

Cardio, Dance, Strength & Conditioning						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00 - 7:00 AM Body Sculpt Aerobics Studio <b>Nehama</b>			7:15 - 7:55 AM Body Sculpt Aerobics Studio <b>Jennifer B.</b> <small>In Main Gym on 1/23</small>	
	8:45 - 9:40 AM World Beat Dance Aerobics Studio <b>Evelyn</b>		8:45 - 9:40 AM World Beat Dance Aerobics Studio <b>Evelyn</b>		8:00 - 8:55 AM <b>ZUMBA®</b> Aerobics Studio <b>Jennifer B.</b> <small>In Main Gym on 1/23</small>	9:00 - 9:55 AM Body Sculpt Aerobics Studio <b>Stacy</b> <small>In Main Gym on 1/24</small>
9:45-10:55 AM Cardio Dance Plus Aerobics Studio <b>Evelyn</b>	9:45-10:45 AM Salsa Fusion Aerobics Studio <b>Noel</b>	9:45-10:55 AM Cardio Dance Plus Aerobics Studio <b>Evelyn</b>	9:45-10:45 AM Latin Dance Aerobic Studio <b>Norma</b>	9:45-10:55 AM Cardio Dance Plus Aerobics Studio <b>Evelyn</b>	10:00 - 10:55 AM Step II Aerobics Studio <b>Janice</b> <small>In Main Gym on 1/23</small>	10:00 - 10:55 AM Funk/Hip Hop Aerobics Studio <b>Dana / Gemma</b> <small>In Main Gym on 1/24</small>
11:00 - 11:55 AM Senior Aerobics Aerobics Studio <b>Evelyn</b>	11:00 - 11:55 AM Body Sculpt Aerobics Studio <b>Amy</b>		11:00 - 11:55 AM Senior Aerobics Aerobics Studio <b>Evelyn</b>	12:00 - 12:55 PM Total Body Challenge Aerobics Studio <b>Amy</b>	11:00 - 11:55 AM Beginning Hip Hop Aerobics Studio <b>Dana</b> <small>In Main Gym on 1/23</small>	11:00 - 11:55 PM Afro-Brazilian Dance Aerobics Studio <b>Felice</b> <small>In Main Gym on 1/24</small>
12:00 - 12:55 PM Afro-Brazilian Dance Aerobics Studio <b>Felice</b>	12:00 - 12:55 PM World Hip Hop Aerobics Studio <b>Lateef</b>	12:00 - 12:55 PM Total Body Challenge Aerobics Studio <b>Teresa H.</b>	12:00 - 12:55 PM World Hip Hop Aerobics Studio <b>Lateef</b>	12:00 - 1:00 PM Brazilian Groove Mind/Body Center <b>Jessica</b>		
4:40 - 5:25 PM Body Sculpt Aerobics Studio <b>Noel</b>	4:40 - 5:25 PM Latin Dance Aerobic Studio <b>Norma</b>	4:40 - 5:25 PM Body Sculpt Aerobics Studio <b>Norma</b>	4:40 - 5:25 PM Cardio Dance Aerobics Studio <b>Holly</b>	4:40 - 5:25 PM Body Sculpt Aerobics Studio <b>Norma</b>		
