



# Group Exercise Schedule

Effective Date: February 1st - June 10th, 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:45-7:00a	Studio CYCLE CS JORY	6:00-7:00a	Studio CYCLE CS JAMIE	5:45-7:00a	Studio CYCLE CS JORY	6:00-7:00a	Studio CYCLE CS CHERIE	6:00-7:00a	Studio CYCLE CS LINDELL	8:00-9:00a	BOSU CIRCUITS S2 MOUNA
7:00-8:00a	Hatha Yoga I-III • S2 CAROL	6:00-7:00a	Cardio Sculpt S2 LINDA	7:00-8:00a	Hatha Yoga I-II • S2 CAROL	6:00-7:00a	Cardio Sculpt S2 YUE	8:30-9:30a	Total Body Blast S2 KELLY	8:00-9:00a	CYCLE Beats CS CANDI
8:30-9:30a	Total Body Con S2 KIMI	7:00-8:00a	BARRE Fusion S2 YUE	8:30-9:30a	Total Body Cond S2 KIMI	7:00-8:00a	BARRE Fusion S2 YUE	9:00-10:00a	U-JAM S3 SANDY	8:30-9:30a	Aqua Fitness • Pool SHAR
8:30-9:30a	Core BLAST S3 MOUNA	8:00-8:30a	Core Blast S2 YUE	9:00-10:00a	ZUMBA S3 CANDI	8:00-8:30a	Core Blast S2 YUE	9:00-10:00a	Aqua Fitness • Pool ANNAMARIE	9:00-10:00a	Mat Pilates S2 LAURA
9:00-10:00a	Aqua Fitness • Pool CAROLE	8:30-9:30a	Cardio Blast S2 YUE	9:00-10:00a	Aqua Fitness • Pool CHERIE	8:30-9:30a	Cardio Blast S2 YUE	9:30-10:30a	Studio CYCLE CS KELLY	9:00-10:00a	HIIT Sculpt S3 MOUNA
9:30-10:30a	Studio CYCLE CS BRETT	9:30-10:30a	Zumba S2 KIM Y.	10:00-11:00a	Studio CYCLE CS CANDI	9:30-10:30a	Zumba S2 KIM Y.	9:30-10:30a	Yoga Flow I-II • S2 JESS	10:00-11:00a	Zumba S2 CANDI
9:30-10:15	HIIT S3 MOUNA	9:30-10:30a	Mat Pilates S3 SYBILLE	9:30-10:30a	Kick & Sculpt S2 KIMI	9:30-10:30a	Mat Pilates S3 SYBILLE	10:40-11:30a	Cardio Sculpt Tabata S2 LLOYD	10:00-11:00a	Total Body Blast S3 AJAY
9:30-10:30a	BARRE Fusion S2 KIMI	10:30-11:30a	Yoga Flow S2 VY	10:30-11:30a	Mat Pilates S2 LILIANA	9:30-10:15a	Simply Cycle CS CHERIE	11:30-12:30p	Strength Conditioning S2 LLOYD	11:00-12:30p	Vinyasa Yoga I-III S2 DAVID
10:15-11:00a	MixedFit S3 ANNAMARIE	10:30-11:30a	Gentle Conditioning • S3 CHERIE	11:00-12:15p	Vinyasa Yoga I-III S3 LILY	10:30-11:25a	Restorative Yoga I • S2 CAROL	11:30-12:30p	Pilates Sculpt S3 LILIANA	12:30-1:00p	Guided Meditation • S2 DAVID
10:30-11:30a	Yogilates S2 LILIANA	11:30-12:30p	Stable & Strong • S2 STERLING	11:30-12:30p	Strength&Balance S2 KIMI	10:30-11:30a	Total Body Conditioning S3 MOUNA	5:00-6:00p	Total Body Con S2 SHAR	SUNDAY	
11:00-12:15p	Vinyasa Yoga I-III S3 LILY	12:30-1:00p	Stable & Strong II • S2 Sterling	5:00-6:00p	BARRE Fusion S2 YUE	11:30-12:30p	Stable & Strong • S2 STERLING	6:00-7:00p	Dance Fit S2 SHAR		
11:30-12:30p	Strength&Balance S2 KIMI	5:00-6:00p	Yoga Flow S3 GENEVIEVE	6:00-7:00p	Total Body Condition S2 YUE	11:30-12:30p	Gentle Conditioning • S3 MOUNA	<b>LEGEND</b> S2-Studio 2      CS-Cycle Studio S3-Studio 3      Pool STRENGTH CARDIO MIND-BODY AQUA • Appropriate for those new to exercise, pre/post natal or rehabilitating from an injury Indoor bikes in Cycle Studio are Keiser Mi3 with Shimano SPD pedals.		8:00-9:00a	Mat Pilates S2 LAURA
5:00-6:00p	Total Body Con S2 LINDA	5:30-6:30p	Boot Camp S2 CHERIE	6:00-7:00p	U-JAM S3 MARIANNE	5:00-6:00p	Yoga Flow S3 RHONDA			8:30-9:30am	Deep Water Aqua Fitness • Pool SHAR
6:00-7:00p	Kickboxing S2 LINDA	6:00-7:00p	Studio CYCLE CS MARIA	6:00-7:00p	OUTDOOR BC Pool Deck MIKE	5:30-6:30p	Boot Camp S2 CANDI	9:00-10:00a	U-JAM S2 SANDY	10:00-11:00a	BARRE Fusion S3 YUE
6:00-7:00p	U-JAM S3 SHERONA	6:15-7:15p	POUND/UJAM FUSION S3 CHILOU	6:00-7:00p	Studio CYCLE CS CHERIE	6:00-7:00p	CYCLE/Sculpt CS SHAR	10:00-11:00a	Strength Conditioning S2 LLOYD	11:00-12:15p	Vinyasa Yoga I-III S2 LAURA
6:00-7:00p	Studio CYCLE CS BRETT	6:30-7:30p	Cardio Sculpt S2 LINDA	7:00-8:30p	Hatha Yoga I-III • S2 JOHN	6:15-7:15p	BARRE Fusion • S3 RHONDA	6:30-7:30p	Zumba S2 CANDI		
6:00-7:00p	OUTDOOR BC Pool Deck ROBERT	6:30-7:30p	Aqua Fitness • Pool ANNAMARIE			6:30-7:30p	Zumba S2 CANDI	6:30-7:30p	Aqua Fitness • Pool ANNAMARIE		
7:00-8:00p	Hatha Yoga I-III • S2 JEAN	7:15-8:30p	Sunset Yoga I-III S3 JOHN								

