



Group Exercise

Effective Date: August 17, 2016

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00-7:00a	Studio CYCLE SS JORY	6:00-7:00a	Studio CYCLE SS MEGAN	6:00-7:00a	Studio CYCLE SS JORY	6:00-7:00a	Studio CYCLE SS MEGAN	6:00-7:00a	Studio CYCLE SS LINDELL	8:00-9:00a	BOSU CIRCUIT S2 NAMI
6:00-7:00a	Group Reforme S1 CRISTINA	6:00-7:00a	Cardio Sculpt S2 LINDA	7:00-8:00a	Hatha Yoga S2 GLORIA	6:00-7:00a	Cardio Sculpt S2 YUE	8:30-9:30a	Total Body Bla: S2 LAURA	8:00-9:00a	CYCLE Beats SS CANDI
7:00-8:00a	Hatha Yoga S2 CAROL	6:00-7:00a	Group Reforme S1 SYBILLE	8:30-9:30a	Total Body Con S2 KIMI	6:00-7:00a	Pilates Apparatu S1 SYBILLE	9:00-10:00a	Aqua Fitness Pool CAROLE	9:00-10:00a	Aqua Fitness Pool COREY
8:30-9:30a	Total Body Con S2 KIMI	7:00-8:00a	BARRE Fusion S2 YUE	9:00-10:00a	U-JAM S3 RHONDA	7:00-8:00a	BARRE Fusion S2 YUE	9:00-10:00a	U-JAM S3 SANDY	9:00-10:00a	Mat Pilates S2 TONI
9:00-10:00	H.I.I.T. Sculpt S3 MOUNA	8:15-9:15a	Cardio Blast S2 YUE	9:00-10:00a	Aqua Fitness Pool COREY	8:15-9:15a	Cardio Blast S2 YUE	9:30-10:30a	Studio CYCLE SS LAURA	9:00-10:00a	H.I.I.T. Sculpt S3 MOUNA
9:00-10:00a	Aqua Fitness Pool CAROLE	9:30-10:30a	Mat Pilates S3 SYBILLE	9:30-10:30a	Studio CYCLE SS MEGAN	9:30-10:30a	Mat Pilates S3 SYBILLE	9:30-10:30a	Gentle Yoga S2 JESS	10:00-11:00a	Group Reforme S1 TONI
9:30-10:30a	BARRE Burn S2 KIMI	9:30-10:30a	Pilates Reforme S1 CRISTINA	9:30-10:30a	Kick & Sculpt S2 KIMI	9:30-10:30a	Pilates Apparatu S1 LYDIA	10:30-11:30a	H.I.I.T. S2 LLOYD	10:00-11:00a	Zumba S2 CANDI
9:30-10:30a	Group Reforme S1 LILIANA	9:30-10:30a	Zumba S2 KIM Y.	10:00-11:00	BARRE Sculpt S3 LILY	9:30-10:30a	Zumba S2 KIM Y.	10:30-11:30a	Group Reforme S1 LILIANA	10:00-11:00a	Total Body Bla: S3 MOUNA
9:30-10:30a	Studio CYCLE SS LAURA	10:30-11:30a	Hatha Yoga S2 COREY	10:30-11:30	Mat Pilates S2 LILIANA	10:30-11:30a	Restorative Yog S2 CAROL	11:30-12:30p	Gentle Cond. S2 LLOYD	11:00-12:30p	Vinyasa Yoga S2 DAVID
10:30-11:30a	Mat Pilates S2 LILIANA	10:30-11:30a	Gentle Cond S3 BRITTANY	11:00-12:00	Vinyasa Yoga S3 LILY	11:30-12:30p	BARRE Burn S2 SUSAN	11:30-12:30p	Pilates Sculpt S3 LILIANA	SUNDAY	
10:30-11:30a	Group Reformer S1 SYBILLE	11:30-12:30p	BARRE Burn S2 SUSAN	11:30-12:30	Gentle Cond S2 KIMI	5:00-6:00p	Yoga Flow S3 RHONDA	5:00-6:00p	POUND S2 CHILOU		
11:00-12:00p	Vinyasa Yoga S3 LILY	5:00-6:00p	Yoga Flow S3	12:30-1:30p	Group Reformer S1 SYBILLE	5:30-6:30p	Total Body Conc S2 YUE	6:00-7:00p	Dance Party S2 SHERONA	8:00-9:00a	Aqua Fitness Pool CAROLE
11:30-12:30p	Gentle Cond. S2 KIMI	5:30-6:30p	Zumba S2 RHONDA	5:00-6:00p	BARRE Sculpt S2 YUE	6:00-7:00p	Pilates Apparatu S1 CRISTINA	LEGEND		9:00-10:00a	Studio CYCLE SS HEATHER
5:00-6:00p	Total Body Con S2 LINDA	6:00-7:00p	Pilates Reforme S1 LYDIA	6:00-7:00p	Hatha Yoga S3 SUSIE	6:00-7:00p	CYCLE/Sculpt SS/S3 ROCKY			S1 - Studio 1	SS-Spin Studio
5:00-6:00p	Pilates Reforme S1 TONI	6:00-7:00p	Studio CYCLE SS MARIA	6:00-7:00p	U-JAM S2 JOEL	6:30-7:30p	Zumba S2 CANDI	S2 - Studio 2	Pool	10:00-11:00a	POUND S3 SANDY
6:00-7:00p	U-JAM S3 SHERONA	6:30-7:30p	Aqua Fitness Pool JULIA	6:00-7:00p	BootCamp Blast Pool Deck ROCKY	6:30-7:30p	Aqua Zumba Pool SANDRA	S3 - Studio 3	FF-Fitness Floor	10:00-11:00a	Total Body Blast S2 LLOYD
6:00-7:00p	Kickboxing S2 LINDA	6:30-7:30p	Cardio Sculpt S2 LINDA	6:00-7:00p	Studio CYCLE SS KRISHIL	7:30-8:30p	Mat Pilates S2 GINNY	\$ = Fee-based. To register go to: SMAC.GroupExercise@smccd.edu		10:00-11:00a	Group Reformer S1 CRISTINA
6:00-7:00p	Studio CYCLE SS COREY	7:30-8:30p	Mat Pilates S2 LYDIA / LAURA	6:00-7:00p	Pilates JumpBoard S1 TONI	STRENGTH CARDIO MIND-BODY AQUA				11:00-12:00p	Power Yoga S2 JESS
6:00-7:00p	BootCamp Blas Pool Deck ROBERT			7:00-8:00p	Total Body Cond S2 ROBERT						
7:00-8:00p	Hatha Yoga S2 JEAN										