5:30 - 6:25 PM Adv. Cardio Hip Hop Aerobics Studio <b>Aarin / Newman</b>	5:30 - 6:25 PM Cardio Kickboxing Aerobics Studio <b>Arielle</b>	5:30 - 6:25 PM Funk/Hip Hop Aerobics Studio <b>Tati</b>	5:30 - 6:25 PM <b>ZUMBA®</b> Aerobics Studio <b>Noel</b>	5:45 - 6:45 PM World Hip Hop Aerobics Studio <b>Lateef</b>		
6:30 - 7:25 PM Total Body Challenge Aerobics Studio <b>Kelly K.</b>	6:30 - 7:25 PM Body Sculpt Aerobics Studio <b>Jennifer B.</b>	6:30 - 7:25 PM Total Body Challenge Aerobics Studio <b>Noel</b>	6:30 - 7:25 PM Body Sculpt Aerobics Studio <b>Molly</b>	<b>Sat. January 23 – Wed. January 27:</b> <b>Women's Health &amp; Fitness Week</b> Brochure with schedule of lectures and classes available at Welcome desk.  <b>Reminder:</b> On Sat. Jan. 23 and Sun. Jan. 24, classes regularly scheduled in the Aerobics Studio will move to the Main Gym. On Mon. Jan. 25, 6:15pm Kundalini Yoga class is cancelled.		
6:30 - 7:30 PM Cardio Kickboxing Main Gym <b>Jennifer B.</b>	6:35 - 7:05 PM Core Strength Main Gym <b>Clinton</b>	6:30 - 7:30 PM <b>ZUMBA®</b> Main Gym <b>Fe</b>	6:35 - 7:05 PM Core Strength Main Gym <b>Clinton</b>			
7:30 - 8:25 PM Basic Step Aerobics Studio <b>Susan</b>			7:30 - 8:30 PM Basic Funk/Hip Hop Aerobics Studio <b>Tati</b>			
Cycle Plus ~ classes located in Studio B						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 – 7:20 AM <b>Marjorie M.</b>	6:00 - 6:50 AM <b>Darlene</b>	6:30 – 7:20 AM <b>Marjorie M.</b>	6:00 - 6:50 AM <b>Karle</b>	8:30 - 9:20 AM <b>Molly</b>	Advanced 7:30 - 9:10 AM <b>Marjorie M.</b>	8:00 - 8:50 AM <b>Robert</b>
12:10 - 1:00 PM <b>Hailee</b>	12:10 - 1:00 PM <b>Cheryl S.</b>	12:10 - 1:00 PM <b>Inka</b>	12:10 - 1:00 PM <b>Cheryl S.</b>	9:30 - 10:20 AM <b>Noel</b>	9:30 - 10:20 AM <b>Karle</b>	9:00 - 9:50 AM <b>Robert</b>
5:30 - 6:20 PM <b>Amanda</b>	5:30 - 6:20 PM <b>Noel</b>	5:30 - 6:20 PM <b>Elizabeth</b>	5:30 - 6:20 PM <b>Darlene</b>	12:10 - 1:00 PM <b>Norma</b>	<b>"New" SATURDAY CLASS:</b> <b>100 minute class with Marjorie at 7:30am for the intermediate-advanced rider!</b>	
6:30 - 7:20 PM <b>Jennifer</b>	6:30 - 7:20 PM <b>Robert</b>	6:30 - 7:20 PM <b>Elizabeth</b>	6:30 - 7:20 PM <b>Robert</b>	Beginning Cycling 6:00 - 6:50 PM <b>Cynthia</b>		