All classes are 55 minutes in length unless otherwise indicated.

For a more successful experience, please refer to the Group Exercise Etiquette Guidelines.

Please refer to amended schedules for major holidays.

Cherie Schultz, Group Exercise Manager - schultzc@smccd.edu / 650-378-7379

(Revised 2-1-19)

# SMAC Group Exercise Class Descriptions

## AQUA

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

**Deep Water Aqua Fitness** — Classes are conducted using one lane in the Olympic Pool. This non-impact workout is great for any level of fitness given one can swim for short distances in deep water and be able to tread water with a floatation aqua belt. A deep-water workout can address cardiovascular fitness, increase flexibility and muscular resistance training. Level II-III.

## CARDIO

**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. Level II-III.

**Cardio Sculpt** — Strength training routines while working on your cardiovascular system...the best of both worlds! All levels.

**Cardio Sculpt Tabata** - Strength training routines while working on your cardiovascular system following Tabata format: Each exercise 20 seconds HIIT alternated with 10 seconds of recovery for 8 rounds/4 minutes total. Level II-III.

**Cycle Beats** — A fun cycling class with upbeat fun music and drills to increase leg and heart endurance. All levels.

**Cycle/Sculpt**— A fusion of on-the-bike cardiovascular training and off-the bike strength training w/hand weights, bands & medicine balls! All levels.

