

CHINO VALLEY YMCA

GROUP EXERCISE SCHEDULE



EFFECTIVE 9/2/25

MONDAY

7:00AM - Barbell Class with Marsha
8:00AM - Cardio/Strength with Marsha
9:00AM - Aquafit with Esther
9:00AM - Silver Sneakers with Marsha
6:00PM - Rehab Exercise with Rachelle
7:00PM - HIIT with Michael

TUESDAY

7:30AM - Yoga with Marsha
8:30AM - Step Cardio with Marsha
9:00AM - Aquafit with Tracy
9:45AM - Silver Sneakers with Marsha
10:00AM - Aquafit with Tracy
1:00PM - Silver Sneakers with Felicia
5:15PM - Body Sculpt with Rachelle
6:10PM - Yoga with Felicia

WEDNESDAY

7:00AM - Barbell Class with Marsha
8:00AM - Cardio/Strength with Marsha
9:00AM - Aquafit with Bob
9:00AM - Silver Sneakers with Marsha
6:00PM - Rehab Exercise with Rachelle
7:00PM - HIIT with Michael

THURSDAY

7:30AM - Yoga with Marsha
8:30AM - Step Cardio with Marsha
9:00AM - Aquafit with Tracy
9:45AM - Silver Sneakers with Marsha
10:00AM - Aquafit with Tracy
1:00PM - Silver Sneakers with Felicia
5:15PM - Body Sculpt with Rachelle
6:10PM - Yoga with Felicia
7:00PM - Zumba with Iliana

FRIDAY

7:00AM - Stretch Class with Marsha
7:30AM - Barbell Class with Marsha
8:30AM - Rehab Exercise with Rachelle
9:00AM - Aquafit with Bob

SATURDAY

7:00AM - Restorative Yoga with Felicia
8:00AM - Rehab Exercise with Rachelle
9:00AM - Aquafit with Esther



Current class schedules can always be found at:
weymca.org/locations/chinovalley

GROUP EXERCISE CLASSES

CHINO VALLEY YMCA



Aqua

A boot camp style class to help you increase range of motion & agility by utilizing the water to support & challenge your movements through high intensity interval training. Water weights are used to work all muscle groups. Moves are designed for both shallow and deep water depths.

Step

A fun, high-energy workout that combines dance movements with fitness exercises, set to upbeat music from the 70's, 80's and 90's, creating a party-like atmosphere while burning calories and boosting your mood.

Cardio/Strength

This class is designed to help participants improve their cardiovascular fitness, build muscle strength, and often burn calories for weight management.

Rehab Exercise

Learn the foundations of rehab exercises including strengthening and stretching muscle in order to alleviate symptoms from physical conditions or sports related injuries.

Yoga

This class focuses on transitions and movements, along with stationary poses. This class will help attain balance in the mind and body.

Zumba

The Zumba® program, created by Beto Perez, fuses Latin dance rhythms with easy to follow dance moves. The result of this fusion is a fun workout that feels more like a night out dancing than a "work" out.

Barbell Class/Body Sculpt

A weight training class that uses weights, bands, gliders and body weight to tone muscles and build strength.

Silver Sneakers

A Silver Sneakers is an age-appropriate exercise class focused on improving strength, stamina, balance, and flexibility. It helps to promote an active and healthy lifestyle for adults aged 65 and older.

Stretch Class

A fitness class that focuses on improving flexibility and range of motion through stretching exercises and breathing techniques.

HIIT

Intense workouts that alternate between short bursts of maximum effort and periods of rest or low-intensity activity.



For A Better Us.