Martial Arts						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					12:00 - 1:45 PM Shotokan Karate Aerobics Studio <small>In Main Gym on 1/23</small>	11:00-12:30 PM Basic Aikido Family Gym <b>Nick</b>
	7:00 - 8:25 PM Basic Shotokan Karate Family Gym	7:30 - 9:30 PM Basic Aikido Family Gym <b>Nick</b>	7:00 - 8:25 PM Shotokan Karate Family Gym			12:30 - 2:00 PM Advanced Aikido Family Gym
Mind/Body						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 - 7:00 AM Pilates Aerobics Studio <b>Maryann</b>		6:00 - 7:00 AM Pilates Aerobics Studio <b>Maryann</b>			
	6:30 - 7:45 AM TriYoga Flows® (I/II) Mind/Body Center <b>Pam</b>			6:30 - 7:45 AM TriYoga Flows® (I/II) Mind/Body Center <b>Pam</b>	8:00 - 8:55 AM Pilates Mind/Body Center <b>Sandi</b>	8:30 - 9:45 AM Gentle Yoga Mind/Body Center <b>Natalie</b>
8:30 - 9:45 AM Restorative Yoga Mind/Body Center <b>Cathyn</b>	8:00 - 8:55 AM Pilates Mind/Body Center <b>Maryann</b>	8:30 - 9:45 AM Restorative Yoga Mind/Body Center <b>Kyle</b>	8:00 - 8:55 AM Pilates Mind/Body Center <b>Sandi</b>	8:30 - 9:45 AM Restorative Yoga Mind/Body Center <b>Cathyn</b>	9:00 - 9:55 AM Pilates Aerobics Studio <b>Suzanne</b> <small>In Main Gym on 1/23</small>	10:00 - 11:25 AM Yoga II Mind/Body Center <b>Natalie</b>
10:00 - 11:30 AM Yoga II/III Mind/Body Center <b>Jessica</b>	9:00 - 9:55 AM Yoga I Mind/Body Center <b>Lindsey N.</b>	10:00 - 11:00 AM \$ Beg Tai Chi (see flyer for details) Mind/Body Center <b>Jodi</b>	9:00 - 9:55 AM Yoga I Mind/Body Center <b>Lori</b>	10:45 -11:55 AM Healing Yoga (G) Mind/Body Center <b>Jessica</b>	9:00 - 10:15 AM Yoga I/II Mind/Body Center <b>Jessie</b>	<b>Women's Week</b>  January 23  to  January 27
3:00 - 4:30 PM Yoga I/II Mind/Body Center <b>Nancy</b>	11:00 - 12:00 PM Tai Chi Mind/Body Center <b>Open Practice</b>	11:00 - 11:55 AM TransDance @ Aerobics studio <b>Heather</b>	11:00 - 12:00 PM Inter/Adv Tai Chi Mind/Body Center <b>Jodi</b>	10:30 - 11:45 AM Basic Yoga (I) Mind/Body Center <b>Julie</b>	10:30 - 11:45 AM Basic Yoga (I) Mind/Body Center <b>Julie</b>	
4:40 - 5:55 PM Prenatal Yoga (G) Mind/Body Center <b>Anya</b>	1:00 - 2:15 PM Yoga I/II Mind/Body Center <b>Nancy</b>	12:00 - 1:00 PM Pilates Mind/Body Center <b>Kathleen</b>	1:00 - 2:15 PM Yoga I Mind/Body Center <b>Julie</b>	3:00- 4:25 PM Yoga I Mind/Body Center <b>Scotty</b>	12:00 - 1:30 PM Yoga III Mind/Body Center <b>Jessica</b>	3:30 - 5:00 PM Yoga I/II Mind/Body Center <b>Nehama</b>
5:30 - 6:25 PM Pilates Main Gym <b>Kelly K.</b>	4:40 - 5:40 PM Pilates Mind/Body Center <b>Kendal</b>	3:00 - 4:30 PM TriYoga Flows® (I/II) Mind/Body Center <b>Pam</b>	4:40 - 5:40 PM Basic Pilates Mind/Body Center <b>Kendal</b>			5:15 - 6:15 PM Basic Yoga (I) Mind/Body Center <b>Daniel</b>
6:15 - 7:30 PM Kundalini Yoga (I/II) Mind/Body Center <b>Sarah M.</b> <small>No class on 1/25</small>	5:15 - 6:30 PM Yoga I/II Family Gym <b>Nehama</b>	5:00 - 6:00 PM Chi Gung Mind/Body Center <b>Willow</b>	5:15 - 6:30 PM Yoga II Family Gym <b>Jason</b>	6:00-7:00 PM Pilates Mind/Body Center <b>Suzanne</b>		6:30 - 7:30 PM Meditation Mind/Body Center <b>Daniel</b>
7:35 - 9:00 PM Yoga II Mind/Body Center <b>Staff</b>	6:00 - 7:15 PM Yoga I/II Mind/Body Center <b>Nancy</b>	5:30 - 6:25 PM Pilates Main Gym <b>Jana</b>	6:30 - 7:25 PM Feldenkrais® <small>(see flyer for details)</small>	<b>General Information</b> Revised 01/14/10  \$ = Additional Charge. Sign up required.  Online schedule — <a href="http://www.baymca.org">www.baymca.org</a>  All classes are free to Downtown Berkeley YMCA Full-Service Members unless otherwise indicated. Additional fee and/or sign-up is required for session date classes.		
8:30 - 9:30 PM Pilates Aerobics Studio <b>Kendal</b>	7:35 - 9:00 PM Basic Yoga (I) Mind/Body Center <b>Kelly M.</b>	6:15 – 7:25 PM Prenatal Yoga (G) Mind/Body Center <b>Betsy</b> <small>(Sign up required)</small>		<b>For more information please contact:</b> <b>Noel Panganiiban, Wellness Director (510) 665-3245</b>		
	7:30 - 8:45 PM TransDance @ Aerobics studio <b>Heather</b>	7:35 - 9:00 PM Yoga III Mind/Body Center <b>Jason</b>				