**DanceFit** - An intense cardio format, incorporating dance styles and music from around the world. The workout also includes elements of athletic movement, plyometrics, and body-weight conditioning. No dance experience needed! All levels.

**HIIT** — 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.

**HIIT Sculpt** - High Intensity Interval Training involving a series of low to high intensity periods of exercises. Focuses mostly on strength training exercises. All levels.

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

Level II-III

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

Level I-III.

**MixedFit®** - A people-inspired fitness program that combines explosive dance movements with bodyweight toning. All levels.

**POUND/U-JAM FUSION** — POUND® is a full-body cardio jam session, combining cardio, Pilates, strength training and drumming. U-Jam Fitness® is an athletic hip-hop fitness workout that combines dance and high-energy music. Come rock it out with a fusion of two workouts all in one class. 30/30 blend! 30 minutes of POUND followed by 30 minutes of UJAM. All levels.

**Simply Cycle** - A beginner level cycle class. Focusing on correct bike set up, proper cycling alignment, building the cardiovascular system and muscular strength. This class is designed for everyone from beginners wanting to learn basic cycling techniques, to those coming back post-injury, to cycling enthusiasts who enjoy working out in a moderate intensity. All levels.

**Studio Cycle** — A cardiovascular class simulates a road ride incorporating endurance, strength, aerobic, and anaerobic workouts. All levels.

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

**Zumba** —High energy, captivating music with Latin inspired moves will leave you asking for more! This feel good workout will help you find the dancer within! All levels.

*(Revised 2-1-19)*

## MIND BODY

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

**Hatha Yoga I-III** — Blend asanas (poses) with deep breathing techniques for a mind-body connection. Increase strength, flexibility; improve posture and relaxation. Check schedule for individual class levels.

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

**Pilates Sculpt** – Pilates based strength training techniques utilizing small equipment to challenge balance and core strength. All levels

**Restorative Yoga I** — 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.

**Sunset Yoga I-III** — A great way to wind down your day with a deep practice of yoga poses; strength, flexibility, and awareness. All levels.

**Vinyasa Yoga I-III** — A dynamic yoga practice 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 I-III** — 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. All levels.

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

## STRENGTH

**BARRE Fusion** - A full body workout, fusing ballet barre, cardio, Pilates, yoga, and core conditioning. Instructor may utilize additional equipment such as light weights, bands, BOSU, and barre with mat work to strengthen the core and improve flexibility. 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 (BC)** — A total body workout in this ever changing class format. Strengthen major muscles utilizing body weight as well as a variety of exercise equipment such as dumbbells, resistance bands, and/or steps. Incorporates both upper and lower body exercises to increase overall endurance and elevate your heart rate. Level I-III

**Outdoor BC** — A total body outdoor Boot Camp 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.

**Core Blast** — Improve core strength, stabilization, range of motion, while reducing muscle tightness in this total body workout. All levels.

**Gentle Conditioning** — A non-impact strength class for all levels. Use bands, weights, and balls to achieve total body conditioning and balance. Finish with a relaxing stretch. Beginners & level I

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

**Stable & Strong II** - -This 30 minute class will offer exercises and drills intended to be the next level from the regular Stable & Strong class. Each class will focus in one fitness area. Various equipment will be utilized including free weights, exercise bands, stability balls, Bosu, exercise mats and more. Beginners & Level I.

**Strength & Balance** Full body strength conditioning, balance work, core on the floor and 15 minutes of stretching. All levels.

**Strength Conditioning** - Strengthen major muscle groups with body-weight exercises and utilize a variety of exercise equipment such as dumbbells, resistance bands, and/or steps to target the major muscle groups. Utilizes high repetition work to build muscular endurance and stamina. Great balance and core stabilization exercises are incorporated into this great workout. All 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 to sweat! Level II & III.

**Total Body Conditioning**— Tone and strengthen your muscles using dumbbells, BodyBars, resistance bands, steps, balls, and more! Learn proper form and execution of many different exercises emphasizing strength and flexibility. All levels.