

# HEALTHY STARTS HERE

EFFECTIVE AS OF 2/9/2026

## 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
8:00am-8:45am	PILATES with Rita
9:00am-9:55am	ZUMBA with Summer
9:00am-9:45am	AQUAFIT with Esther
*10:00am-10:45am (paid program)	INTRO TO PICKLEBALL with Summer
10:00am-11:45am	FOREVER FIT 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 Esther
9:00am-9:45am	CARDIO SCULPT with Marsha
10:00am-10:45am	FOREVER FIT with Felicia
*5:00pm-5:45pm (free for members)	LINE DANCING with Summer
6:00pm-6:45pm	BODY SCULPT with Rachelle
*6:00pm-6:45pm (paid program)	INTRO TO PICKLEBALL with Summer

### WEDNESDAY

7:00am-7:45am	BODY SCULPT with Marsha
8:00am-8:45am	PILATES with Rita
9:00am-9:45am	FOREVER FIT with Marsha
9:00am-9:45am	AQUAFIT with Bonnie
6:00pm-6:45pm	REHAB EXERCISE with Rachelle
6:15pm-6:45pm	SUPER HIIT with Michael
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 Bonnie
9:00am-9:45am	CARDIO SCULPT with Marsha
10:00am-10:45am	FOREVER FIT with Marsha
5:30pm-6:15pm	BODY SCULPT with Rachelle
7:00pm-7:55pm	ZUMBA with Illiana

### FRIDAY

7:15am-7:45am	STRETCH CLASS with Felicia
8:00am-8:45am	GENTLE HATHA YOGA with Felicia
9:00am-9:45am	AQUAFIT with Bonnie
9:00am-9:45am	CARDIO SCULPT with Marsha
10:00am-10:45am	FOREVER FIT with Bonnie

### SATURDAY

7:00am-7:45am	RESTORATIVE 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.

### 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.

### Forever Fit (formerly 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.

### Restorative Yoga

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.

### Intro to Pickleball (Paid Program)

A class for intermediate and advanced players who want to meet up with other players and play together in a structured setting with an instructor.

