



Group Exercise Schedule

Effective Date: January 17, 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00-7:00a SS Studio CYCLE JORY		6:00-7:00a SS Studio CYCLE MEGAN		6:00-7:00a SS Studio CYCLE JORY		6:00-7:00a SS Studio CYCLE MEGAN		6:00-7:00a SS Studio CYCLE LINDELL		8:00-9:00a S2 BOSU CIRCUIT NAMI	
6:00-6:50a S1 Group Reformer CRISTINA	\$	6:00-7:00a S2 Cardio Sculpt LINDA		7:00-8:00a S2 • Hatha Yoga GLORIA		6:00-7:00a S2 Cardio Sculpt YUE		8:30-9:30a S2 Total Body Blast LAURA		8:00-9:00a SS CYCLE Beats CANDI	
7:00-8:00a S2 • Hatha Yoga CAROL		6:00-6:50a S1 Group Reformer SYBILLE	\$	8:30-9:30a S2 Total Body Cond KIMI		6:00-6:50a S1 Pilates Apparatus SYBILLE	\$	9:00-10:00a Pool • Aqua Fitness CAROLE		9:00-10:00a Pool • Aqua Fitness COREY	
8:00-9:30a S2 Total Body Cond KIMI		7:00-8:00a S2 BARRE Fusion YUE		9:00-10:00a S3 U-JAM RHONDA		7:00-8:00a S2 BARRE Fusion YUE		9:00-10:00a S3 U-JAM SANDY		9:00-10:00a S2 Mat Pilates LAURA	NEW
8:30-9:30a S3 Core BLAST MOUNA	NEW	8:15-9:15a S2 Cardio Blast YUE		9:30-10:30a SS Studio CYCLE MEGAN		8:15-9:15a S2 Cardio Blast YUE		9:30-10:30a SS Studio CYCLE LAURA		9:00-9:50a S1 Pilates Apparatus CRISTINA	\$
9:30-10:00a Pool • Aqua Fitness CAROLE		9:30-10:30a S3 Mat Pilates SYBILLE		9:30-10:30a S2 Kick & Sculpt KIMI		9:30-10:30a S3 Mat Pilates SYBILLE		9:30-10:30a S3 • Gentle Yoga JESS		9:00-10:00a S3 H.I.I.T. Sculpt MOUNA	
9:30-10:30 S3 H.I.I.T. Sculpt MOUNA		9:30-10:20a S1 Pilates Reformer CRISTINA	\$	9:30-10:20a S1 Pilates Apparatus SANDY	\$	9:30-10:20a S1 Pilates Apparatus LYDIA	\$	10:30-11:30a S2 H.I.I.T. LLOYD		10:00-10:50a S1 Pilates Reformer CRISTINA	\$
9:30-10:30a S2 BARRE Burn KIMI		9:30-10:30a S2 Zumba KIM Y.		10:00-11:00a S3 BARRE Sculpt LILY		9:30-10:30a S2 Zumba KIM Y.		10:30-11:20a S1 Pilates Apparatus LILIANA	\$	10:00-11:00a S2 Zumba CANDI	
9:30-10:20a S1 Group Reformer LILIANA	\$	10:30-11:30a S2 Hatha Yoga COREY		11:30-12:30p Pool • Aqua Fitness COREY	NEW	10:30-11:30a S2 Restorative Yoga CAROL		11:30-12:30p S2 Gentle Cond. LLOYD		10:00-11:00a S3 Total Body Blast MOUNA	
9:30-10:30a SS Studio CYCLE LAURA		10:30-11:30a S3 Gentle Cond BRITTANY		10:30-11:30a S2 Mat Pilates LILIANA		11:30-12:30p S2 BARRE Burn SUSAN		11:30-12:30p S3 Pilates Sculpt LILIANA		11:00-12:30p S2 Vinyasa Yoga DAVID	
10:30-11:30a S2 Yogilates LILIANA	NEW	11:30-12:30p S3 • Stable & Strong STERLING	NEW	11:00-12:00p S3 Vinyasa Yoga LILY		11:30-12:30p S3 • Stable & Strong STERLING	NEW	5:00-6:00p S2 POUND CHILOU		12:30-1:00p S3 • Meditation DAVID	NEW
10:30-11:20a S1 Group Reformer SYBILLE	\$	11:30-12:30p S2 BARRE Burn SUSAN		11:30-12:30p S2 Gentle Cond KIMI		5:00-6:00p S3 Yoga Flow RHONDA		6:00-7:00p S2 La Blast HILARY	NEW	SUNDAY	
11:00-12:00p S3 Vinyasa Yoga LILY		5:00-6:00p S3 Yoga Flow GENEVIEVE		12:30-1:20p S1 Group Reformer SYBILLE	\$	5:30-6:30p S2 Total Body Cond YUE		LEGEND		8:00-9:00a S2 Mat Pilates LAURA	
11:30-12:30p S2 Gentle Cond. KIMI		5:30-6:30p S2 Zumba RHONDA		5:00-6:00p S2 BARRE Sculpt YUE		6:00-6:50p S1 Pilates Apparatus CRISTINA	\$	S1-Studio 1	SS-Spin Studio	8:00-9:00a Pool • Aqua Fitness CAROLE	
