



FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

2012 Group Exercise Schedule

Effective January 31, 2012

Class Descriptions on Back

<u>Class</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM- 6:30 AM	Early Bird Circuit Paula Sarmento	—	Early Bird Circuit Michelle Shackelford	—	Active Yoga Michelle Shackelford	
9:00 AM- 10:00 AM	Dancercise Katie Svlich	Active Yoga Akemi Dean	Dancercise Katie Svlich	Active Yoga Michelle Shackelford		
10:15 AM- 11:15 AM	Senior Fit Jan Ward	—	Senior Fit Theresa Della Lana	PCX Michelle Shackelford	Senior Fit Jan Ward	Sunrise Yoga 10:00 am. Mary Olswang
12:15 PM- 1:00 PM	Noon Circuit & Core Jan Ward	ZUMBA® Carmen Aleman	Noon Circuit & Core Michelle Shackelford	PCX Michelle Shackelford	Noon Circuit & Core Jan Ward	
4:30 PM- 5:30 PM	—	Dancercise Annette Hoff	—	Dancercise Annette Hoff	—	
5:30 PM- 6:30 PM	Kickbox Plus Kim Freeze	Power Yoga Kim Eastman	Luck of the Draw Mary Olswang	ZUMBA® Joann Truby	—	
6:45 PM- 7:45 PM	Fitness Bootcamp (2-6—4-2)		Fitness Bootcamp Polar Bear			

Siskiyou Family YMCA, 350 N. Foothill Drive, Yreka, CA 96097 Phone: 530-842-YMCA Website: www.siskiyou-ymca.org

★Classes are free for Y members and \$5/class for non-members★

Active Yoga

Yoga that applies movement and static poses to increase strength and flexibility using your own body weight as resistance.

Dancercise

Choreographed dance and low impact exercise routines that are easy to follow and combined with today's hottest music. All exercise should be this fun!

Early Bird Circuit and Noon Circuit & Core

These fitness classes feature different strength and conditioning exercises in a circuit and/or interval format. Increase your muscular strength, endurance and balance using BOSU's, balance discs, weights and body bars.

Fitness Bootcamp

You will experience a class that is challenging, fun and designed to deliver total body results. This workout combines agilities, resistance training, push-ups, speed-drills, core strength, and endurance challenges. This class is structured for all fitness levels.

Kickbox Etc.

This class combines the intense cardio workout of a kickboxing class paired with strength training workouts similar to P90X and/or CrossFit sequences designed for any individual regardless of gender or experience.

Luck of the Draw

A group exercise class that changes weekly. Instructors will utilize Reebok Steps, Bosu's, hand weights, body bars, etc. Rotating cardio interval and kickboxing formats will keep this class innovative throughout the year.

PCX

Plyometrics, calisthenics, variance. A 30 minute workout that will increase speed and agility while building lean muscle and revving metabolism. Suitable for most fitness levels.

Power Yoga

A dynamic yoga class that creates a flow between static and traditional yoga postures. Heat generated during muscle movements help increase circulation and overtime, joint flexibility.

Senior Fit

This class will keep you moving through the decades with step, low impact aerobics, stretching, strength and balance work. Class formats change day to day to keep it lively and fun!

Sunrise Yoga

A progressive flow of poses (asanas) derived from Hatha yoga. Classes are designed to increase strength, flexibility and balance of the entire body while focusing on breathing and mindful movement. All levels of fitness are welcome. Please bring your own yoga mat if you have one.

ZUMBA®

A Latin-inspired dance-fitness class that incorporates Latin and International music and dance movements. Merengue, Salsa, Cumbia, & Reggaeton are just a sample of the moves to motivate you into shape. All fitness levels welcome.