CLASS DESCRIPTIONS

AQUA FITNESS — A total body workout in a non-impact setting. This class combines cardiovascular, strength, and flexibility exercises to provide you with a complete workout. Great if you are rehabilitating from an injury or simply looking for something new to try. All levels welcome.

Body Weight Blast — Engage your core from the ground up and experience the benefits of BAREFOOT training. Includes balance and neuromuscular training, and a high intensity cardiovascular segment, for a complete total body workout experience. All levels welcome.

BARRE Burn — An intensely paced full body workout, fusion of ballet barre, cardio, Pilates, yoga, and core conditioning. This class uses the barre and light weights to sculpt followed by cardio intervals to burn fat and build stamina. All levels welcome.

BARRE Fusion — A perfect blend of Pilates, yoga and BARRE method utilizing the ballet bar for stability and core work. All levels welcome.

BARRE Sculpt — An intense total body workout that burns fat and sculpts long lean muscles. Get fit, burn fat, and sculpt a dancer's body utilizing light hand weights. All levels welcome.

BOSU Circuits — This class will explore the world of circuit training utilizing the BOSU balance trainer. We will focus on upper and lower body strength, core, and cardio in a format that will take your fitness to new heights! All levels welcome.

Boot Camp Blast — This outdoor workout on the pool deck utilizes giant tires, kettle bells, sand bags, battle ropes and body weight paired with athletic skills and drills! High-energy, fast paced will challenge for the athlete in each of us! Not for beginners. Challenge yourself today!

Cardio Blast — An intense cardiovascular workout that will challenge your aerobic and anaerobic capacities. Super high energy for a super fun class! If you want to sweat, this is the class for you.

Cardio Sculpt — A great class incorporating strength training routines while working on your cardiovascular system. The best of both worlds!