5:00-6:00p S2 Total Body Cond LINDA		6:00-6:50p S1 Pilates Reformer LYDIA	\$	6:00-7:00p S3 Hatha Yoga SUSIE		6:00-7:00p SS/S3 CYCLE/Sculpt ROCKY		S2-Studio 2	Pool	9:00-10:00a SS Studio CYCLE HEATHER	
5:00-5:50p S1 Pilates Reformer GENEVIEVE	\$	6:00-7:00p SS Studio CYCLE MARIA		6:00-7:00p S2 U-JAM MARIANNE		6:30-7:30p S2 Zumba CANDI		S3-Studio 3	FF-Fitness Floor	9:00-10:00a S2 U-JAM SANDY	
6:00-7:00p S3 U-JAM SHERONA		6:30-7:30p Pool • Aqua Fitness ANNAMARIE	NEW	6:00-7:00p Pool Deck BootCamp Blast ROCKY		6:30-7:30p Pool • Aqua Fitness ANNAMARIE	NEW	\$ = Fee-based. To register go to: SMAC_GroupExercise@smccd.edu		10:00-11:00a S3 POUND SANDY	
6:00-7:00p S2 Kickboxing LINDA		6:30-7:30p S2 Cardio Sculpt LINDA		6:00-7:00p SS Studio CYCLE KRISHIL		7:30-8:30p S2 Core Fusion ANNAMARIE	NEW	STRENGTH		10:00-11:00a S2 Total Body Blast LLOYD	
6:00-7:00p SS Studio CYCLE COREY		7:30-8:30p S2 Mat Pilates LYDIA / LAURA		7:00-8:00p S2 Total Body Cond ROBERT				CARDIO		11:00-12:00p S2 Power Yoga JESS	
6:00-7:00p Pool Deck BootCamp Blast ROBERT		7:30-8:30p S3 Turbo Kickbox ANNAMARIE	NEW	7:00-7:30p S3 • Meditation SUSIE	NEW			MIND-BODY			
7:00-8:00p S2 Hatha Yoga JEAN								AQUA			

• Appropriate for those new to exercise, pre/post natal or rehabilitating from an injury

CLASS DESCRIPTIONS

- Aqua Fitness** — A total body, non-impact workout. Cardiovascular, strength, and flexibility exercises are great for rehab or a killer workout. All levels welcome.
- 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 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** — 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 welcome.
- 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 motivate 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 welcome.
- H.I.I.T. Sculpt** — This 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 welcome.
- 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** — An effective way of combining the benefits of Kickboxing with Body Sculpting in an interval-training format. The best of both worlds!
- LaBlast** — A dance-based cardio workout combines elements from different dance genres including salsa, cha cha, jive, samba, paso doble, merengue and disco! All levels welcome.
- Mat Pilates** — This class focuses on strength and flexibility of the major muscle groups and is a combination of core, breathing and relaxation. All levels welcome.
- 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** — A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses. 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.
- 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 welcome.
- 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 welcome.
- Turbo Kickbox** — An intense kickboxing class with a blend of cardiovascular, strength, and endurance training intervals.
- U-Jam** — This athletic cardio dance fitness program unites world beats with urban flavor and flair! All levels welcome.
- 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 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.
- 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!