



Fitness Class Schedule

(May 14 - May 20)



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** 7:30a - 12:30p **Su** Closed

Monday 5/14	Tuesday 5/15	Wednesday 5/16	Thursday 5/17	Friday 5/18	Saturday 5/19	Sunday 5/20
		Spin 6:00 am [Adria]	Spin 6:00 am [Adria]			
					Cardio Step 7:15 am [Dawna]	
					Spin 7:30 am (Adria)	
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]	Spin 9:30 am [Adria]	Power Pump/Core 9:30 am (Adria)	
Walking Pilates 10:00 am [Nicki]	Pilates & Strength 10:00 am [Beverly]	Gentle Yoga 10:00 am [Adria]	Pilates & Strength 10:00 am [Beverly]			
					Zumba 11:30 am [Tracy]	
					Youth Cardio Fit 11:00 am [Pete]	
		Spin 4:00 pm [Adria]				
	Youth Cardio Fit 5:00 pm [Pete]	Cardio Surprise 5:00 pm [Adria]	Youth Cardio Fit 5:00 pm [Pete]			
	Zumba 5:30 pm [Tracy]					
Zumba 6:00 pm [Tracy]	Cardio Step 6:30 pm [Dawna]	Yoga 6:00 pm [Adria]	Interval Step & Pump 6:30 pm [Dawna]			
	Yoga 7:00 pm [Candi]		Yoga 7:00 pm [Candi]			



Fitness Class Schedule

(May 21 - May 27)



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CHILD WATCH: M - F 8:00a - 12:00p & 4:00p - 8:00p **Sa** 7:30a - 12:30p **Su** Closed

Monday 5/21	Tuesday 5/22	Wednesday 5/23	Thursday 5/24	Friday 5/25	Saturday 5/26	Sunday 5/27
		Spin 6:00 am [Adria]	Spin 6:00 am [Adria]			
					Cardio Step 7:15 am [Dawna]	
					Spin 7:30 am (Adria)	
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 [Dawna]	Cardio Step 9:30 am [Tracy]	Yoga 9:00 am [Adria]	Cardio Step 9:30 am [Beverly]	Spin 9:30 am [Adria]	Power Pump/Core 9:30 am (Adria)	
Fitness Surprise 10:00 am [Adria]	Pilates & Strength 10:00 am [Tracy]	Gentle Yoga 10:00 am [Adria]	Pilates & Strength 10:00 am [Beverly]			
					Zumba 11:30 am [Tracy]	
					Youth Cardio Fit 11:00 am [Pete]	
		Spin 4:00 pm [Adria]				
	Youth Cardio Fit 5:00 pm [Pete]	Cardio Surprise 5:00 pm [Adria]	Youth Cardio Fit 5:00 pm [Pete]			
	Zumba 5:30 pm [Tracy]					
Zumba 6:00 pm [Tracy]	Cardio Step 6:30 pm [Dawna]	Yoga 6:00 pm [Adria]	Interval Step & Pump 6:30 pm [Dawna]			
	Yoga 7:00 pm [Candi]		Yoga 7:00 pm [Candi]			



Fitness Class Schedule

(May 28 - June 3)



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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 7:30a - 12:30p Su Closed

Monday 5/28	Tuesday 5/29	Wednesday 5/30	Thursday 5/31	Friday 6/1	Saturday 6/2	Sunday 6/3
		Spin 6:00 am [Adria]	Spin 6:00 am [Adria]			
YMCA CLOSED MEMORIAL DAY					Cardio Step 7:15 am [Dawna] Spin 7:30 am (Adria)	
	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)	
	Cardio Step 9:30 am [Beverly]	Yoga 9:00 am [Adria]	Cardio Step 9:30 am [Beverly]	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]			
					Zumba 11:30 am [Tracy] Youth Cardio Fit 11:00 am [Pete]	
		Spin 4:00 pm [Adria]				
	Youth Cardio Fit 5:00 pm [Pete] Zumba 5:30 pm [Tracy]	Cardio Surprise 5:00 pm [Adria]	Youth Cardio Fit 5:00 pm [Pete]			
	Cardio Step 6:30 pm [Dawna]	Yoga 6:00 pm [Adria]	Interval Step & Pump 6:30 pm [Dawna]			
	Yoga 7:00 pm [Candi]		Yoga 7:00 pm [Candi]			



Fitness Class Schedule

(June 4 - June 10)



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CHILD WATCH: M - F 8:00a - 12:00p & 4:00p - 8:00p **Sa** 7:30a - 12:30p **Su** Closed

Monday 6/4	Tuesday 6/5	Wednesday 6/6	Thursday 6/7	Friday 6/8	Saturday 6/9	Sunday 6/10
		Spin 6:00 am [Adria]	Spin 6:00 am [Adria]			
					Cardio Step 7:15 am [Dawna]	
					Spin 7:30 am (Adria)	
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]	Spin 9:30 am [Adria]	Power Pump/Core 9:30 am (Adria)	
Walking Pilates 10:00 am [Nicki]	Pilates & Strength 10:00 am [Beverly]	Gentle Yoga 10:00 am [Adria]	Pilates & Strength 10:00 am [Beverly]			
					Zumba 11:30 am [Tracy]	
					Youth Cardio Fit 11:00 am [Pete]	
		Spin 4:00 pm [Adria]				
	Youth Cardio Fit 5:00 pm [Pete]	Cardio Surprise 5:00 pm [Adria]	Youth Cardio Fit 5:00 pm [Pete]			
	Zumba 5:30 pm [Tracy]					
Zumba 6:00 pm [Annette]	Cardio Step 6:30 pm [Dawna]	Zumba 6:00 pm [Annette]	Interval Step & Pump 6:30 pm [Dawna]			
		Yoga 6:00 pm [Adria]				
	Yoga 7:00 pm [Candi]		Yoga 7:00 pm [Candi]			

Fitness Class Descriptions



Scheu Family YMCA of Upland
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*Classes are approx. 50 minutes in length



***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.

Walking Pilates - First half low impact aerobics. Second half Pilates and stretching.



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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