



Fitness Class Schedule

(Feb 20 - Feb 26)



Scheu Family YMCA of Upland
 1150 E Foothill Blvd.
 Upland, CA 91786
 (909) 946-6120
 Visit us at weymca.org/upland

*Most classes are approx. 50 minutes in length. Schedule is subject to change.
 \$10 per class for Non-Members. Additional fees for certain classes apply.
 Call our Membership Hotline for schedule changes (909) 895-3003

FACILITY HOURS: M - F 5:30a - 10:30p Sa 7a - 5p Su 7a - 4p
CHILD WATCH: M - F 8:00a - 12:00p & 4:00p - 8:00p Sa 7a - 12p Su closed

Monday 2/20	Tuesday 2/21	Wednesday 2/22	Thursday 2/23	Friday 2/24	Saturday 2/25	Sunday 2/26
		Spin 6:00 am [Adria]	Spin 6:00 am [Adria]			
					Spin 7:30 am (Adria) Cardio Step 7:30 am [Dawna]	
Cardio Step 8:00 am [Dawna]	Body Sculpt 90 min 8:00 am [Nicki]	Cardio & Body 8:00 am [Adria]	Body Sculpt 90 min 8:00 am [Nicki]	Yoga 8:30 am [Adria]	Kickboxing 8:30 am (Adria)	
Body Sculpt 9:00 am [Nicki]	Cardio Step 9:30 am [Beverly]	Yoga 9:00 am [Adria]	Cardio Step 9:30 am [Beverly] Gentle Yoga 9:00 am [Adria]	Spin 9:30 am [Adria]	Power Pump/Core 9:30 am (Adria)	
	Pilates & Strength 10:00 am [Beverly]	Gentle Yoga 10:00 am [Adria]	Pilates & Strength 10:00 am [Beverly]			
		Gentle Spin 11:00 am [Adria]			Zumba 11:00 am [Tracy]	
		Spin 4:00 pm [Adria]				
		Cardio Surprise 5:00 pm [Adria]				
Zumba 6:00 pm [Annette]	Cardio Step 6:30 pm [Dawna]	Zumba 6:00 pm [Tracy] Yoga 6:00 pm [Adria]	Interval Step & Pump 6:30 pm [Dawna]			



Fitness Class Schedule

(Feb 27 - Mar 4)



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Monday 2/27	Tuesday 2/28	Wednesday 2/29	Thursday 3/1	Friday 3/2	Saturday 3/3	Sunday 3/4
		Spin 6:00 am [Adria]	Spin 6:00 am [Adria]			
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Cardio Step 8:00 am [Dawna]	Body Sculpt 90 min 8:00 am [Nicki]	Cardio & Body 8:00 am [Adria]	Body Sculpt 90 min 8:00 am [Nicki]	Yoga 8:30 am [Adria]	Kickboxing 8:30 am (Adria)	
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Fitness Class Descriptions



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***Please bring your own mats to the class!!**

Pilates & Strength - Free weights followed by traditional Pilates to increase core strength and flexibility.

Yoga - Gentle poses help reduce stress, relieve tension and achieve relaxation. First timers welcome!

Spin - Intense, fun, high cardio indoor cycling. **Bring a towel and water!**

Gentle Spin - A gentler version where cyclists stay in the saddle.

Gentle Yoga - Gentle yoga with props.

Kickboxing - Non contact cardio punches & kicks. Abs & core for 15 minutes at end of class.

Power Pump - A strength building workout, utilizing weights in a fast-paced mode. Then focusing on core.

Zumba - This class uses Latin dance movements as a fun way to get in shape.

Cardio Step - Cardio step, weights, and ending with abdominals.

30 Min Cardio Step - Low impact workout to raise your heart rate. Step and risers optional.

Interval Step & Pump - Intervals of step and weights, ending with abdominals.

Cardio Surprise - Varying intensity of cardio depending on class with light intermittent weights

Cardio & Body - Moderate to high cardio followed by body targeting abs, thighs, arms, etc.

Body Sculpt - Step aerobics and weights.



Location Hours

Monday - Friday	5:30 am - 10:30 pm
Saturday	7:00 am - 5:00 pm
Sunday	7:00 am - 4:00 pm

Schedule is subject to change at any time.

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