

# Group Exercise Schedule - July 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Tai Chi</b> *Student led* 8:00am—9:00 am	<b>Pilates</b> Jeanelle 8:30 am—9:30 am *No Class July 17h	<b>Sunrise Boxing</b> Austin 8:15 am— 9:15 am *SC closed July 4th	<b>Tabata Circuit Training</b> Loni 8:30 am—9:30 am *No Class July 5th	<b>Sunrise Boxing*</b> Austin 8:15 am— 9:15 am	<b>Step Aerobics</b> Jessica 8:30 am—9:30 am	<b>Jillian Michaels BodyShred™</b> Veronica 8:00 am—9:00 am
<b>Yoga</b> Su 9:00 am—10:00 am	<b>Fab Fitness</b> Lisa 9:45 am—10:45 am *Wendy Sub all of July	<b>Zumba</b> Veronica 9:15 am -10:15 am *SC closed July 4th	<b>Brazilian Boom Boom</b> Jessica 9:30 am—10:30 am	<b>Body Shred*</b> Veronica 9:15 am—10:15 am	<b>Fab Fitness</b> Lisa 9:45 am—10:45 am *Wendy Sub all of July	<b>Sculpt</b> Veronica 9:00 am—10:00 am
<b>Mixed Fit</b> Aziza 10:15 am—11:15 am	<b>Total Body Fit*</b> Veronica 11:30 am—12:15 pm	<b>Silver Sneakers Classic I</b> Steve 10:30 am—11:30 am *SC closed July 4th	<b>Senior Yoga Fitness</b> Steve 10:30 am—11:30 am	<b>Silver Sneakers Classic I</b> Steve 10:30 am—11:30 am	<b>Zumba</b> Monica 11:00 am—12:00 pm *Jessica Sub 7/21	<b>Brazilian Boom Boom</b> Jessica 10:15 am—11:15 am
<b>Zumba *</b> Mavia 11:30 am—12:30 pm *Monica Sub 7/30	<b>Silver Sneakers Classic II</b> Carmen 12:30 pm—1:30 pm	<b>Silver Sneakers Cardio Fit*</b> Veronica 12:30 pm—1:25 pm *SC closed July 4th	<b>Silver Sneakers Classic II</b> Carmen 12:15 pm—1:15 pm	<b>Low Impact Aerobics</b> Mike 12:15 pm—1:15 pm	<b>Silver Sneakers Classic II</b> Carmen 12:30 pm—1:30 pm	<b>Prenatal Yoga</b> Nancy 6/17-7/22 11:15am-12:30pm Code: SU17FT-112
<b>News &amp; Events</b>		<b>Rock Steady Boxing</b> Rob & Jessica 6/13-7/20 1:30-2:45pm Code: SP17FT-103		<b>Rock Steady Boxing</b> Rob & Jessica 6/13-7/20 1:30-2:45pm Code: SP17FT-103		<b>Instructor Spotlight:</b>
<b>SUMMER DANCE PARTY</b>  Anila & Deb July 7th, 2017 *Sign up today!	<b>Jillian Michaels BodyShred™ *</b> Veronica 5:15 pm—6:15 pm	<b>Total Body Fit</b> Veronica 5:15 pm —6:15 pm *SC closed July 4th	<b>Sports Center Boot Camp</b> Rob 5:15 pm—6:15 pm	<b>Tabata Circuit Training</b> Loni 5:15 pm—6:15 pm	<b>Zumba</b> Olive 6:30 pm—7:30 pm	
<b>YOGA FEE CLASSES</b> Gentle Yoga w/ Makiko Sat 7/22- 9/2   9am-10am *See front desk for details	<b>Zumba</b> Bob 6:30 pm—7:30 pm	<b>Mixed Fit</b> Deb 6:30 pm—7:30 pm *SC closed July 4th *Jessica sub July 11th	<b>Zumba</b> Monica 6:30 pm—7:30 pm *No Class July 19th	<b>Turbo Kickboxing</b> No class In July 13 & 27 6:30 pm—7:30 pm *Bob Sub 7/6 & 7/20 Zumba	 Follow us on Instagram Search: <a href="#">ucsportscenter</a>  Find our updates on Facebook Search: <a href="#">Union City Sports Center</a>  Follow us on Twitter Search: <a href="#">UC Sports Center</a>	<b>Olive</b> <b>Zumba</b> <i>Check it out~</i> Friday afternoons at 6:30 pm-7:30pm
		<b>Yoga</b> Kathleen 7:35 pm—8:35 pm *SC closed July 4th	<b>Bombay Jam</b> Anila 7:30 pm—8:30 pm *	<b>Yoga</b> Kathleen 7:35 pm—8:35pm		

### **Bombay Jam**

Powered by the explosively fun, globally appealing Bollywood culture, Bombay Jam® is the ultimate dance fitness total body workout that is effective, safe, easy to follow and packed with authentic Bollywood flavor!

### **Brazilian Boom Boom**

Brazilian Boom Boom is a class that will help you lift and tone your body in no time and get ready for any special occasion. Brazilian women are known for their gorgeous bodies, but you don't have to book a flight to Rio to get the beach body Brazilian looks. Turn yourself to a high gear with these concentrated sculpting moves.

### **Fab Fitness**

Fab Fitness is a fun circuit-style class set to great music! Using aerobic movement, hand-held weights, and floor work, this class gives you a total body workout in just one hour! Easy to learn movements set in a fun, non-intimidating environment! Come join the fun, make some new friends and get fit!

