

Revised 9/05/2018 *Group X Class Instructors can change periodically. Please see our online schedule for the most current class instructors: www.oaklandymca.org

Group exercise schedule

AEROBIC STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hi/Lo 6:30-7:20 am Jack	Body Sculpt 6-6:50 am Elmaz	Hi/Lo 6:30-7:20 am Jack	Body Sculpt 6-6:50 am Elmaz	Body Blast 6:30-7:20 am Michelle A.		
Tai Chi 7:30-8:20 am Arthur	Tai Chi 7:30-8:50 am Arthur	Tai Chi 7:30-8:20 am Arthur	Tai Chi 7:30-8:50 am Arthur	Tai Chi 7:30-8:20 am Arthur	Tai Chi 7-8:20 am Master Wong	Tai Chi Sword & Fan 7:30-8:20 am Arthur
Body Sculpt 8:30-9:20 am Kym		Body Sculpt 8:30-9:20 am Kym		Body Sculpt 8:30-9:20 am Elizabeth	Zumba 8:30-9:20 am Angie	Tai Chi 8:30-10:20 am Master Wong
Zumba 9:30-10:20 am Vanina	Cardio Sculpt 9:30-10:20 am Sari	Body Blast 9:30-10:20 am Elmaz	Cardio Sculpt 9:30-10:20 am Sari	Beginning Hip Hop Dance 9:30-10:20 am Jamar	Body Sculpt 9:30-10:20 am Sari	
Gentle Movement 10:30-11:20 am Don	Zumba 10:30-11:20 am Maria	Gentle Movement 10:30-11:20 am Don	Zumba 10:30-11:20 am Tracie	Gentle Movement 10:30-11:20 am Emily	African Dance 10:30-11:20 am Fatou	Zumba 10:30-11:20 am Maria
						Body Sculpt 11:30 am- 12:20 pm Sari
Body Blast 12:10-1 pm Jack	Pure Energy Circuit noon-12:50 pm Tracie	Body Blast 12:10-1 pm Jack	Kettlebell/ H.I.I.T noon-12:50 pm Nefertiti	Body Blast 12:10-1 pm Jack		
	Body Sculpt 4-4:50 pm Tracie		Body Sculpt 4-4:50 pm Tracie			
Body Sculpt 5-5:50 pm Sari	Happy Hour 5-5:50 pm Jack	Body Sculpt 5-5:50 pm Sari	Happy Hour 5-5:50 pm Jack	Body Sculpt 5-5:50 pm Tracie		
Afro Caribbean Rhythms 6-6:50 pm Courtney	Zumba 6-6:50 pm Vanina	Zumba 6-6:50 pm Katie	Hip Hop Cardio 6-6:50 pm Jamar	Intermediate/ Advanced Step 6-6:50 pm Tracie		
Cardio Hip Hop 7-7:50 pm Jamar	Body Sculpt 7-7:50 pm Kelvin	African Dance 7-7:50 pm Fatou	Body Sculpt 7-7:50 pm Kelvin			

Group exercise schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling 6:10-7 am Elmaz	Cycling 6-6:50 am Patti	Cycling 6:10-7 am Martin	Cycling 6-6:50 am Patti	Cycling 6:10-7 am Kym		
Cycling 8:00-8:55 am Alan					Cycling 7:30-8:20 am Kelvin	
	Cycling 8:30-9:20 am Sari	Cycling 8:30-9:20 am Alan	Cycling 8:30-9:20 am Sari	Cycling 8:30-9:20 am Gisele	Cycling 8:30-9:20 am Kelvin	Cycling 8:30-9:20 am Mario

					Cycling 9:30-10:20 am Luz	Cycling 9:30-10:20 am Katie
					Cycling 10:30-11:20 am Sari	Cycling 10:30-11:20 am Sari
Cycling 12:10-1 pm Mario	Cycling 12:10-1 pm Kym	Cycling 12:10-1 pm Alan	Cycling 12:10-1 pm Kym	Cycling 12:10-1 pm Kym		
Cycling 5:30-6:20 pm Erica	Cycling 5:30-6:20 pm Mario	Cycling 5:30-6:20 pm Mario	Cycling 5:30-6:20 pm Katie	Cycling 5:30-6:20 pm Erica		
Cycling 6:30-7:20 pm Sari	Cycling 6:30-7:20 pm Marissa	Cycling 6:30-7:20 pm Luz	Cycling 6:30-7:20 pm Marissa			

