















Group Fitness Schedule

May 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning (A)  6:00-7:00am Patty	Body Sculpt (A) 6:00-7:00am Deb H.	Spinning (A)  6:00-7:00am Patty	Body Sculpt (A) 6:00-7:00am Deb H.			
Masters Swimming (P) 6:00-7:00am Sylvia	Masters Swimming (P) 6:00-7:00am Sylvia	Masters Swimming (P) 6:00-7:00am Sylvia	Masters Swimming (P) 6:00-7:00am Sylvia	Masters Swimming (P) 6:00-7:00am Sylvia		
		Sculpt (A) 7:15-8:15am Adam				
Hatha Yoga (B) 7:30-8:30am Adam	Vinyasa Yoga (B) 7:30-8:30am Sara	Hatha Yoga (B) 7:30-8:30am Sara		Tai Chi (B) 8:00-9:00am Adam		
Step (A) 8:30-9:15 Rachel	Cardio Sculpt (A) 8:30-9:30am Luciana	Kickbox Conditioning (A) 9:00-9:45am Julie L.	J Method (A) 8:30-9:30am Sandy	Spinning (A)  8:30-9:30am Judy	Spinning (A)  8:00-9:00am Patty	Spinning (A)  8:30-9:30am Heidi
Cardio Sculpt (A) 9:15-10:15am Rachel	Aqua Fit (P) 9:00-10:00am Marlene	Body Sculpt (A) 9:45-10:30am Julie L.	Aqua Cardio (P) 9:00-10:00am Danae	Core Yoga (B) 9:00-10:00am Helga	Zumba (A) 9:00-10:00am Judy	Vinyasa Flow (B) 9:15-10:30am Nicole
Iyengar Yoga (B) 9:00-10:00am Barbara	Yoga Fusion (B) 9:00-10:15am Trevor	Stretch & Flexibility (B) 10:30-11:30am Rich	Cardio kickboxing (A) NEW 9:30-10:30am STAFF	Aqua Sculpt (P) 9:00-10:00am Marlene	Pilates Mat (B) 9:00-10:00am Catherine	Zumba (A) 9:30-10:30pm Amy
Zumba (A) 10:15-11:15am Judy	Spinning & Core (A)  9:30-10:30am Patty	Light & Easy (A) 10:30-11:30am Debbie H.	Hatha Flow (B) 9:30-10:45am Helga	Body Sculpt (A) 9:30-10:30am Judy	Aqua Bootcamp (P) 9:30-10:30am Wendy	Cardio Sculpt (A) NEW 10:30-11:30am Heidi
Pilates Mat (B) 10:15-11:15am Heidi	Light & Easy (A) 10:30-11:30am Debbie H.	Pilates Mat w/ Props (B) 12:00-1:00pm Sandy	Light & Easy (A) 10:30-11:30am Debbie H.	Zumba (A) 10:30-11:30am Rita	Hatha Flow (B) 10:00-11:15am Nicole	
Cycle Express (A) NEW  12:00-12:45pm Debbie S.		Cycle Express (A) NEW  12:00-12:45pm Rachel	Pilates Mat (B) NEW 11:00-12:00am Heidi	Gentle Yoga (B) 10:30-11:45am Nicole	Spinning (A)  10:00-11:00am Deb H.	
Ab Blast (A) NEW 12:45-1:00pm Debbie S.		Ab Blast (A) NEW 12:45-1:00pm Rachel			Cardio Sculpt (A) 11:00-12:00pm Rachel	
Masters Swimming (P) 5:00-6:00pm Matt	On the Ball (A) 4:30-5:30pm Juliet	Masters Swimming (P) 5:00-6:00pm Matt				
Spinning (A)  5:30-6:30pm Heidi	Ujam (A) NEW 5:30-6:30pm Corey	Spinning (A) NEW  5:30-6:30pm STAFF	Body Sculpt (A) 5:30-6:30pm Patty			
Pilates Mat (B) NEW 5:30-6:30pm Jennifer	Masters Swimming (P) 6:00-7:00pm Cody	Gentle Yoga (B) 6:00-7:15pm Julie W.	Masters Swimming (P) 6:00-7:00pm Cody			
Aqua Fit (P) 6:15-7:15pm Marlene	Vinyasa Flow (B) 6:00-7:15pm Adam	Aqua Fit (P) NEW 6:15-7:15pm Deb H.	Vinyasa Flow (B) 6:00-7:15pm Sara	Hatha Yoga (B) 6:00-7:00pm Julie W.		
Vinyasa Yoga (B) 6:30-7:30pm Jennifer	Spinning (A)  6:30-7:30pm Patty	Interval Blast (A) 6:30-7:30pm Heidi	Spinning (A)  6:30-7:30pm Patty			
Body Sculpt (A) 6:30-7:30pm Heidi			Zumba /Hip Hop (A) 7:30-8:30pm Ileana			

***Instructors and Classes are subject to change.**

 Class requires a ticket that can be picked up or reserved by phone at the service desk one hour prior to class.


