



# Group Exercise Schedule

Effective Date: November 1 - January 12, 2020

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:45-7:00a CS	Studio CYCLE JORY	6:00-6:50a S1	Pilates Reformer SYBILLE (Elite)	5:45-7:00a CS	Studio CYCLE JORY	5:45-6:45a CS	Studio CYCLE GREG	6:00-7:00a CS	Studio CYCLE LINDELL	8:00-9:00a S2	BOSU CIRCUITS MOUNA
7:00-8:00a S2	Hatha Yoga I-III • CAROL	6:00-7:00a S2	Cardio Sculpt LINDA	6:00-6:50a S1	Pilates Reformer SYBILLE (Foundation)	6:00-6:50p S1	Pilates Apparatus SYBILLE	8:30-9:30a S2	Total Body Blast KELLY	8:00-9:00a CS	CYCLE Beats CANDI
8:30-9:30a S2	Total Body Cond KIMI	7:00-8:00a S2	BARRE Fusion YUE	6:00-7:00a S3	Total Body Cond CHERIE	6:00-7:00a S2	Cardio Sculpt YUE	9:00-10:00a S3	U-JAM SANDY	8:30-9:30a Pool	Deep Water Aqua • CHERIE
8:30-9:30a S3	Core BLAST MOUNA	8:00-8:30a S2	Core Blast YUE	7:00-8:00a S2	Hatha Yoga I-II • CAROL	7:00-8:00a S2	BARRE Fusion YUE	9:00-10:00a Pool	Deep Water Aqua • CHERIE	9:00-10:00a S2	Mat Pilates LAURA
9:00-10:00a Pool	Deep Water Aqua • CHERIE	8:30-9:30a S2	Cardio Blast YUE	8:30-9:30a S2	Total Body Cond KIMI	8:00-8:30a S2	Core Blast YUE	9:30-10:30a CS	Studio CYCLE KELLY	9:00-10:00a S3	HIIT Sculpt MOUNA
9:30-10:30a CS	Studio CYCLE BRETT	9:30-10:30a S2	Zumba KIM Y.	9:00-10:00a S3	ZUMBA CANDI	8:30-9:30a S2	Cardio Blast YUE	9:30-10:30a S2	Yoga Flow I-II • JESS	9:00-9:50a S1	Pilates Apparatus CRISTINA (Mixed Circuit)
9:30-10:15 S3	HIIT MOUNA	9:30-10:30a S3	Mat Pilates SYBILLE	9:00-10:00a Pool	Deep Water Aqua • CHERIE	9:30-10:30a S2	Zumba KIM Y.	10:30-11:20a S1	Pilates Apparatus LILIANA (Mixed Elite)	10:00-11:00a S2	Zumba CANDI
9:30-10:30a S2	BARRE Fusion KIMI	9:30-10:30a CS	Studio Cycle CHERIE	9:30-10:20a S1	Pilates Reformer LILIANA (Total Body)	9:30-10:30a S3	Mat Pilates SYBILLE	10:40-11:30a S2	Cardio Sculpt Tak LLOYD	10:00-11:00a S3	Total Body Blast CHERIE
9:30-10:20a S1	Pilates Apparatus LILIANA (Foundation)	9:30-10:20a S1	Pilates Reformer CRISTINA (Foundation)	10:00-11:00 S3	Chair Yoga • LYNDA H.	9:30-10:30a CS	Studio Cycle CHERIE	11:30-12:30p S2	Strength Conditioning LLOYD	10:00-10:50a S1	Pilates Reformer CRISTINA
10:15-11:00a S3	Fitness Fusion KURT	10:30-11:30a S2	Yoga Flow VY	10:00-11:00a CS	Studio CYCLE CANDI	9:30-10:20a S1	Pilates Apparatus RHONDA (Total Body)	11:30-12:30p S3	Pilates Sculpt LILIANA	11:00-12:30p S2	Vinyasa Yoga I-III DAVID
10:30-11:30a S2	Yogilates LILIANA	10:30-11:30a S3	Gentle Conditioning • CHERIE	9:30-10:30a S2	Kick & Sculpt KIMI	10:30-11:25 S2	Restorative Yoga I • CAROL	5:00-6:00p S2	Total Body Con SHAR	12:30-1:00p S2	Guided Meditation • DAVID
11:00-12:15p S3	Vinyasa Yoga I-III LILY	11:30-12:30p S2	Stable & Strong • STERLING	10:30-11:30a S2	Mat Pilates LILIANA	10:30-11:30 S3	Total Body Cond MOUNA	6:00-7:00p S2	Dance Fit SHAR	SUNDAY	
11:30-12:30p S2	Strength&Balance KIMI	12:30-1:00p S2	Stable & Strong II • Sterling	11:00-12:15p S3	Vinyasa Yoga I-III LILY	11:30-12:30 S2	Stable & Strong • STERLING	<b>LEGEND</b> S1-Studio 1 ADPE-Adaptive PE room S2-Studio 2 CS-Cycle Studio S3-Studio 3 Olympic Pool <b>STRENGTH</b> <b>CARDIO</b> <b>MIND-BODY</b> <b>AQUA</b> • 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. \$\$ Pilates Reformer/Apparatus sessions are fee based. Further information please contact Sybille Draper at drapers@smccd.edu			
4:00-5:00p S2	Chen Tai Chi BEN	5:00-6:00p S3	Yoga Flow GENEVIEVE	11:30-12:30p S2	Strength&Balance KIMI	11:30-12:30 S3	Gentle Conditioning • MOUNA			7:50-8:40a S1	Pilates Reformer SANDY (Jump Board)
5:00-6:00p S2	Total Body Cond LINDA	5:30-6:30p S2	Boot Camp CHERIE	12:30-1:20p S1	Pilates Reformer JEAN (Foundation)	5:00-6:00p S3	Yoga Flow RHONDA	8:30-9:30am Pool	Deep Water Aqua • SHAR	9:00-10:00a CS	Studio CYCLE KURT
5:00-6:00p S3	Hatha Yoga I-III • Jean	6:00-7:00p CS	Studio CYCLE ALYSSA	4:30-5:20p S1	Pilates Apparatus MARLYS (Foundation)	5:30-6:30p S2	Boot Camp CANDI	9:00-10:00a S2	U-JAM SANDY/SHERONA	10:00-11:00a S3	BARRE Fusion LAURA
6:00-7:00p S2	Kickboxing LINDA	6:00-6:50p S1	Pilates Apparatus MARLYS (Total Body)	5:00-6:00p S2	BARRE Fusion PRECIOUS	6:00-7:00p CS	CYCLE/Sculpt SHAR	9:00-10:00a S2	U-JAM SANDY/SHERONA	10:00-11:00a S3	BARRE Fusion LAURA
6:00-7:00p S3	U-JAM SHERONA	6:15-7:15p S3	Pound/UJAM Fusion CHILOU	6:00-7:00p S2	Total Body Cond PRECIOUS	6:00-6:50p S1	Pilates Apparatus CRISTINA	10:00-11:00a S2	Strength Conditioning LLOYD	11:00-12:15p S2	Vinyasa Yoga I-III LAURA
6:00-7:00p CS	Studio CYCLE BRETT	6:30-7:30p S2	Cardio Sculpt LINDA	6:00-7:00p S3	WOD Ujam/MixedFit MARIANNE	6:15-7:15p S3	BARRE Fusion • RHONDA	11:00-12:15p S2	Vinyasa Yoga I-III LAURA		
6:00-7:00p Fitness floor	Boot Camp Circuit JOSH	6:30-7:30p AD PE	Core & Stability CHERIE	6:00-7:00p Fitness floor	Boot Camp Circuit MIKE	6:30-7:30p S2	Zumba CANDI				
7:00-8:00p S2	Mat Pilates • KURT	7:15-8:30p S3	Sunset Yoga I-III JOHN	6:00-7:00p CS	Studio CYCLE KURT	6:30-7:30p AD PE	Core & Stability VONN				
				7:00-8:30p S2	Hatha Yoga I-III • JOHN						
				7:00-8:00p S3	Mat Pilates • KURT						

