



# Group Exercise Schedule

Effective Date: August 16, 2017

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 MOUNA		
6:00-6:50a	Reformer Found. 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 Blast S2 LAURA	8:00-9:00a	CYCLE Beats SS CANDI		
7:00-8:00a	Hatha Yoga S2 • CAROL	6:00-6:50a	Reformer Elite S1 SYBILLE	8:30-9:30a	Total Body Cond S2 KIMI	6:00-6:50a	Pilates Apparatus S1 SYBILLE	9:00-10:00a	Aqua Fitness Pool • CAROLE	9:00-10:00a	Aqua Fitness Pool • SHAR		
8:30-9:30a	Total Body Cond 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 LAURA		
8:30-9:30a	Core BLAST S3 MOUNA	8:15-9:15a	Cardio Blast S2 YUE	9:30-10:30a	Studio CYCLE SS MEGAN	8:15-9:15a	Cardio Blast S2 YUE	9:30-10:30a	Studio CYCLE SS LAURA	9:00-9:50a	Pilates Apparatus S1 CRISTINA		
9:00-10:00a	Aqua Fitness Pool • CAROLE	9:30-10:30a	Mat Pilates S3 SYBILLE	9:30-10:30a	Kick & Sculpt S2 KIMI	9:30-10:30a	Mat Pilates S3 SYBILLE	9:30-10:30a	Gentle Yoga S2 • JESS	9:00-10:00a	H.I.I.T. Sculpt S3 MOUNA		
9:30-10:30a	Studio CYCLE SS LAURA	9:30-10:20a	Reformer Found. S1 CRISTINA	10:00-11:00a	Ballet Sculpt S3 JIA	9:30-10:20a	Pilates Total Bod S1 LYDIA	10:30-11:30a	H.I.I.T. S2 LLOYD	10:00-10:50a	Pilates Reformer S1 CRISTINA		
9:30-10:30	H.I.I.T. Sculpt S3 MOUNA	9:30-10:30a	Zumba S2 KIM Y.	10:00-11:00a	Aqua Fitness Pool • ANNAMARIE	9:30-10:30a	Zumba S2 KIM Y.	10:30-11:20a	Pilates Apparatus S1 LILIANA	10:00-11:00a	Zumba S2 CANDI		
9:30-10:30a	BARRE Burn S2 KIMI	10:30-11:30a	Yoga Flow S2 VY	10:30-11:30a	Mat Pilates S2 LILIANA	10:30-11:30a	Restorative Yoga S2 • CAROL	11:30-12:30p	Gentle Cond. S2 LLOYD	10:00-11:00a	Total Body Blast S3 AJAY		
9:30-10:20a	Pilates Total Bod S1 LILIANA	10:30-11:30a	Gentle Cond S3 BRITTANY	11:00-12:00p	Vinyasa Yoga S3 LILY	11:30-12:30p	BARRE Burn S2 SUSAN	11:30-12:30p	Pilates Sculpt S3 LILIANA	11:00-12:30p	Vinyasa Yoga S2 DAVID		
10:30-11:30a	Yogilates S2 LILIANA	11:30-12:30p	Stable & Strong S3 • STERLING	11:30-12:30p	Gentle Cond S2 KIMI	11:30-12:30p	Stable & Strong S3 • STERLING	5:00-6:00p	POUND S2 CHILOU	12:30-1:00p	Meditation S2 • DAVID		
10:30-11:20a	Pilates Reformer S1 SYBILLE	11:30-12:30p	BARRE Burn S2 SUSAN	12:30-1:20p	Reformer Found. S1 JEAN	5:00-6:00p	Yoga Flow S3 RHONDA	6:00-7:00p	ZUMBA S2 SHAR	SUNDAY			
11:00-12:00p	Vinyasa Yoga S3 LILY	5:00-6:00p	Yoga Flow S3 GENEVIEVE	5:00-6:00p	BARRE Sculpt S2 YUE	5:30-6:30p	Total Body Cond S2 YUE	LEGEND					
11:30-12:30p	Gentle Cond. S2 KIMI	5:30-6:30p	Salsa Fusion S2 ANNAMARIE	6:00-7:00p	Hatha Yoga S3 HEATHER	6:00-6:50p	Pilates Apparatus S1 CRISTINA	S1-Studio 1	SS-Spin Studio	8:00-9:00a	Mat Pilates S2 LAURA		
5:00-6:00p	Total Body Cond S2 LINDA	6:00-6:50p	Pilates Total Bod S1 LYDIA	6:00-7:00p	U-JAM S2 MARIANNE	6:00-7:00p	CYCLE/Sculpt SS/S3 ROCKY	S2-Studio 2	Pool	8:00-9:00a	Aqua Fitness Pool • CAROLE		
5:00-5:50p	Pilates Reformer S1 GENEVIEVE	6:00-7:00p	Studio CYCLE SS MARIA	6:00-7:00p	BootCamp Blast Pool Deck ROCKY	6:30-7:30p	Zumba S2 CANDI	S3-Studio 3	FF-Fitness Floor	9:00-10:00a	Studio CYCLE SS SCOTT		
6:00-7:00p	U-JAM S3 SHERONA	6:30-7:30p	Aqua Fitness Pool • ANNAMARIE	6:00-7:00p	Studio CYCLE SS KRISHIL	6:30-7:30p	Aqua Fitness Pool • ANNAMARIE	e-based. To register go to: <a href="mailto:groupExercise@smccd.edu">groupExercise@smccd.edu</a>		9:00-10:00a	U-JAM S2 SANDY		
6:00-7:00p	Kickboxing S2 LINDA	6:30-7:30p	Cardio Sculpt S2 LINDA	7:00-8:00p	Total Body Cond S2 ROBERT	7:30-8:30p	Core Fusion S2 ANNAMARIE	STRENGTH		10:00-11:00a	STRONG by ZUMBA S3 ANDREA		
6:00-7:00p	Studio CYCLE SS ANDREA	7:30-8:30p	Sunset Yoga S2 JOHN	7:00-7:30p	Meditation S3 • HEATHER	Please refer to ammended schedules for: Labor Day, Thanksgiving, Christmas and New Year's.		CARDIO		10:00-11:00a	Total Body Blast S2 LLOYD		
6:00-7:00p	BootCamp Blast Pool Deck ROBERT	• Appropriate for those new to exercise, pre/post natal or rehabilitating from an injury						MIND-BODY		AQUA		11:00-12:00p	Power Yoga S2 JESS
7:00-8:00p	Hatha Yoga S2 JEAN												

