

Be Fit. Be Well. Milpitas Sports Center

## Fitness Class Schedule (Winter 2016, effective Feb. 1, 2016)

1325 E. Calaveras Blvd.~ (408) 586-3225 ~ www.ci.milpitas.ca.gov

### Monday

6:15-7:00am	Muscle Pump	Regeina	DS1
9:15-10:10am	Fit for Life	Malia	DS1
10:15-11:10am	Fit for Life	Malia	DS1
11:30am-12:15pm	Body Architect	Tatsiana	DS1
12:15-1:00pm	Vinyasa Level 1	Tatsiana	DS2
5:45-6:45pm	Vinyasa Level 2	Tatsiana	Annx
6:15-7:15pm	Sweat & Sculpt	Aira	DS1
6:45-7:45pm	Zumba/Bombay Jam**	Cheryl/ Percy	DS2
7:15-8:15pm	Beginning Yoga	Reena	Annx

### Tuesday

6:05-6:50am	Ignite Boot Camp	Daniel	DS1
9:30-10:25am	Interval Mix	Maria	DS1
10:30-11:30am	Morning Yoga	Reena	Annx
12:00-1:00pm	Barre/Pilates	Gabriela	DS1
12:00-1:00pm	Total Body Conditioning	Maria	DS2
5:45-6:45pm	Adrenaline Rush	Daniel	DS2
7:00-8:00pm	U-Jam	Rene	DS1

### Wednesday

6:15-7:00am	Muscle Pump	Regeina	DS1
9:15-10:15am	Fit for Life	Aira	DS1
10:15-11:15am	Fit for Life	Aira	DS1
12:00-1:00pm	Lunchtime Yoga	Shastri	DS2
12:00-1:00pm	Pilates Sculpt	Tatsiana	DS1
5:15-6:15pm	Zumba Gold	Divina	DS2
5:45-6:45pm	Body Architect	Tatsiana	DS1
6:35-7:35pm	Hatha Yoga	Asha	Annx

### Thursday

6:05-6:50am	Ignite Boot Camp	Daniel	DS1
9:30-10:25am	Interval Mix	Maria	DS1
10:30-11:30am	Zumba Gold	Divina	DS1
12:00-1:00pm	Total Body Conditioning	Maria	DS1
12:00-1:00pm	Pilates	Gabriela	DS2
1:30-2:30pm	Feldenkrais	Richard	DS2
6:00-6:45pm	Pound	Dom/Jan	DS1
6:45-7:45pm	U-Jam Fitness	Jennifer	DS1
7:00-8:00pm	Stretch/Prenatal Yoga	Reena	Annx

### Friday

6:15-7:00am	Muscle Pump	Regeina	DS1
9:15-10:10am	Fit for Life	Malia	DS1
10:15-11:10am	Fit for Life	Malia	DS1
11:30am-12:15pm	Power Up	Tatsiana	DS1
12:00-1:00pm	Lunchtime Yoga	Sarah	DS2
12:15-1:00pm	Vinyasa Level 1	Tatsiana	DS1

### Saturday

8:30am-9:30am	Sweat & Sculpt	Aira	DS1
8:30am-9:30am	Zumba	Cheryl	DS2
9:30am-10:30am	U-Jam Fitness	Rene/Dana Jenn	DS2
10:00-11:00am	Hatha Dynamic Yoga	Asha	DS1

### Drop in Sports – Open Gym

Monday	6:30-9:00pm	Basketball
Tuesday	6:30-9:00pm	Pickleball
Wednesday	5:00-9:00pm	Volleyball
Friday	10:00am-1:00pm	Pickleball

**\*Schedule subject to change without prior notice**

### **\*\* Monday – Zumba/Bombay Jam Rotation**

2/1	Zumba, 6:45-7:45pm	Cheryl
2/8	Zumba, 6:45-7:45pm	Cheryl
2/15	Closed for President's Day	Closed
2/22	Bombay Jam, 6:45-7:45pm	Percy
2/29	Bombay Jam, 6:45-7:45pm	Percy

# Milpitas Sports Center Class Descriptions

All fitness programs are open to high school students and up. Parent/guardian must be on site during entire workout.

Classes and instructors subject to change without notice.

