



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

| Monday                                                                    | Tuesday                                                                       | Wednesday                                                                  | Thursday                                                                      | Friday                                                                  | Saturday                                                                                                                                                                                  | Sunday                                                                                                                                          |
|---------------------------------------------------------------------------|-------------------------------------------------------------------------------|----------------------------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:00-9:00am<br>Tai Chi<br>Sam<br>Group Fitness RM                         | 8:00-8:45am<br><b>Y ELITE FITNESS</b><br>Jeremy<br>Studio A                   | 8:00-9:00am<br>Tai Chi<br>Sam<br>Group Fitness RM                          | 8:00-9:00am<br>Tai Chi<br>Sam<br>Group Fitness RM                             | 8:00am-8:45am<br><b>Y ELITE FITNESS</b><br>Jeremy<br>Studio A           | 9:00-10:00am<br>Kundalini Yoga<br>Mona<br>Ballroom                                                                                                                                        |                                                                                                                                                 |
| 9:30-10:30am<br>Cardio Jam<br>Beatrice<br>Group Fitness RM                | 8:00-9:00am<br>Tai Chi<br>Sam<br>Group Fitness RM                             | 9:00-10:00 am<br>Zumba<br>Marissa<br>Group Fitness RM                      | 8:00am-8:45am<br><b>Y ELITE FITNESS</b><br>Jeremy<br>Studio A                 | 8:00am-9:00am<br>Tai Chi<br>Sam<br>Group Fitness RM                     | 11:00-11:30pm<br>Intro to Cycling<br>Victoria<br>Cycling Studio                                                                                                                           |                                                                                                                                                 |
| 10:00-11:00am<br>Senior Strength<br>Cidinha<br>Family Rec. Area           | 9:00-10:00am<br>Total Gym Workout<br>Jeremy<br>Family Rec. Area               | 10:15-11:00pm<br>Active Older Adults<br>Betsy<br>Family Rec. Area          | 9:00am-10:00am<br>Total Gym Workout<br>Jeremy<br>Family Rec. Area             | 9:00-10:00am<br>Zumba<br>Marissa<br>Group Fitness RM                    | 11:30-12:00pm<br>Indoor Cycling<br>Victoria<br>Cycling Studio                                                                                                                             |                                                                                                                                                 |
| 11:00 -12:00 pm<br>Silver Sneakers<br>Yoga<br>Cidinha<br>Family Rec. Area | 9:30am-11:00am<br>Iyengar Yoga<br>Margie<br>Studio B                          | 11:15-12:00PM<br>Balance/Fall<br>Prevention<br>Cidinha<br>Family Rec. Area | 10:15-11:00am<br>Senior Stretch &<br>Strength<br>Irina<br>Family Rec. Area    | 10:15-11:00 am<br>Senior<br>Cidinha<br>Family Rec. Area                 | 12:00-1:00pm<br>Zumba<br>Victoria<br>Group Fitness RM                                                                                                                                     |                                                                                                                                                 |
|                                                                           | 10:15-11:00am<br>Senior Stretch &<br>Strength<br>Irina<br>Family Rec. Area    | 12:15-1:15PM<br>Silver Sneakers Yoga<br>Cidinha<br>Family Rec. Area        | 11:15 to 12:15pm<br>Silver Sneakers<br>Circuit<br>Cidinha<br>Family Rec. Area | 11:00-12:00pm<br>Silver Sneakers<br>Yoga<br>Cidinha<br>Family Rec. Area |                                                                                                                                                                                           | <div style="border: 1px solid black; padding: 10px; width: 100px; margin: auto;"> <p><b>NEW<br/>YEAR!</b></p> <p><b>NEW<br/>YOU!</b></p> </div> |
|                                                                           | 11:15 to 12:15pm<br>Silver Sneakers<br>Circuit<br>Cidinha<br>Family Rec. Area |                                                                            |                                                                               |                                                                         |                                                                                                                                                                                           |                                                                                                                                                 |
|                                                                           |                                                                               |                                                                            |                                                                               |                                                                         |                                                                                                                                                                                           |                                                                                                                                                 |
| 5:00-6:00 pm<br>BodyPump and Tone<br>Victoria<br>Group Fitness RM         |                                                                               | 5:00-6:15pm<br>Hatha Yoga<br>Anahit<br>Ballroom                            |                                                                               |                                                                         | <div style="border: 1px solid black; padding: 10px; width: 100%; margin: auto;"> <p><b>HAVE YOU HAD A<br/>FITNESS<br/>ORIENTATION?</b></p> </div>                                         |                                                                                                                                                 |
| 5:00-6:00 pm<br>Kundalini Yoga<br>Mona<br>Ballroom                        |                                                                               | 5:30-6:30pm<br>Zumba<br>Marissa<br>Group Fitness RM                        |                                                                               |                                                                         |                                                                                                                                                                                           |                                                                                                                                                 |
| 6:00-7:00pm<br>Zumba<br>Renee<br>Group Fitness RM                         | 5:30-6:30 pm<br>Zumba<br>Marissa<br>Group Fitness RM                          | 6:00-6:45pm<br><b>Y ELITE FITNESS</b><br>Michelle<br>Studio A              |                                                                               |                                                                         | <div style="border: 1px solid black; padding: 10px; width: 100%; margin: auto;"> <p><b>Working out in a group<br/>provides support,<br/>accountability, and<br/>structure!</b></p> </div> |                                                                                                                                                 |
| 6:30-7:00pm<br>Indoor Cycling<br>Marissa<br>Cycling Studio                | 6:45-7:30 pm<br><b>Y ELITE FITNESS</b><br>Marissa<br>Studio A                 | 6:30-7:00 pm<br>Full Body Stretch<br>Marissa<br>Group Fitness RM           | 6:00-7:00pm<br>Cycling<br>Victoria<br>Cycling Studio                          |                                                                         |                                                                                                                                                                                           |                                                                                                                                                 |
| 7:00-8:00pm<br>Zumba Step/Toning<br>Victoria<br>Group Fitness RM          | 6:30pm-7:30pm<br>Victoria<br>Cyclelates<br>Cycling Studio                     | 7:30-8:00 pm<br>Intro to Cycling<br>Victoria<br>Cycling Studio             | 6:30-8:00pm<br>Iyengar Yoga<br>Margie<br>Ballroom                             | 5:00-6:00 pm<br>Kundalini Yoga<br>Mona<br>Ballroom                      | <div style="border: 1px solid black; padding: 10px; width: 100%; margin: auto;"> <p><b>Yoga is a great way to<br/>relieve stress and<br/>increase flexibility.</b></p> </div>             |                                                                                                                                                 |
| 8:00-8:45pm<br><b>Y ELITE FITNESS</b><br>Victoria<br>Studio A             | 7:30pm-8:00pm<br>Victoria<br>Stretch/Pilates<br>Studio B                      | 8:00-8:30 pm<br>Indoor Cycling<br>Victoria<br>Cycling Studio               | 7:00-8:00pm<br>Strong<br>Victoria<br>Group Fitness RM                         | 6:00pm-7:00pm<br>Power Yoga<br>Jeremy<br>Studio B                       |                                                                                                                                                                                           |                                                                                                                                                 |

**PLEASE REGISTER FOR YELITE CLASSES AT THE FRONT DESK.**

**YMCA Of Glendale**  
<http://www.glenymca.org>  
 Phone: (818) 240-4130