



Fitness Class Schedule



*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.

⁴¹⁸⁹⁰²
KID ZONE: M - Th 8:00a - 12:00p & 4:00p - 8:00p Sat 7:3a - 12:30p Sun Closed
Fri 7:30a - 11:30p (No Friday evening Chld Care)

Monday 8/7	Tuesday 8/8	Wednesday 8/9	Thursday 8/10	Friday 8/11	Saturday 8/12	Sunday 8/13
Ab-Domain 7:30 am [Dawna]		Ab-Domain (30) [1] 7:30 am [Adria] [CANCELLED]		Spin (30) [1] 7:30 am [Adria] [CANCELLED]	Cardio Step (90)[2] 7:30 am [Dawna] Spin (30) 7:30 am [James]	
Aqua Groove [1] 8:00-9:00 am Cardio-Step [2] 8:00 am [60] [Dawna]	AquaFit [1] 8:00-9:00 am Core Conditioning (30) 8:00 am [2] [Faith] Strength Training (30) 8:30 am [2] [Faith]	Aqua Groove [1] 8:00-9:00 am Cardio & Body [2] 8:00 am [Dawna] Zumba [1] 8:00 am [Erika]	AquaFit [1] [CANCELLED] POOL CLOSED Core Conditioning 30 8:00 am [2] [Dawna] Strength Training (30) 8:30 am [2] [Dawna]	Core Central (30) [2] 8:00 an [Dawna] Yoga [1] 8:30 [Candi]	Weekend Warrior [1] 8:00 am [James]	
Body Sculpt [2] 9:00 am [Dawna]	Cardio Step (30) [2] 9:00 am [Dawna] Pilates & Strength [2] 9:30 am [Dawna]	Yoga [1] 9:00 am [Adria] [CANCELLED]	Cardio Step (30) [2] 9:00 am [Nikki] Pilates & Strength [2] 9:30 am [Nikki]		Gentle Stretch[1] 9:00 am [James] Kajukenbo [2] Beginners 9:30am [Mike] <small>(Registered Participants Only)</small>	
Sizzlin Seniors [2] 10:00 am [Sue] Plus gentle Stretch [Sue]	SilverSneakers Classic [1] 10:30am [Dawna]	Sizzlin' Seniors [2] 10:00 am [Sue] plus weights	SilverSneakers Classic [1] 10:30am [Nikki]	Sizzln' Senior [2] 10:00 am [Sue]	Kajukenbo [2] Advanced 10:30 am [Mike] <small>(Registered Participants Only)</small>	
Bootcamp [30] [Spin] 5:30 pm [James]	Ab-Domain (30) [2] 5:00 pm [James] Cardio /Weights[2] 5:30 pm [Dawna] Cycle Fit (30) 5:30 pm [James]	YMCA CLOSING AT 3:00 pm Incredible Edibles Event NO CLASSES	Cardio /Weights/ Abs[2] 5:30 pm [Dawna] Cycle Fit (30) 5:30 pm [James] Ab-Domain (30) [Spin] 6:00 pm [James]			
Zumba [2] 6:00 pm [Anna]	Kajukenbo [2] Beginners 6:30pm [Mike] <small>(Registered Participants Only)</small>		Kajukenbo [2] Beginners 6:30pm [Mike] <small>(Registered Participants Only)</small>			
	Yoga [1] [Candi] 7:00 Kajukenbo Advanced [2] 7:30 pm [Mike] <small>(Registered Participants Only)</small>		Yoga [1] [Candi] 7:00 Kajukenbo Advanced [2] 7:30 pm [Mike] <small>(Registered Participants Only)</small>			



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Zumba [2] 6:00 pm [Anna]	Kajukenbo [2] Beginners 6:30pm [Mike] <small>(Registered Participants Only)</small>	Zumba [2] 6:00 pm [Annette]	Kajukenbo [2] Beginners 6:30pm [Mike] <small>(Registered Participants Only)</small>			
	Yoga [1] [Candi] 7:00 Kajukenbo Advanced [2] 7:30 pm [Mike] <small>(Registered Participants Only)</small>		Yoga [1] [Candi] 7:00 Kajukenbo Advanced [2] 7:30 pm [Mike] <small>(Registered Participants Only)</small>			



Fitness Class Descriptions



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

Ab-Domain - Focuses on toning and defining the core muscles through stabilization and strength exercises in conjunction with strengthening the back to improve posture and overall structural balance.

Weekend Warrior - An hour long hybrid class which contains three twenty minute sections. Get your heart rate up with a pulse pounding spin class followed by a gut wrenching, core strengthening section and finish up with a fast paced, strength building workout using body weight, resistance bands and dumbbells for an increased intensity sure to make an impact on your fitness goals.

Body Sculpt - Step aerobics with weights for added resistance.

Boot Camp - Training that combines various callisthenic and resistance exercises with high intensity cardio for maximum caloric burn. Be prepared for a very tough workout!

Cardio & Body - Moderate to high intensity cardio followed by full body resistance training.

Core Central - A class designed to target the core muscles using bodyweight and free-weights.

Cardio Step - Tone up your legs and booty along with the rest of your body by moving up, over and around the step. Developed as a way to get a high intensity, yet low impact workout.

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

SilverSneakers Classic - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and SilverSneakers balls are offered for resistance. A chair is available if needed for seated or standing support.

Sizzlin' Seniors - An upbeat class for active seniors focusing on flexibility, stamina and balance.

Spin / Cycle Fit- In this revolutionary cycling class, you will experience a variety of cycling including hill climbs, fast flats, and exhilarating finishes while focusing on speed, power, intensity and technique. A great cardio workout!

Strength / Stretching - An hour long hybrid class consisting of three twenty minute sections. The first section is comprised of core stabilization and strength, the second picks up the pace with interval training using an assortment of dumbbells, resistance machines, cardio equipment and more. The final component is the cool down phase where target stretching is used to lengthen overactive muscles and improve recovery.

Yoga - Yoga uses postures (asanas) and stretches in combination with the breath to develop flexibility and relaxation. Just breathe... OMM.

Zumba - Fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away!

[1] = fitness studio 1 , [2] = fitness studio 2, (30) = 30 minute class, (90) = 90 minute class

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

Scheu Family YMCA of Upland
1150 E Foothill Blvd.
Upland, CA 91786

(909) 946-6120
Visit us on the web at: weymca.org