<b>Core Express</b> 10:30-10:55 AM Yue Gym	<b>ZUMBA®</b> 10:30-11:25 AM John Gym	
		<b>Cycle &amp; Krank (Sr) (45min)</b> 10:45-11:30 AM Debbie G. Cycle Studio		<b>Gentle Yoga (Sr)</b> 10:40-11:35 AM Lily Yoga Studio	<b>Rowing (30min)</b> 10:45-11:15 AM Bruce Cycle Studio	

PM						
<b>BODYPUMP™</b> 12:00-1:10 PM Lloyd Main Studio	<b>Total Body Conditioning</b> 12:00-12:55 PM Yue Main Studio	<b>BODYPUMP™</b> 12:00-1:10 PM Lloyd Main Studio	<b>BOSU Interval</b> 12:00-12:55 PM Scott A. Main Studio	<b>BREATHE</b> 12:00-5:00 PM Open Studio Yoga Studio	<b>Stretch &amp; Relax (45min)</b> 11:30 AM-12:15 PM John Main Studio	
<b>Rock 'n' Roll Yoga</b> 12:00-12:55 PM Lauren Yoga Studio	<b>Hatha</b> 12:00-12:55 PM Lauren Yoga Studio	<b>Mat Pilates</b> 12:00-12:55 PM Annie L. Yoga Studio	<b>NIA* (Sr)</b> 12:00-12:55 PM Gilia Yoga Studio			<b>ZUMBA®</b> 4:00-4:55 PM Fi Main Studio
	<b>Cycle 45</b> 12:00-12:45 PM Scott A. Cycle Studio			<b>Cycle 45</b> 12:00-12:45 PM Bruce Cycle Studio		<b>Hatha</b> 4:00-4:55 PM Kendra Yoga Studio
<b>Feldenkrais (Sr)</b> 2:00-2:55 PM Brad Yoga Studio	<b>Gentle Yoga (Sr) (75min)</b> 2:00-3:15 PM Chihiro Yoga Studio	<b>Feldenkrais (Sr)</b> 2:00-2:55 PM Brad Yoga Studio	<b>Gentle Yoga (Sr)</b> 2:00-2:55 PM Betty Yoga Studio			<b>ZUMBA®</b> <span style="color:blue;">NEW</span> 5:15-6:10 PM Fi Main Studio
<b>Contemporary Pilates</b> 5:30-6:25 PM Terri V. Main Studio	<b>20/20/20</b> 4:15-5:10 PM Scott A. Main Studio	<b>Mat Pilates</b> 5:30-6:25 PM Annie P. Yoga Studio	<b>20/20/20</b> 4:15-5:10 PM Scott A. Main Studio			<b>Restorative Yoga (90min)</b> 5:15-6:45 PM Chihiro Yoga Studio
<b>Cycle/Row</b> 6:00-6:55 PM Bruce Cycle Studio		<b>Cardio Kickboxing</b> 6:00-6:55 PM Fi Main Studio	<b>Hatha Flow</b> 6:00-6:55 PM Nicole M. Yoga Studio	<b>ZUMBA®</b> 6:00-6:55 PM John Main Studio	<b>CLASS PARTICIPATION</b> 1. Classes are 55-minutes, unless noted. 2. Classes are for individuals ages 13 and older. 3. Be on time. If arriving after the first 10 minutes of class, defer to Instructor for admittance. 4. Capacity Classes. Studios have capacity limits which vary with class formats, or available equipment (i.e. Cycling). Observe posted signs; do not enter Studios when classes reach capacity. 5. Refrain from unnecessary conversations.  <span style="color:blue;">NEW</span> <b>New class, time and/or instructor</b> <b>(Sr) Senior Fitness- appropriate for all levels</b> <b>(\$)</b> <b>Additional Fee and Registration Required</b> <b>* Specialty Wellness Class</b>	
<b>Kickbox Express (30min)</b> 6:30-6:55 PM Brandy/ Dave Main Studio	<b>ZUMBA®</b> 6:00-6:55 PM Asya Main Studio		<b>ZUMBA®</b> 6:00-6:55 PM Rowe Main Studio	<b>Cardio Kickboxing</b> 7:00-7:55 PM Fi Main Studio		
<b>Hatha</b> 6:30-7:25 PM Sarah Yoga Studio	<b>Vinyasa (75min)</b> 6:00-7:15 PM Dina Yoga Studio	<b>Vinyasa (75min)</b> 7:00-8:15 PM Doris Yoga Studio	<b>Cycle</b> 6:30-7:25 PM Chuck/ Deb Cycle Studio			
<b>BODYPUMP™</b> 7:00-8:10 PM Brandy/ Dave Main Studio	<b>Cycle</b> 6:30-7:25 PM Chuck Cycle Studio	<b>BODYPUMP™</b> 7:00-8:10 PM Orna Main Studio	<b>Vinyasa (75min)</b> 7:00-8:15 PM Nicole M. Yoga Studio			
<b>Deep Water Fitness</b> 7:00-7:55 PM Larre Outdoor Pool	<b>20/20/20</b> 7:00-7:55 PM Fi Main Studio	<b>Water Works</b> 7:10-8:05 PM Lisa B. Indoor Pool				

