

BE HAPPY LIVE HEALTHY

Group Exercise Schedule



Body Pump™:

The original barbell class that strengthens your entire body challenging all your major muscle groups by using weight-room exercises like squats, presses, lifts & curls choreographed to upbeat music.



Body Combat™:

Empowering cardio workout where you are totally unleashed. Program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music you strike, punch, kick and kata your way through calories to superior cardio fitness

Boot Camp:

This is an intense class that will challenge you to a new fitness level. Each class uses different exercises to boost your metabolism, lose weight, gain muscle, and feel great!

CXWORX™:

Hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.



Body Flow™:

Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

Body Step™:

Energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

Spinning™:

A challenging stationary cycling class that utilizes various training techniques and motivational strategies to simulate a true bike riding experience.

Zumba®:

A fitness program inspired by Latin dance that incorporates body sculpting movements with easy-to-follow dance steps.

Zumba® Gold:

Zumba for the active older adult or a beginner and/or de-conditioned member.



Yoga:

This is a dynamic, vigorous class that synchronizes movement and breath in a continuous flow of poses. The focus is to increase strength, stamina, flexibility and mental focus.

Y Barre:

A unique, no impact, high energy fusion of barre work & weight resistance that will tone your body.



Youth Yoga*:

Give your child the gift of increased body awareness, focus, flexibility & strength. Ages 4-11

Youth Strength:

A youth training program designed to increase strength and conditioning through high-intensity exercise leading your child towards a healthy lifestyle. Ages 13-18

Indicates a class where prompt arrival is mandatory to avoid unnecessary interruptions-please arrive 5 minutes early for set-up

FEE BASED CLASSES:



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MURRIETA FAMILY YMCA

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Murrieta, CA, 92563
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Revised 5/6/15

LET'S WORK OUT TOGETHER

Group Exercise Schedule

STUDIO A	SUN	MON	TUE	WED	THUR	FRI	SAT
5:30-6:30am			BodyPump™		BodyPump™		
8:30-9:30am		BodyPump™	Zumba®	BodyCombat™	Zumba®	BodyPump™	BodyCombat™ 8:00-9:00
9:00-10:00am		CXWORX™				CXWORX™	BodyPump™
9:30-10:30am			Mat Pilates		Mat Pilates		
10:30-11:30am		BOOT CAMP		BOOT CAMP		BOOT CAMP	Zumba®
4:15-5:00pm		Zumba Kids®		Zumba Kids®			
5:30-6:30pm		BodyPump™		BodyPump™			
6:30-7:30pm			BOOT CAMP		BOOT CAMP		
7:00-8:00pm		Zumba®		Zumba®			
STUDIO B	SUN	MON	TUE	WED	THUR	FRI	SAT
5:30-6:30am		Spinning™		Spinning™			
8:30-9:30am		Spinning™		Spinning™		Spinning™	Spinning™
5:30-6:30pm			Spinning™		Spinning™		
6:00-7:00pm		Spinning™		Spinning™			
7:00-8:00pm			Spinning™		Spinning™		
STUDIO C	SUN	MON	TUE	WED	THUR	FRI	SAT
6:00-7:00			Yoga Flow		Yoga Flow		
8:30-9:30am		Barre		Barre		Barre	Yoga Flow
9:30-10:30am		Yoga Flow		Yoga Flow			Barre
10:30-11:30am			Gentle Yoga		Gentle Yoga		
3:30-4:30pm			Youth Yoga* 4-7		Youth Yoga* 4-7		
4:15-5:00pm			Youth Yoga* 8-12		Youth Yoga* 8-12		
5:30-6:30pm			Barre		Barre		
7:00-8:00pm		Yoga Flow		Yoga Flow			