## Downtown Berkeley YMCA

January 19-31, 2010

**Key:** + = level of intensity and/or complexity of choreography.

+ = Suitable for all levels.

++ = Geared towards beginning/intermediate or intermediate participants.

+++ = Class designed with the needs of the intermediate or advanced participant in mind.

### Important Information

Instructors subject to change.

All classes and scheduled activities are based upon minimum enrollments and are subject to change.

Classes may be cancelled or combined due to low enrollment.

### Contact Information

- For more information about Group Fitness classes, call 665-3208.
- Check the web site [www.baymca.org](http://www.baymca.org) for class information.
- See Adult Aquatic Schedule for Aquatic fitness classes.

### Helpful Hints / Safety Precautions

- Consult your physician prior to starting an exercise program.
- Drink plenty of water while exercising
- Class space is limited. Please come on time. **If you are more than 10 minutes late for a class, you may not be allowed to enter the class due to safety and disruption issues!**
- Proper footwear required.
- Work out at your own pace.

### Facility Hours

Monday - Friday 5:00 AM - 10:00 PM

Sat. & Sun. 7:00 AM - 7:30 PM

### Childwatch

*for children ages 8 weeks - 7 years*

Monday - Friday 9:00 AM - 2:30 PM

4:00 - 8:00 PM

Saturday 8:30 AM - 2:30 PM

Sunday 8:30 AM - 2:30 PM

### Fit Kids

*for children ages 6 - 13 years*

Monday - Friday 4:30 - 8:00 PM

Saturday 8:30 AM - 2:30 PM

Sunday 8:30 AM - 2:30 PM

## CARDIO

**Adv. Cardio Hip Hop** ~ High energy, funky and fun; practice the latest moves at an accelerated pace as you groove to hip hop & club favorites. *(Mpm)* +++

**Afro-Brazilian Dance** ~ Explore through movement the rich influences of Brazilian traditions! This class, which features both traditional and popular dances, is a high-energy workout is for all levels. Choreography is drawn from several Brazilian dance styles which include: Rio Samba, Samba de Roda, Samba Reggae, Orixá Dance, Xaxado, Puxada de Rede, Maculele, Frevo, Capoeira, and Maracatu. *(M noon,Sun am)*+

**Brazilian Groove** ~ Groove at your own pace in this high energy Brazilian dance class. Enjoy a positive and uplifting exercise environment as you shake your body to a variety of Brazilian and Latin music! Prepare to sweat as we explore Brazilian dance, carnival-style, samba and the more percussive rhythms of afro-Brazilian dance. *(F noon)*

**Cardio Dance** ~ A dance-based aerobics class for the participant who wants great music and movement basics. *(Tu / Th am & pm, Sat am)* +

**Cardio Dance Plus** ~ A more challenging low-impact cardio dance class. Excellent for the experienced participant. *(M / W / F am)* ++

**Cardio Kickboxing** ~ Kick & punch your way to a better body and a better you! Expect to sweat as you work through combinations that sculpt your muscles, challenge your heart, and reduce your stress level. *(M / Tu pm)* +++

**Latin Dance** ~ A great combination of different basic Latin music steps taught in a high-energy aerobics format, a great way to get your heart pumping.