***NEW** = New time/ new instructor or new class format

*Youth ages 10-13 may attend all Group Fitness Classes except Aqua Classes after successful completion of the Youth Group Fitness Class Program

* For more information email groupfitness@svjcc.org

* APJCC Service Desk at 408.357.7429

Class locations:
A: studio A B: studio B P: Pool



APJCC Group Fitness Class Descriptions

Abdominal Blast I-III

Is a 15 minute intense focus on your abs and core. After your cardio workout come and participate whenever this class is offered you won't want to miss it.

Aqua Bootcamp II-III

Take bootcamp into the water with high intensity drills for a total body aquatic workout

Aqua Fit I-II

Get out of the studio and into the pool for this non-impact, total body workout. Improve cardiovascular stamina, muscular endurance, flexibility, and range of motion.

Aqua Sculpt I-III

Uses water resistance to build strength and cardiovascular endurance.

Body Sculpt I-III

Mix it up with dumbbells, balls, body bars and bands for a great total body workout! Work at your own level while you define, condition, and strengthen all major muscle groups.

Cardio Bootcamp I-III

Cardio Bootcamp is a fast-paced core, interval training class that incorporates calisthenics such as, push-ups, jumping jacks, sit-ups, running in place and football style-drills. Alternating quickly between movements helps to burn calories and fat faster. Modifications will be provided for all levels

Cycle Express I-III

Is a 45 minute spinning class that will take you through all phases of true cycling. Great for those who may not have a full hour for Spin. A great workout for all.

Cardio Sculpt I-III

Combine Body Sculpt with cardio intervals for a total body workout!

Core Yoga I-III

An active, powerful yoga that flows through many Sun Salutations into various standing and balancing poses. The practice also includes a challenging series of Pilates based abdominal toners and strengtheners.

Gentle Yoga I-III

This "intro to flow" class uses guided breathing with movement to stretch, strengthen, and relax your body and mind. The selected postures allow you to gain a deeper sense of mental focus, clarity, and relaxation.

Hatha Flow I-III

Combine the principles of Iyengar yoga and the fluidity of Vinyasa at a pace that suits the practitioner. Flow integrates breath and movement, awareness and alignment, and strength and flexibility.

Hatha Yoga I-III

Blend several styles of Yoga into one with an emphasis on core strength, flexibility, balance, concentration and breath control.

Interval Blast II-III

Boost your metabolism with alternating cardio drills, strength, and core exercises.

Iyengar Yoga I-III

Precise alignment of muscles, bones and joints is the main focus. Rather than moving quickly through the postures, you may spend many minutes in one pose and use props to align your body properly.

J Method I-III

The J Method workout creates a lean, firm, sculpted body by combining isometrics, dance conditioning, the science of physical therapy and interval training.

Kickbox Interval I-III

A cardiovascular workout using the basic techniques of Kickboxing to develop overall endurance, conditioning, and stamina and then half an hour of sculpting with weights.

Light and Easy Aerobics II-III

Light on the joints and easy to follow, this low-impact aerobics class uses simple choreographed movement patterns that emphasize full range of motion

Lighter & Easier I

A lighter version of the Light and Easy Class

On the Ball I-III

Cardio, strength and core exercises all using the Stability Ball! Keep it simple with one piece of equipment that will be sure to challenge you.

Pilates Mat I-III

Floor exercises inspired by the work of Joseph Pilates that strengthen your body's core muscles. Pilates exercise strengthens the body from the inside out.

Spinning I-III

Indoor-cycling program using high-performance, fully adjustable, stationary bicycle. The fundamental techniques and positions presented have been carefully selected to ensure a safe, fun, and effective workout for every student, regardless of fitness level.

Spinning & Core I-III

Combine indoor cycling with core exercises for a great workout! This class is great for those who may not like a full hour of spinning or anyone looking for variety to their workout

Stretching and Flexibility I-III

Flexibility, balance & stretching, all in one! Stretch your body from head to toe, while strengthening your core and improving your concentration and balance.

Tai Chi I-III

Tai Chi is a complete martial arts system incorporating the taiji principles rooted in the various manifestations of Yin and Yang.

U-Jam Fitness™ I-III

Is an athletic hip-hop dance fitness workout easy to follow that combines dance and high energy music for a workout that is bound to get your heart rate up, your body moving and make you work up a sweat while having FUN!

Vinyasa Yoga II-III

A dynamic system of practicing asanas that focuses on the synchronization of breath and the continuous flow of movement. Build heat, endurance, flexibility, strength and mental focus.

Yoga Fusion I-III

Combination of Yoga, Tai Chi and Qi Gong movements in an invigorating strengthening flow.

Zumba I-III

ZUMBA® Latin & other popular music, moves and more.

Zumba® is sweeping the country with fun, energetic, fast-paced yet easy to follow choreography to set your feet and heart on fire. A great cardio and core workout.