All classes are 55 minutes in length unless indicated otherwise  
 Please refer to amended schedules for major holidays.gth unless otherwise indicated  
 Cherie Schultz, Group Exercise Manager - schultzc@smccd.edu/650-378-7379  
 (Revised November 1, 2019)

# SMAC Group Exercise Descriptions

Revised 11/17/19

## 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.

**Fitness Fusion:** A 45-minute class incorporating, functional strength intervals, intertwined with athletic cardio movement finishing with floor-work and stretch. All levels.

**HIIT:** High Intensity Interval Training involving a series of low to high intensity periods of exercises. Burn calories, improve cardiovascular endurance, and build 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.

**Studio Cycle:** A cardiovascular class simulating an outdoor ride; endurance, strength, aerobic, and anaerobic intervals will be the focus of this class. All levels.

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

**World of Dance UJAM/ MixedFit®:** We have fused two energetic dance styles into one fantastic class! Combines explosive dance movements with bodyweight toning and World of Dance UJam unites its world beats with athletic cardio dance moves. 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.

## MIND BODY

**\$\$Pilates Reformer Foundation:** A great workout for strength, flexibility and core control utilizing the Studio Reformer. Based on the work of Joseph Pilates and geared towards beginners.

**\$\$Pilates JumpBoard:** A class that combines the traditional spring work of the Pilate Reformer with cardio by adding a platform at the end of the machine to rebound against. This is a high intensity workout while remaining low impact on joints, keeping the body happy and healthy.

**\$\$Pilates Apparatus Foundation:** An excellent Pilates equipment based class utilizing different apparatus such as the Wunda Chair, Trapeze table & Reformer. Geared towards beginners

**\$\$Pilates Mixed Apparatus Circuit:** A circuit style class geared towards weight loss utilizing different apparatus such as the Wunda Chair, Trapeze Table & Reformer.

**\$\$Pilates Total Body:** A great full body workout for strength, flexibility, core control utilizing various apparatus such as the Studio Reformer, Wunda Chair Trapeze Table or Barrel. Based on the work of Joseph Pilates.

**\$\$Pilates Mixed Apparatus Elite:** A great intermediate level workout for strength, flexibility and core control utilizing the Wunda Chair, Trapeze, Arc, Reformer or a combination of these components. Participants should have previous Apparatus experience and can perform foundational exercises.

**Chen Tai Chi:** We will be practicing exercises and forms derived from the Chen Tai Chi tradition. Tai Chi is a gentle yet powerful art, which through regular practice helps the body to develop increased flexibility, balance, strength, and range of motion. It also help to strengthen the internal organs, circulate the chi, and calm the mind. Tai Chi can be practiced solely for it's health and meditative benefits, and/or as an internal martial art. All levels.

**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. Monday and Wednesday PM classes will emphasize proper breathing and recovery. 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

**Boot Camp Circuit:** A dynamic 60 minute workout that will get you into the best shape of your life. The workouts are intense incorporating sport specific drills and strength in a circuit format.

**Chair Yoga:** A form of yoga as therapy practiced sitting on a chair, or standing using a chair for support. The poses, or asanas, are often adaptations of modern yoga poses.

**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 stretch and recovery. 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.