The SPRING 2012 Schedule will cover the months of March, April & May 2012. Classes or Instructors may change without notice. Look for specialty Workshops and seasonal classes.

OFJCC 3921 Fabian Way, Palo Alto, 94303 | www.paloaltojcc.org | (650) 223-8700 | info@paloaltojcc.org



# Group Exercise Class Descriptions



## AQUA

**Aqua Fitness** Enjoy our indoor pool with this invigorating, non-impact class. Use hydro-dynamics to develop strength and cardiovascular endurance. Ideal for athletes, rehabilitation, older adults and pregnant women. Participate in chest-deep water (3'6" to 4'), swimming experience is not necessary.

**Aqua Interval** Offered year round in our outdoor pool. Gain endurance and flexibility, have fun and splash your way to a healthier you.

**Deep Water Fitness** Offered year round in our outdoor pool. Buoyancy reduces the stress on the weight-bearing structure of the body. A deep-water workout can address cardiovascular fitness, increased flexibility and muscular resistance training.

**Water Works** A gentle fitness option offered in our indoor pool; focusing on range of motion, balance and endurance.

## CARDIO & FUSION FITNESS

**20/20/20** Get your workout accomplished in equal 20 minute segments of cardio, resistance training, and core/flexibility conditioning. Cardio may include formats from Kickboxing, STEP or BOSU.

**BOSU Interval** Incorporate training techniques on the BOSU® balance trainer from cardio and plyometrics, to strength and balance. The blue dome challenges balance training, core conditioning and adds a new dimension to resistance training with dumbbells or bodybars.

**Cardio Dance Mix** Street dance and hip hop meets Latin dance to create an energetic fitness class to contemporary hits. All levels welcome. No dance experience or special shoes necessary.

**Cardio Kickboxing** This cardiovascular workout uses the basic techniques of kickboxing to develop overall endurance, conditioning and stamina.

**Light & Easy (SR)** Light on the joints, appropriate for all levels of fitness. This low-impact class uses choreographed patterns emphasizing full range of motion, balance and core stabilization, cardiovascular endurance and flexibility.

**Step Interval** Based on the original Step format, classes combine intervals of resistance training. Ideal for those learning cueing and technique.

**Stretch & Move (SR)** A great first class for active older adults and beginners. Warm-up with low impact and non-impact movements. Continue with a variety of exercises designed to increase range of movement, functional balance and strength.

**Total Body Conditioning** A cross-training format incorporating cardiovascular and resistance training tools and techniques. Classes may include the BOSU® balance trainer, resistance tubing, STEP, dumbbells and functional training techniques.

**U-Jam Fitness™** This class unites world beats with urban flavor and takes you around the world from hip-hop to Bollywood with an intense cardiovascular workout! Easy to learn dance steps choreographed to high energy music make you sweat, tone your body and leave you craving more.

**ZUMBA®** Ditch the workout and stay for the party! Every Zumba® class is a fun event. The mix of Latin, top 40 and Hip Hop music keeps you energized.

**ZUMBA® (SR)** Offering Zumba with less impact on the joints, and simplified movements, but with all the fun of a regular Zumba class! Great for anyone looking to try Zumba, or at a slower pace.

## PILATES

**Mat Pilates** Introduces yourself to the fundamentals of Pilates technique (without apparatus/equipment). Focus on alignment, opposition, balance and functional fluid movement to compliment your life. Learn to focus all movement from the core's foundation - the powerhouse. Techniques also cover resistance training, alignment, flexibility and breath work. Bring your own mat. Courtesy mats available.

