HEALTHY STARTS HERE

the YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EFFECTIVE AS OF 10/2/2026

GROUP EXERCISE CLASSES

- **Please note: Land Group Exercise classes will have a maximum capacity of 26 participants, including the instructor. We appreciate your understanding and cooperation in helping us maintain a safe and comfortable environment for everyone.**

MONDAY

7:00AM–7:45AM	BODY SCULPT with Marsha
8:00AM–8:45AM	PILATES with Rita
9:00AM–9:55AM	CHAIR PILATES with Rita
9:00AM–9:45AM	AQUA FIT with Esther
10:00AM–10:45AM	FOREVER FIT with Marsha
5:00PM–5:45PM	YOUTH STRENGTH & CORE with Michael
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	AQUA FIT with Esther
9:00AM–9:45AM	CARDIO SCULPT with Marsha
10:00AM–10:45AM	FOREVER FIT with Felicia
6:00PM–6:45PM	BODY SCULPT with Rachelle
7:00PM–8:00PM	RESTORATIVE YOGA with Felicia

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	AQUA FIT with Bonnie
5:00PM–5:45PM	YOUTH STRENGTH & CORE with Michael
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	RECOVERY & STRETCH with Felicia
8:00AM–8:45AM	BODY SCULPT with Marsha
9:00AM–9:45AM	AQUA FIT with Bonnie
9:00AM–9:45AM	CARDIO SCULPT with Marsha
10:00AM–10:45AM	FOREVER FIT with Marsha
6:00PM–6:45PM	BODY SCULPT with Rachelle
7:00PM–7:55PM	ZUMBA with Illiana

FRIDAY

7:00AM–7:45AM	STRETCH CLASS with Felicia
8:00AM–8:45AM	GENTLE HATHA YOGA with Felicia
9:00AM–9:45AM	AQUA FIT with Bonnie
9:00AM–9:45AM	CARDIO SCULPT with Marsha
10:00AM–10:45AM	FOREVER FIT with Bonnie
5:00PM–5:45PM	AQUA FIT with Esther

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	AQUA FIT 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 movement 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 muscles 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
This energetic class combines aerobics exercise with Zumba-inspired dance moves to upbeat music. We'll work on cardio, coordination, endurance and full body movement while enjoying a fun and welcoming workout.

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

Foundations
A class that works on movements to increase balance, build strength, correct your posture and elminate pain with specifcally 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.