



# Group Exercise Schedule

Effective Date: January 13 - May 21, 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 S3 Yoga Flow LAURA	
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		8:00-9:00a CS Cycle Beats CANDI	
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 IP Aqua Fitness • CHERIE		8:30-9:30a IP AQUA FITNESS • CHERIE/PHOEBE	
9:00-10:00a IP Aqua Fitness • 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 S2 Mat Pilates LAURA	
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		9:00-10:00a S3 HIIT Sculpt MOUNA	
9:30-10:15 S3 HIIT MOUNA		9:30-10:30a S3 Mat Pilates SYBILLE		9:00-10:00a IP Aqua Fitness • CHERIE		9:30-10:30a S2 Zumba® KIM Y.		10:30-11:20a S1 Pilates Apparatus LILIANA (Mixed Elite)		9:00-9:50a S1 Pilates Apparatus CRISTINA (Mixed Circuit)	
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 Tabata LLOYD		10:00-11:00a S2 Zumba® CANDI	
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		10:00-11:00a S3 Total Body Blast CHERIE/STAFF	
10:15-11:00a S3 Fitness Fusion KURT		10:30-11:30a S2 Yoga Flow VY		10:00-11:00a CS Cycle Beats CANDI		9:30-10:20a S1 Pilates Apparatus RHONDA (Total Body)		11:30-12:30p S3 Pilates Sculpt LILIANA		10:00-10:50a S1 Pilates Reformer CRISTINA	
10:30-11:30a S2 Yogilates LILIANA		10:30-11:30a S3 Strength Conditioning CHERIE		9:30-10:30a S2 Kick & Sculpt KIMI		10:30-11:25 S2 Restorative Yoga I • CAROL		5:00-6:00p S2 Complete Strength SHAR		11:00-12:30p S2 Vinyasa Yoga I-III 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		12:30-1:00p S2 Guided Meditation • DAVID	
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 CS - Cycle Studio S2-Studio 2 OP - Olympic Pool S3-Studio 3 IP - Instructional Pool <b>STRENGTH</b> <b>CARDIO</b> <b>MIND-BODY</b> <b>AQUA</b> • Appropriate for those new to exercise, pre/post natal or with limited mobility. Indoor bikes in Cycle Studio are Keiser Mi3 with Shimano SPD pedals. \$\$ Pilates Reformer/Apparatus sessions are fee based. For further information please contact Sybille Draper at drapers@smccd.edu.		<b>SUNDAY</b> 7:50-8:40a S1 Pilates Reformer SANDY (Jump Board)	
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 Strength Conditioning MOUNA					
5:00-6:00p S2 Total Body Cond LINDA		5:30-6:30p S2 Complete Strength CHERIE		12:30-1:20p S1 Pilates Reformer JEAN (Foundation)		5:00-6:00p S3 Yoga Flow RHONDA				8:00-9:00a S2 Mat Pilates LAURA	
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 Strong@Circuit CANDI				8:30-9:30am OP Deep Water Aqua • SHAR	
6:00-7:00p S2 Kickboxing LINDA		6:00-6:50p S1 Pilates Apparatus MARLYS (Total Body)		4:00-5:00p S2 Qigong • BEN		6:00-6:50p S1 Pilates Apparatus CRISTINA				9:00-10:00a CS Studio Cycle KURT	
6:00-7:00p S3 UJAM® SHERONA		6:15-7:15p S3 Pound/UJAM® Fusion CHILOU		5:00-6:00p S2 Barre Fusion PRECIOUS		6:00-7:00pm CS/S3 Cycle/Sculpt SHAR				9:00-10:00a S2 UJAM® SANDY/SHERONA	
6:00-7:00p CS Studio Cycle BRETT		6:30-7:30p S2 Cardio Sculpt LINDA		6:00-7:00p S2 Total Body Cond PRECIOUS		6:30-7:30p S2 Zumba® CANDI				10:00-11:00a S3 Vinyasa Yoga I-III LAURA	
6:00-7:00p POOL DECK Boot Camp Circuit JOSH		6:30-7:30p IP Aqua Fitness • CHERIE		6:00-7:00p S3 WOD Ujam®/MixedFit® MARIANNE		7:15-8:00pm IP Aqua Fitness • SHAR				10:00-11:00a S2 Strength Conditioning LLOYD	
7:00-8:00p S2 Mat Pilates • KURT		7:15-8:30p S3 Sunset Yoga I-III JOHN		6:00-7:00p POOL DECK Boot Camp Circuit MIKE							
				6:00-7:00p CS Studio Cycle KURT							
				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 unless otherwise indicated  
 Cherie Schultz, Group Exercise Manager - schultzc@smccd.edu/650-378-7379  
 (Revised January 16, 2020)

# Group Exercise Class Description (1-16-2020)

## 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. All Levels.

## 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.

**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.

the internal organs, circulate the chi, and calm the mind. Tai Chi can be practiced solely for its 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.

**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

**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

**Qigong:**This calming and centering qigong class focuses on a form of Taoist Qigong called 'Hunyuan Qigong'. Class consists of a specific set of soft, flowing, and circular movements integrated with the breath, and intention, to help nurture and direct the qi (life-energy) throughout the body... mixing the qi from nature, the heavens, and earth, with the qi of the physical body. Class also includes self massage, and standing meditation.

**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 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. Level II & III.

**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.

**Complete Strength:** A full body strength building class with the use of dumbbells, bands, and/or body weight. Focus is on slower, compound movements; no plyometrics (jumps) involved. All levels.

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

**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

**Strong® Circuit:** A combination class of Strong by Zumba® 30, strength and cardio intervals. A great class with energetic music. 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.