## CLASS DESCRIPTIONS

**Aqua Fitness** — Total body, non-impact workout. Cardiovascular, strength, & flexibility exercises, great for rehab or a killer workout. All levels.

**BARRE Burn** — An intensely paced full body workout, fusing ballet barre, cardio, Pilates, yoga, and core conditioning. Use light weights and mat work to strengthen the core and improve flexibility. No dance experience necessary. All levels.

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

**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.

**BOSU Circuits** — Utilizing the BOSU balance trainer, this class focuses on upper and lower body strength, core, and cardio in a format that will take your fitness to new heights! All levels.

**Boot Camp Blast** — A total body outdoor workout incorporating giant tires, kettle bells, sand bags, battle ropes and body weight paired with athletic skills and drills! A high-energy, fast paced ultimate 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!

**Core Blast** — A high-intensity mix of interval body-weight training, plyometrics, and serious core!

**Core Fusion** — Improve core strength, stabilization, and range of motion, and reduce muscle tightness in this total body training.

**Cycle Beats** — The pulse, the beat, the rhythm motivates you as you ride to a great playlist that inspires your studio cycle experience.

**Cycle/Sculpt**— A great fusion of on-the-bike cardiovascular training and off-the bike strength training with hand weights, bands and medicine balls!

**Gentle Conditioning** — A great class for everyone, and also a wonderful start for any beginner! Use bands, weights, and balls to achieve total body conditioning. Finish with a relaxing stretch.

**Guided Meditation**— Take 30 minutes out of your day to breathe, find deep relaxation, eliminate stress, and cultivate inner stillness.

**Hatha Yoga** — Blend asanas or postures, with deep breathing techniques, for a mind-body connection. Increased muscle and core strength, flexibility, improved posture, and relaxation. Open to all levels, great for beginners!

**H.I.I.T.** — High Intensity Interval Training involving a series of low to high intensity periods of exercises. Burn calories, improve cardiovascular endurance, and building strength. All levels.

**H.I.I.T. Sculpt** —High Intensity Interval Training (HIIT) total body workout features intervals targeted to the lower body, the upper body and the core. Cardio and strength in a powerful burst of movement that burns calories and builds muscles! All levels.

**Kickboxing** — Jab! Cut! Kick! Aerobic and anaerobic kickboxing drills with a cardio-choreographed format. Quick movements and high repetition challenge your heart rate while toning muscles.

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

**Mat Pilates** —focuses on strength & flexibility of the major muscle groups and is a combination of core, breathing and relaxation. All levels.

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

**Pilates Reformer** — (fee) 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.

**Pilates JumpBoard** — Combines traditional spring work of reformer with cardio, by adding a platform for rebound work. High intensity, low impact.

**POUND** — Full-body cardio jam session, combines light resistance with constant simulated drumming, fusing cardio, Pilates, isometric movements, plyometrics and Isometric poses. All levels.

**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.

**Restorative Yoga** — Ideal for anyone wanting to work on stress release, flexibility, and balance. Props, blankets and bolsters are incorporated to support participants in seated and reclining poses focusing on relaxation, breath and flexibility. All levels.

**Salsa Fusion** high-energy cardio dance class. Blend of Salsa, Groove, and Funk. The Latin inspired music and feel-good workout is geared towards all levels, and will help you find the dancer within!

**Sunset Yoga** This evening class is a great way to wind down your day with a deep practice of yoga poses that will allow you to gain strength, flexibility, and awareness.

**Stable & Strong** — Ideal for older adults, those in rehab, and beginners who want to increase range of motion via functional movement, balance and strength.

**Studio Cycle** — This cardiovascular 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. Maximum fat loss, increased muscle mass, and a healthy metabolism. Be ready sweat!

**Total Body Conditioning**— Tone and strengthen your muscles using dumb bells, body bar, resistance bands, step, balls and more! Learn proper form and execution of many different exercises while putting emphasis on tone, strength and flexibility. All levels.

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

**Vinyasa Yoga** — A dynamic yoga class that links body movements to breath. The class will move in a continuous, dance-like flow, and you will breathe, sweat, and relax! All levels.

**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.

**Yogilates** — A fusion of Yoga and Mat Pilates for a complete full-body and core workout!

**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!