*(Tu pm /Th am)* +

**Funk / Hip Hop** ~ Longing to take your dancing to the next level but don't know the steps? This dance class gives you the opportunity to listen to great beats while getting funky. \*Basic class indicates emphasis on fundamentals. Beginning Hip Hop is an introductory class- great for newcomers! *(W pm / Sun am)* ++ *(Basic Th pm)* + *(Beginning Sat am)* +

**Salsa Fusion** ~ A choreographed workout to a Salsa/Reggeaton music which helps improves coordination and at the same time gives you a fun cardiovascular workout. *(Tu am)* +

**Senior Aerobics** ~ Step, fitness walking, and dance aerobics for the active older adult. Additional strength training with weights and elastic resistance helps build bone density, and provides stretch/stress release for the joints.

*(M / Th am)* +

**Step (Basic, I)** ~ A cardio class executed on and around a step bench.

This class is sure to get your heart pumping and keep your body moving! \*Basic class indicates emphasis on fundamentals. *(M pm)*

**Step II** ~ For anyone ready for more complex choreography & quicker transitions. *(Sat am)* ++

**Total Body Challenge** ~ Maximize your time and challenge your body with both cardio and sculpting in the same hour. Cardio activities vary.

*(W / F noon, M / W pm)* ++

**World Beat Dance** ~ Workout to the rhythms of the world. Class ends with strength, core and stretch. Suitable for all levels; moms and babies (pre-crawling and walking) welcome. *(Tu / Th am)*+

**World Hip Hop** ~ Cutting edge urban movement that incorporates Hip Hop, jazz, and classical dance moves. This class is geared for dancers and fitness class participants alike! *(Tu / Th noon, F pm)* ++

**ZUMBA®** ~Combines high energy and motivating music with unique moves and combinations that allow the participants to dance away their worries & 500-700 calories. It is based on the principle that a workout should be "FUN AND EASY TO DO" in order for Zumba® participants to stick to the Zumba® fitness program to achieve long-term health benefits. Zumba® is not only great for the body, but is also great for the mind. It is a "feel-happy" workout. Be prepared to sweat! *(W / Th pm, Sat am)*+

## MIND/BODY

**Chi Gung** ~ Chi Gung is an amazing energy- producing Chinese technique that combines focused concentration with simple movements and balanced breathing. *(W pm)* +

**Pilates** ~ This class consists of exercises designed to create pelvic stabilization and abdominal control. It incorporates joint mobility, strengthening of the limbs and "core" stability. All levels welcome, but beginners encouraged to attend **Basic Pilates**. \*Basic class indicates emphasis on fundamentals. *(M / Tu /W/ Th / F pm, T/Th / Sat am, W noon)* +

**TransDance®** *(formerly named Karuna)* ~ *TransDance* integrates elements of tribal motion, freestyle jamming, moving meditation and active imagination into a potent, playful and prayer-full dance experience. *(Tu pm/ W am)* +

## STRENGTH & CONDITIONING

**Body Sculpt** ~ A great cross training workout that concentrates on strengthening and toning the muscles of the entire body. Weights, bands and tubing are utilized. **Note:** Saturday morning class conducts a circuit the 1<sup>st</sup> Sat. of every month. *( W am, M,Tu,W,Th, F pm, Sat / Sun am)* +  
**Core Strength** ~ A mat based class designed to strengthen and lengthen the torso and limbs through exercises inspired by Pilates and traditional calisthenics. *(Tu/Th pm)* +

## CYCLE PLUS

If you've been interested in indoor cycling, let a certified Instructor guide you.

This non-impact cardiovascular workout is performed to music on specially designed stationary bikes. While climbing, sprinting and cruising build your cardiovascular endurance and take your training to an other level.