GROUP EXERCISE SCHEDULE

MIND/BODY STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	All Levels Yoga 6-6:50 am Kawal		All Levels Yoga 6-6:50 am Tracie			
Beginning Yoga 7:30-8:20 am Tracie	Beginning Yoga 7:30-8:20 am Vanessa	All Levels Yoga 7:30-8:20 am Michelle G.	Beginning Yoga 7:30-8:20 am Vanessa	Beginning Yoga 7:30-8:20 am Madoka		
Pilates 8:30-9:20 am Elmaz	Barrelates 8:30-9:20 am Elmaz	Pilates 8:30-9:20 am Elmaz	Barrelates 8:30-9:20 am Elmaz	Core Yoga 8:40-9:30 am Nefertiti	Pilates 8:30-9:20 am Laura	Beginning Yoga 8:30-9:20 am Tracie
			Spirit Dance 9:30-10:20 am Vanina	All Levels Yoga 9:30-10:50 am Michelle G.	Beginning Yoga 9:30-10:20 am Holly	Pilates 9:30-10:20 am Nefertiti
					Advanced Yoga 10:30-11:50 am Holly	All Levels Yoga 10:30-11:50 am Ife
Beginning Yoga 11-11:50 am Nefertiti		Beginning Yoga 11-11:50 am Barbara		Beginning Yoga 11-11:50 am Michelle G.		
Intermediate Yoga noon-12:50 pm Nefertiti	Pilates noon-12:50 pm Laura	Intermediate Yoga noon-12:50 pm Barbara	Pilates noon-12:50 pm Willow	Intermediate Yoga noon-12:50 pm Nefertiti		
Feldenkrais 1-1:50 pm Frances	Restorative Pilates 1:10-2:30 pm Willow	Feldenkrais 1-1:50 pm Frances	Restorative Yoga 1-2:20 pm Laura			
					All Levels Yoga 4:30-5:50 pm Ifatolu	
All Levels Yoga 5-6:20 pm Melissa	Beginning Yoga 5-5:50 pm Tracie	All Levels Yoga 5-6:20 pm Laura	Beginning Yoga 5-5:50 pm Tracie			
Beginning Yoga 6:30-7:20 pm Albert	Pilates 6-6:50 pm Tracie	Beginning Yoga 6:30-7:20 pm Laura	Pilates 6-6:50 pm Laura			

	Advanced Yoga 7:00-8:20 pm Madoka	Feldenkrais 7:30-8:20 pm Frances	Adult Ballet 7:00-8:20 pm Liz			
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Group exercise schedule

SPIRIT STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Roller Pilates 7-7:50 am Elmaz		Roller Pilates 7-7:50 am Elmaz			
						Intermediate Yoga 9:30-10:20 am Tracie
	Tai Chi 5-6:20 pm Master Wong	Tai Chi/ Swimming Dragon Dragon 6:00pm-7:00pm Art & Sarasa	Tai Chi 5-6:20 pm Master Wong			
	Adult Ballet 7:00-8:20 pm Berklee		Advanced Yoga 6:30-7:50 pm Madoka			

BASKETBALL COURT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp 5:30-6:20 am Full Court Jack & Kym		Boot Camp 5:30-6:20 am Full Court Jack & Kym		Boot Camp 5:30-6:20 am Full Court Jack & Jeffry		
	Tai Chi 10:30-11:50 am Full Court Master Wong		Tai Chi 10:30-11:50 am Full Court Master Wong			
	Adult Basketball 5-7 pm Full Court Coach Ray		Adult Basketball 5-7 pm Full Court Coach Ray			

Group exercise schedule

POOL PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Aerobics 8:30-9:20 am Ilan	Aqua Aerobics TBD	Aqua Aerobics 8:30-9:20 am Maria	Aqua Aerobics 8:30-9:20 am Maria	Aqua Aerobics TBD	Aqua Zumba 8-8:50 am Vanina	
Aqua Aerobics 9:30-10:20 am Kelvin	Cardio Aqua Pilates 9:30-10:20 am Aliya	Aqua Aerobics 9:30-10:20 am Kelvin		Aqua Aerobics 9:30-10:20 am Kelvin		Aqua Aerobics 9:00-9:50 am Suzan

Gentle Movement Aqua Aerobics 1:10-2 pm Kelvin	Gentle Movement Aqua Aerobics 1:10-2 pm Maria	Gentle Movement Aqua Aerobics 1:10-2 pm Kelvin	Gentle Movement Aqua Aerobics 1:10-2 pm Ilan	Gentle Movement Aqua Aerobics 1:10-2 pm Joe		
	Masters Swim 6:30-7:30 pm Coach Kyle		Masters Swim 6:30-7:30 pm Coach Kyle			
Aqua Aerobics 7:40-8:30 pm Diana	Aqua Aerobics 7:40-8:30 pm Joe		Aqua Aerobics 7:40-8:30 pm Joe			