Dance Party — This unique dance-based cardio workout combines elements from different dance genres including ballroom, hip-hop, and club-style dancing, and has a soundtrack mash-up featuring music spanning the years! Come join the party! All levels welcome.

Gentle Conditioning — A great class for everyone, and also a wonderful start for any beginner! This workout uses bands, steps, and balls to achieve total body conditioning. Finish the workout with a relaxing stretch.

GENTLE Yoga — This class is ideal for anyone wanting to work on stress release, flexibility, and balance. Students of Gentle Yoga will ease into a variety of Hatha yoga postures, breath work, and focused relaxation, and will come out of class feeling great! All levels welcome.

Hatha Yoga — This class combines different postures, with deep breathing techniques, to help improve the body-mind connection. Benefits include toning, increased core strength, increased flexibility, improved posture, and deep relaxation. Open to all levels, great for beginners!

H.I.I.T. — High Intensity Interval Training at its best! This amazing workout involves a series of low to high intensity periods of exercises, focusing on burning calories, improving cardiovascular endurance, and building strength. All levels welcome.

H.I.I.T. Sculpt — Based in High Intensity Interval Training (HIIT), this total body workout features intervals targeted to the entire body. This class provides both cardio and strength in a powerful burst of movement that burns calories and builds muscles! All levels welcome.

Kickboxing — Jab! Cut! Kick! Class combines kickboxing drills with a cardio format. Short, quick movements with high repetition challenge your heart rate while toning muscles. End this great workout with core strengthening exercises and a deep stretch.

Kick and Sculpt — An effective way of combining the benefits of Kickboxing with Body Sculpting in an interval-training format. The best of both worlds!

Mat Pilates — Think "Long Lean Body." Focusing on strength and flexibility of the major muscle groups and based on the traditional studies of Joseph Pilates. Stability balls and resistance bands enhance the challenge. All levels welcome.

Pilates Apparatus — (fee-based) A Pilates equipment based class utilizing different apparatus. Based on the work of Joseph Pilates.

Pilates Reformer — (fee-based) A great workout for strength, flexibility and core control utilizing the Reformer. Based on the work of Joseph Pilates.

Pilates Sculpt — A Pilates mat class with the addition of Thera-bands, which increase strength and intensity.

POUND — A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses. Strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! All levels welcome.

Power Yoga — This challenging, flowing yoga class with a focus on stability, stamina, freedom and fun is taught with modifications to give all levels their best yoga experience! The poses are simple and easy to learn, and all levels are welcome.

SPINNING® — Amazing cardiovascular workout with music and fun! This class simulates a road ride, and incorporates endurance, strength, and aerobic and anaerobic workouts. Great for all fitness levels.

Total Body Blast — High energy athletic training is a metabolic workout that combines whole-body strength training exercises with cardiovascular intervals. Classes incorporate unique training each week in order to maximize fat loss, increase muscle mass, and support a healthy metabolism. Be ready sweat!

Total Body Conditioning — Focus on toning and strengthening your muscles using various pieces of equipment including dumb bells, body bar, resistance bands, step, balls and more! All levels welcome.

Trigger Point — This class will help you get rid of those muscle knots or trigger sites using MCT – Myofascial Compression Techniques – all while strengthening your core! If you want to improve your workouts and get a strong core, this class is for you! All levels welcome.

U-Jam — This athletic cardio dance fitness program unites world beats with urban flavor and flair! All levels welcome.

Vinyasa Yoga — In this dynamic form of yoga you will link your body movements to your breath as you move into and out of various yoga poses. The class will move in a continuous, dance-like flow, and you will breathe, sweat, and relax! All levels welcome.

Yoga Flow — Great for beginners, this Hatha yoga class set to a slower pace will combine a flow technique with deep breathing exercises that will improve the mind-body connection.

Yoga Sport — A Power Yoga-infused hybrid program that incorporates traditional yoga poses and sun salutations, segments of cardio-centered flows, and resistance bands. Strength, flexibility and cardio—all in perfect balance! Wear shoes, no mat necessary!

Zumba — High energy, captivating music with Latin inspired moves will leave you asking for more! This feel good workout is geared towards all levels, and will help you find the dancer within!