**Brain to Body Mat Pilates** Join Stephanie Herman as she teaches how the brain is responsible for controlling specific muscle isolations needed for body awareness and injury prevention. Create a confident, strong and fluid body.

**Contemporary Pilates** This energetic mat class is geared toward the experienced participant. Enhance the classic principles of Pilates with the use of props including the small ball, magic circle, foam roller, BOSU® balance trainer or ballet barre.

**Pilates Yoga Fusion** A dynamic blend of Pilates and fitness yoga - prior experience recommended. A great total-body workout addressing core stabilization, flexibility, balance, overall strength and endurance. An active class set to upbeat music.

**Pilates Training (\$)** Small group sessions offer quality time with our certified Pilates professionals. Training on apparatus equipment provides experiences unavailable in a Mat workout, increasing your awareness of core activation, planes of movement, stabilization, flexibility and posture.

## STUDIO CYCLING

**Cycle** This fun and highly effective workout is offered using the Schwinn AC Pro studio cycle; using the MPower information console, and smooth magnetic resistance. Integrate training techniques using cadence, intervals and heart rate or energy zones. Customize your workout with a heart-rate monitor to compliment either studio or real road training..

**Cycle45** Enjoy the same benefits of our Cycling classes in a 45 minutes format. Offered early mornings and in our Noon Schedule.

**Cycle & Krank** Studio Cycling and Kranking are combined in this 45-minute format. Non-impact fitness open to all levels of experience. Kranking is the studio application of the fitness Ergometer.

**Cycle/Row** A full-body cross-training class combines the Schwinn AC Pro studio bike with the Concept-2 rower. Open to all levels of interest, and a great opportunity to learn proper rowing techniques.

## STRENGTH, RESISTANCE and CORE

**BODYPUMP™** The original barbell class! Strength training is important for all levels and all ages of

fitness. Whether its your first class or fiftieth, BODYPUMP will challenge major muscle groups with proper technique and form using squats, presses, lifts and curls. Choreographed to great music!

**Core Express** Target the core (shoulders to pelvis). This class helps you focus on strength and stabilization. Exercises may be done standing, on a stability ball or using the BOSU® balance trainer.

## YOGA

**Hatha** The foundation of Yoga. The first step for any exploration into yoga, or continuing a traditional practice. Learn foundational asanas (poses) and pranayama (breathing technique). Appropriate for all levels. Bring your own mat. Courtesy mats, blocks, straps blankets and bolsters available.

**Hatha Flow** Progress your Yoga practice with connected poses. This fluid progress opens participants to a more physical practice. Appropriate for all levels, prior Hatha experience encouraged.

**Gentle Yoga** This class incorporates asanas in a slow, meditative and calm practice. Appropriate for all levels of fitness, and encouraged for any person with reduced mobility or limitations.

**Restorative Yoga** Postures are with supporting props (bolsters or blankets) to minimize strain and maximize flexibility and relaxation.

**Vinyasa** is a Yoga practice building endurance, flexibility, strength and mental focus on the synchronization of breath and the continuous flow of movement with a dynamic system of asanas.

## SPECIALTY CLASSES

**Barre Workout** Focus on muscle isolation and proper alignment to create a "Dance to Fit" cardiovascular workout.

**Breathe** (open Studio) Unwind, relax and pause. Use this open time in the Yoga Studio to complete your workout or unwind after a busy week. Gentle music is provided in the background promoting deep breathing and relaxation. No Instructor provided.

**Feldenkrais** Discover gentle movement sequences designed to release chronic tension and introduce new movement patterns to the nervous system.

**NIA** A fluid low-impact exercise combines elements of dance, martial arts, and healing arts. It is intended to deliver cardiovascular and whole-body conditioning choreographed to a variety of music.

**Rowing** Learn technique and form in this non-impact format on the Concept 2 Rower. Open to all levels. Limited space (8-rowers).

**Stretch & Relax** Enjoy this opportunity to focus on techniques of deep stretching and breath-work.

**Tai Chi** Begin learning the Chen Style Form, a sequenced pattern of movements used to develop strength and coordination, while promoting muscle relaxation and flexibility.

For more information on the OFJCC Group Exercise Classes, please contact [groupexercise@palaltojcc.org](mailto:groupexercise@palaltojcc.org) or (650) 223-8711.