

HEALTHY STARTS HERE

EFFECTIVE AS OF 10/13/2025

GROUP EXERCISE CLASSES

• Programs with a (*) are paid programs. These classes are for paid program members only.

MONDAY

7:00am-7:45am	BODY SCULPT with Marsha
8:15am-9:00am	PILATES with Rita
9:00am-9:55am	ZUMBA with Summer
9:00am-9:45am	AQUAFIT with Esther
1:15pm-2:00pm	SILVER SNEAKERS with Marsha
6:00pm-6:45pm	REHAB EXERCISE with Rachelle
7:00pm-7:45pm	HIIT with Michael

TUESDAY

7:00am-7:45am	FOUNDATION with Yvette
8:00am-8:45am	BODY SCULPT with Yvette
9:00am-9:45am	AQUAFIT with Tracy
9:00am-9:45am	STEP with Marsha
10:00am-10:45am	AQUAFIT with Tracy
10:00am-10:45am	SILVER SNEAKERS with Felicia
*5:00pm-5:45pm (free for members)	LINE DANCING with Summer
6:00pm-6:45pm	BODY SCULPT with Rachelle

WEDNESDAY

7:00am-7:45am	BODY SCULPT with Marsha
8:15am-9:00am	PILATES with Rita
9:10am-9:55am	CHAIR YOGA with Marsha
9:00am-9:45am	AQUAFIT with Bob
6:00pm-6:45pm	REHAB EXERCISE with Rachelle
7:00pm-7:45pm	HIIT with Michael

THURSDAY

7:00am-7:45am	FOUNDATION with Yvette
8:00am-8:45am	BODY SCULPT with Yvette
9:00am-9:45am	AQUAFIT with Tracy
9:00am-9:45am	STEP with Marsha
10:00am-10:45am	AQUAFIT with Tracy
10:00am-10:45am	SILVER SNEAKERS with Marsha
5:30pm-6:15pm	BODY SCULPT with Rachelle
6:45pm-7:40pm	ZUMBA with Illiana

FRIDAY

7:15am-7:45am	STRETCH CLASS with Felicia (starts 10/24)
8:00am-8:45am	GENTLE HATHA YOGA with Felicia
9:00am-9:45am	AQUAFIT with Bob
9:00am-9:45am	SILVER SNEAKERS with Bonnie

SATURDAY

7:00am-7:45am	GENTLE HATHA YOGA with Felicia
8:00am-8:45am	RECOVERY & STRETCH with Rachelle
9:00am-9:45am	BODY SCULPT with Rachelle
9:00am-9:45am	AQUAFIT with Esther

GROUP EXERCISE CLASSES

CHINO VALLEY YMCA



***ALL CLASSES CAN BE MODIFIED TO DO IN A CHAIR AND INSTRUCTORS WILL OFFER OPTIONS TO ALL MEMBERS.**

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.

Chair Yoga

Yoga performed while seated using modified postures, breathing exercises, and sometimes standing poses with the chair for balance offering benefits such as increased flexibility, improved strength, and stress reduction.

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.

Pilates

Pilates is a low-impact, full-body workout that focuses on core strength, flexibility, and controlled movement to improve posture and overall fitness.

Line Dancing

Line Dancing is a choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows.

Foundations

A class that works on movements to increase balance, build strength, correct your posture and eliminate pain with specifically designed corrective exercises.

Gentle Hatha

A slower, softer yoga practice that focuses on gentle stretches, simple postures, and mindful movement for beginners, those with reduced mobility, or anyone seeking a more relaxing and restorative practice.