**TICKETS ARE REQUIRED FOR PARTICIPATION IN ALL CYCLE PLUS CLASSES. 10 TICKETS ARE DISTRIBUTED 1 HOUR BEFORE CLASS AND 20 TICKETS ARE DISTRIBUTED 30 MINUTES BEFORE THE CLASS. TICKET DISTRIBUTION IS DONE AT THE WELCOME DESK.**

**IF YOU ARE NOT ON YOUR BIKE WHEN THE CLASS STARTS THE INSTRUCTOR HAS THE RIGHT TO ASSIGN A BIKE TO A WAITING PARTICIPANT.**

## MARTIAL ARTS

**Aikido** ~ A fluid and powerful martial art whose practitioners learn to redirect the force of an attack in order to throw or pin the attacker. *( Sun pm)*

**Basic Aikido**~ Indicate emphasis on fundamentals. *(W pm / Sun am)*

**Shotokan Karate** ~ Traditional Japanese martial art designed to encourage overall fitness, self-confidence, and skill. Instruction provided by class leader. *(Th / Sat pm)*

**Basic Shotokan Karate** ~Indicates emphasis on fundamentals. *(Tu pm)*

**Tai Chi** ~ Wu Style Tai Chi, originally practiced as a martial arts discipline, is an exercise method which can have many health benefits. This class will cover warm-ups, gentle stretching, the 24 movement simplified form and basic Chi-Gung exercises. *Drop-in ( Th am)* +

## PRENATAL CLASSES

Designed to help pregnant women feel more confident, prepare for childbirth and their changing bodies. These fitness classes. A doctor's recommendation is strongly encouraged prior to beginning.

**Prenatal Yoga (G).** The physical benefits of flexibility and strength give more confidence to pregnant woman and increase their sense of well being. Must register by calling 665-3208. Must be a Berkeley YMCA Full-Service member to participate. *(M pm, W pm)*

## YOGA (G, I, II, III: G is most gentle, III is advanced)

**Gentle Yoga** ~ Emphasis on breathing techniques and relaxation. Increases flexibility and calmness in a gentle way. Beginners are welcome at any time.

**Basic Yoga (I)** ~ Establish a foundation and acquire a taste for the fundamentals of yoga. Great for the beginner participant or the yogi who likes to keep it simple! *(Tu pm, Sat am, Sun pm)*

**Healing Yoga (G)** ~ A class geared toward the older adult and the participant seeking a more forgiving approach to yoga. The participant will enjoy the benefits of increased flexibility, awareness, and relaxation. *(F am)*

**Kundalini Yoga (I/II)** ~ An invigorating class incorporating breath with dynamic movement and meditation, unifying the energies of the mind, body, and spirit. *(M pm)*

**Restorative Yoga (G)**~ This class focuses on bringing your body and mind to a state of relaxation through supported poses that are still, restful, and nourishing. Blankets, straps, and blocks are commonly used.

*(M / W / F / Sun am)*

**TriYoga Flows® (I/II)**~ A complete hatha yoga method emphasizing the union of posture, breath and focus. Founded by yoga master Kali Ray, the flows — sequences of postures — allow students to systematically develop flexibility, strength, and endurance while working at their own level of ability. We practice each flow for a month giving students time to gain mastery through repetition before moving to the next series.

*(Tu am/ W pm / F am)* +

**Yoga I** ~ These classes continue to build upon the fundamental postures and techniques of yoga for the beginning or returning participant; they help to increase flexibility, strength, endurance, and balance.

*(Tu,Th,S am Tu,Th,F,S pm)*

**Yoga III** ~ Designed for individuals who would like to continue practicing Yoga I basic poses and like to try Yoga II poses before committing to a Yoga II class. *(Sat am M/Tu/W/Th/Su pm)*

**Yoga II** ~ Moves level I participants through increasing levels of complexity, strength and flexibility. *(M/Su am M/Th pm)*

**Yoga II/III** ~ Designed for individuals who would like to continue practicing Yoga II poses and like to try Yoga III poses before committing to a Yoga III class. *(M am)*

**Yoga III** ~ Appropriate for the student with a regular yoga practice who has become proficient with most postures and is ready for more challenging and accelerated instruction. *(W/Sat pm)*

## \$ ADDITIONAL CHARGE CLASSES *(Please see individual flyers)*

**\$ Feldenkrais®** ~ Through the lessons based on the work of Dr. Moshe Feldenkrais, learn to reduce unnecessary effort and strain, and improve coordination, posture, and flexibility.

**\$ Beginning Tai Chi** ~ See Tai Chi description