

# GROUP FITNESS SCHEDULE

## CLASSES INCLUDED WITH MEMBERSHIP

All Class Schedule: [grouppro.com/schedule/415/?view=calendar](http://grouppro.com/schedule/415/?view=calendar)

Virtual Class Links and Schedule: [marinjcc.org/virtualworkouts](http://marinjcc.org/virtualworkouts)

Pre-recorded Classes: [youtube.com/user/marinjcc](https://youtube.com/user/marinjcc)

On occasion, instructor substitutions are necessary.  
We reserve the right to cancel any class with less than 10 participants.

NEW SCHEDULE STARTS  
MONDAY JULY 12TH

**NORMA PRIETO**  
FITNESS MANAGER  
415.444.8029

Out of consideration, please  
**DO NOT** join a class if you are  
more than 10 minutes late.

## CENTER HOURS

Mon-Fri 6:00am-7:00pm  
Sat & Sun 7:00am-7:00pm

	<b>GROUP EXERCISE</b> Group Fitness Studio 4th floor	<b>MIND BODY</b> Yoga/Pilates studio 2nd floor	<b>SENIOR STRENGTH</b> Hoytt Theatre 1st floor	<b>VIRTUAL</b> Zoom meeting number listed below class	<b>SPIN STUDIO</b> 4th Floor	<b>POOLS</b> 3rd Floor
Monday		11:15am-12:15pm <b>Gentle Yoga</b> with Jane	10:30am-11:30am <b>Senior Strength</b> with Kathy C.	9:00am-10:00am <b>Cardio &amp; Core</b> with Heather 96074574497 6:00pm-7:00pm <b>Pilates Mat</b> with Kathy C. 95549580975		9:00am-9:50am <b>Aquacise</b> with Nancy R. <i>Held in Indoor Pool</i> 10:00am-11:00am <b>Aquacise</b> with Nancy R. <i>Held in Outdoor Pool</i>
Tuesday				9:00am-9:50am <b>Feldenkrais®</b> with Yayoi 94892761979 10:00am-11:00am <b>Senior Strength</b> with Ellen 92830508983	9:00am-10:00am <b>Indoor cycle</b> with Kathy H.	
Wednesday	9:00am-10:00am <b>Power Blast</b> with Janet		10:30am-11:30am <b>Senior Strength</b> with Ellen	12:15pm-1:15pm <b>Yoga Stretch</b> with Itzik 95565740594 4:30pm-5:30pm <b>Gentle Yoga</b> with Jane 887772222		9:00am-10:00am <b>Aquacise</b> with Ellen <i>Held in Indoor Pool</i>
Thursday	7:30am-8:30am <b>Tai Chi</b> with Calvin <i>Outdoors</i> 9:00am-10:00am <b>Zumba®</b> with Eny	10:00am-11:00am <b>Pilates Mat</b> with Janie		9:00am-9:45am <b>Cardio &amp; Core</b> with Heather 97312595009 10:00am-11:00am <b>Senior Strength</b> with Rachel 93842552764	9:00am-10:00am <b>Indoor cycle</b> with Janet	5:30pm-6:30pm <b>Aquacise</b> with Jocelyn <i>Held in Outdoor Pool</i>
Friday	8:00am-9:00am <b>Power Pulse</b> with Julia		10:30am-11:30am <b>Senior Strength</b> with Ellen	9:15am-10:15am <b>Hatha Flow Yoga</b> with Mirabai 99427308247		9:00am-9:50am <b>Aquacise</b> with Lisa <i>Held in Indoor Pool</i> 10:00am-11:00am <b>Aquacise</b> with Lisa <i>Held in Outdoor Pool</i>
Saturday		10:30am-11:30am <b>Aligned Yoga</b> with Kathy C.		9:00am-10:00am <b>Piloxing®</b> with Jenine 99412122612		
Sunday						

# INCLUDED WITH MEMBERSHIP GROUP FITNESS CLASSES

CLASS LEVELS: \* = intermediate / \*\* = advanced / No \* = all levels

## Group Classes

### **Cardio & Core**—All Levels

This class will work your core while stretching you for a full body workout. Props: Mat & weights (can be cans and or water bottles).

### **Piloxing**®—All Levels

This is a nonstop cardio workout, is a fusion of Pilates, Boxing and Dance. Props: weighed gloves (optional).

### **PowerBlast**—Int/Adv

A power pack workout including cardio, kickboxing, weight work, toning and sculpt.

### **Power Pulse**—All Levels

Resistance training intervals includes some fun and energetic cardio-dance moves (pulse) designed to inspire as well as condition. Improves agility, strength and balance using weights, bender balls and bands.

### **Senior Strength**—All Levels

#### — held in the Hoytt Theater

Join us for an hour of strength, balance, flexibility, cardio and range of motion. Exercises may be done in chairs and include low weights. All levels. Props: weights

### **Zumba**®—All Levels

An effective, exhilarating, Latin-inspired class, easy to follow. Calorie burning dance fitness party.

## Indoor Cycle

### **Indoor Cycle Policy**

Bikes are available on a first-come first-serve basis. Please pick up a laminated numbered card at the desk.

### **Indoor Cycle**—All Levels

A non-impact cardiovascular and strength workout performed to music on specially designed stationary bikes.

## Mind Body Classes

### **Aligned Yoga**—All Levels

This class is Iyengar-inspired with detailed alignment instructions. Props are used to offer refinement & a deeper experience while accommodating injuries and different body types.

### **Feldenkrais**®—All Levels

Move more easily, reduce joint pain and relieve stress with Feldenkrais®. These gentle movement classes are designed to improve flexibility, balance, posture and breathing. Experience changes in how you walk, sit, reach, bend, drive and participate in your favorite workout. Feldenkrais will stimulate your brain and increase your overall sense of well-being.

### **Gentle Yoga**—All Levels

Incorporate yoga postures in a slow meditated and calm practice. Perfect for beginners or experienced practitioners who wish to slow down. Props: Mat (blanket or towel), bolster (pillow), yoga blocks (strong book or can food), strap (towel or tie).

### **Hatha Flow Yoga**—All Levels

One of the most popular styles of Yoga, Hatha Yoga strives to achieve balance between body and mind, through physical poses (Asanas), breathing techniques (Pranayama), and meditation. This class will challenge you physically, improve your flexibility and strength, and help you become more relaxed. Props: Mat (blanket or towel), bolster (pillow), block (strong book or can food), strap (towel, tie, or a towel).

### **Pilates Mat**—All Levels

Develop functional abdominal, shoulder, and back strength from the inside out by developing lean, elongated muscles and spine flexibility, as well as improved posture.

### **Tai Chi**—All Levels

Flowing movements that improve balance, circulation, posture and body awareness.

### **Yoga Stretch**—All Levels

This class is designed to help you relax, stretch, and rejuvenate your body, mind and spirit.

## Water Fitness

### **Aquacise**

**M/W/F**—Int/Adv

**T/Th**—All Levels

**Sat**—Int/Adv (offered Jun-Oct)

The benefits of aerobics and weights as you work out against water's resistance.