**Intensity Level of Classes:** \* = Low \*\* = Medium \*\*\* = High \*\*\*\* = All Levels

**Adrenaline Rush:** Push for progress and break the barrier in this high intensity boot camp! Use methods like interval, circuit, plyometrics, and aerobic training to burn calories as a team. Take it to the next level with available modifications for all levels. Together, we can accomplish any fitness goal! \*\*\*\*

**Body Architect:** A total body conditioning class designed to improve muscle tone in all areas of the body. This workout uses weights and body bars to promote muscular endurance, flexibility and body alignment. \*\*\*

**Bombay Jam:** Is the ultimate dance fitness, total body workout that is effective, safe, easy to follow and packed with authentic Bollywood flavor. The cardio routines incorporate basic, easy to follow dance fitness moves and toning segments focusing on sculpting long, lean muscles. \*\*\*\*

**Ignite Boot camp:** Kick start your day with this rise and shine boot camp. Get energized with morning cardio drills and weight training circuits. \*\*\*

**Fit for Life:** Adapted for all ages and fitness levels. This fun and challenging workout improves the cardiovascular system as well as increase balance, strength and bone density. \*\*

**Interval/Circuit Mix:** Classes will include working with bars, weights, medicine balls, physio balls, sliders and anything else we can get our hands on with intervals of heart pumping moves! \*\*\*\*

**Muscle Pump:** Work all major muscle groups in just 45 minutes. Using light weights while performing high repetitions, you will increase core strength, tone and shape your entire body without adding bulky muscles. If you are looking to get lean, toned and fit, this is the class for you! \*\*\*\*

**Power Up:** Train like a Fitness Competitor. This is an intense 45 min total body workout specifically designed to add definition and muscle to your body! Heavy weights and other resistance tools to sculpt and tone will be used. Can't beat it, it's a must! \*\*\*

**Pound:** Group fitness method that fuses the best of strength training, Pilates and cardio moves with drumming. The use of Ripstix, lightly weighted exercise drumsticks challenges the body's stability during each technique and uniquely targets and strengthens the core and deep infrastructural muscles \*\*\*\*

**Sweat & Sculpt Interval:** Using interval training, this class combines strength and toning with a cardio workout. \*\*\*

**Total Body Conditioning:** This class will increase overall cardiovascular fitness, including muscle strength and cardio endurance. \*\*

**U-Jam:** Dance your calories away! This fun and energetic class will not only give you a great workout, but will give a few new moves for the dance floor! \*\*\*

**Zumba:** Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating. \*\*

**Zumba Gold:** The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating community-oriented dance fitness class that feels fresh, and most of all, exhilarating! Zumba Gold classes provide modified, low-impact moves for active older adults. \*\*\*\*

**Barre/Pilates:** An impact free workout that focuses on core control, in addition to strengthening and sculpting the body. Light weights are used for upper body conditioning, while a ballet barre is used to sculpt and tone the lower body. No dance background required, stretching after working each muscle group produces a long, lean and strong physique, in addition to improving flexibility. \*\*\*\*

**Feldenkrais:** Helps increase your ease and range of motion while improving flexibility and coordination through a unique, gentle body centered learning process. \*\*\*\*

**Beginning Yoga:** Consists of fundamental yoga poses to promote perfect health, flexibility, stamina and strength. Pranayam, or breathing exercises, will be followed by exercises called Asanas and will conclude with deep relaxation. \*

**Hatha Dynamic Yoga:** Similar to Hatha Yoga, this class emphasizes the lengthening and stretching of muscles. \*\*\*

**Hatha Yoga:** Classic Yoga postures and movement with attention to proper alignment and breathing to help increase awareness, flexibility, balance, strength and relaxation for the body and mind. \*\*\*\*

**Lunchtime Yoga:** A flowing yoga practice providing full-body stretching, strengthening and detoxification through sweating. A great compliment to any fitness regimen or sports activity. \*\*\*

**Morning Yoga:** Similar structure as Beginning Yoga, slightly less intense. Great exercises for those who want to achieve a general well being, build strength, flexibility, and stamina. \*\*

**Pilates:** Focusing on the core of the body, the class strengthens, tones and develops flexibility and body awareness through controlled, concise and concentrated movements. \*\*\*\*

**Pilates with Awareness:** Learn how to move efficiently. Pilates is an exercise system that focuses on strengthening the whole body, it improves muscles elasticity and joint mobility for an overall better posture. While emphasizing proper form, breathing and alignment, Pilates is the method of body conditioning where quality of movement is valued over the number of repetitions. Pilates can really make a difference in your health without taking a toll on your body.

**Stretch/Prenatal:** Suitable for all students including pregnant women, who are looking for a gentle stretch and relaxation to release physical tension. \*

**Vinyasa Yoga:** Level 1 and Level 2 maintain awareness and focus on the breath while moving through a series of postures. This style of yoga builds heat, flexibility and strength, while maintaining focus on good alignment and sound structure. Postures may be held for longer periods of time, and will flow together to unite the body to the breath and mind.

**Vinyasa Lvl 1:** This is a moderately paced class and students continue to build awareness, strength, skill, and focus. Students of all levels will find this class accessible. Modifications are given to make the practice accessible to all students. \*\*

**Vinyasa Lvl 2:** Yoga experience encouraged. Students must have a basic awareness of yoga postures and their own bodies and limitations and willing to modify accordingly. Various hand and arm balances and postures that require more strength are explored. Postures are often held for longer periods of time to increase strength and concentration. \*\*\*