### **Jillian Michaels BodyShred™**

BodyShred is a high intensity, holistic, resistance and endurance-based fitness plan. It uses 3D body dynamics to maximize athletic performance and metabolic potential in 45 minutes. It is the ultimate challenge. You will shred fat, transform the look of your entire physique, and dramatically enhance your overall health and athletic performance!

### **Low Impact Aerobics**

Easy to follow line dance steps done in a gentle yet fun and energetic manner to get your heart rate up and energized for the day! Basic line dance steps are done in an informal and enjoyable "call and response" manner, where you dance-by-example to the rockin'est '50's and '60's rock n' roll numbers while getting your cardio up. Please wear loose comfortable clothing and please bring a water bottle and towel.

### **Mixed Fit**

This dance class is a mix of explosive dance moves and boot camp toning using your own body weight. No weights, mats, or awkward toning contraptions. With easy to follow dance moves and upbeat music, you will feel like you were in a nightclub and leave feeling like you just took a boot camp class.

### **Pilates**

Pilates gives a whole body workout while concentrating on core conditioning. It educates us on how to control the core when making movements of the shoulder girdle, hips and ankles. Movements are slow and controlled, but you'll come out feeling worked out and great.

### **Silver Sneakers Cardiofit**

Try a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. This is a higher intensity class than Classic and Circuit.

### **Senior Yoga Fitness**

This class utilizes chair based yoga, breathing techniques and light weights to improve strength, balance and range of motion. Join in the fun while enjoying the music of the 50's and 60's.

### **T'ai Chi**

The ancient Chinese system of slowly flowing movements and shifts of balance that strengthens the legs while conditioning the tendons and ligaments of the lower body, increasing their range of motion and making them more resilient, less prone to injury. Tai Chi is a physical exercise that focuses the mind, while conditioning the body.

### **Silver Sneakers Classic I & II (Senior Fitness)**

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels. \*Silver Sneakers 1 is primarily a chair based class, while Silver Sneakers II incorporates more standing.

### **Sculpt**

This class will combine traditional weight training with cardiovascular endurance exercises, making it a perfect way to cross train. Expect to use a variety of tools such as a barbell, dumbbells, step, and floor mats to get target all of your major muscle groups.

### **Sports Center Boot Camp**

This Boot Camp class will use high intensity interval circuit training utilizing equipment, such as battle ropes, agility ladders, dumbbells, medicine balls, and good old-fashioned body weight to fire up your metabolism. Both cardiovascular and muscular fitness will be put to the test, as workout circuits will often change from one week to the next.

### **Step Aerobics**

Step Aerobics combines a burst of fun aerobics with intense fat burning cardio, total muscle sculpting, and simple choreography routines to give you a great workout!

### **Sunrise Boxing**

Learn basic contact boxing skills for a fantastic and fun core workout first thing in the morning! Your workout will be as easy or intense as you make it. This workout incorporates a cardio warm up, strength training, boxing and abs.

### **Tabata Circuit Training**

Tabata Circuit training is a high intensity workout protocol that takes into account the most efficient work-to-rest ratio to optimize both anaerobic and aerobic fitness levels while maximizing the time you have in class. This class will challenge any fitness level and benefit everyone!

### **Total Body Fit**

Challenge yourself with a total body workout that will aim to enhance your fitness level through a full body workout that will leave you spent in body parts you forgot you had! Leave no muscle untrained and look to develop a lean conditioned body.

### **Turbo Kickboxing**

Turbo Kickboxing is a combination of intense kickboxing moves as well as dance moves, all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals, strength, and endurance training.

### **U Jam Fitness**

This class unites world beats with urban flavor, and takes you around the world from Hip-Hop to Bollywood. This intense cardiovascular workout features easy to learn dance steps that make you sweat, tone your body, and leave you craving for more! U-JAM Fitness™ is Universal, Unique and eUphoric! So lace up your high-tops and let the music drive you!

### **Yoga**

Hatha (pronounced HA-tah) Yoga harmonizes and unites the body, mind and breath while strengthening muscle groups, increasing flexibility, developing proper body alignment, improving concentration and increasing energy. With a consistent practice, yoga can lead to a deeper sense of well-being and balance. Appropriate for all levels.

### **Zumba**

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO!

#### **Group Exercise Class Reservation Policy**

Please note if popular classes fill up quickly, a reservation card system is in effect. Reservation tickets will be handed out 60 minutes prior to class start, typically 5:30 pm. Members with valid membership IDs will have first priority. Drop in participants will receive reservation tickets 15 minutes before class if vacancies still remain. **This class is first come, first served and no saving places in line or in class.** Please see front desk if you have any questions about our reservation policy.

#### **Reserve Now for Child Care**

Jr. Gymsters provides child care for parents who are utilizing the fitness programs at the Union City Sports Center. Parents **MUST** stay on the premises. Children will enjoy recreational activities in a safe and secure environment. There is a 2 hour time limit for child care per visit. **Reservations must be made at least 48 hrs. prior. Spots can be reserved either in person or by phone call. A minimum of 1 child must be committed to attend or the childcare session will be cancelled for that day.**

#### **Are you a Certified Group Exercise Instructor?**

The Union City Sports Center is always looking for well qualified, passionate, and energetic Group Exercise Instructors. The Sports Center is always looking to keep our classes fun and exciting for our members, so we are also looking for individuals qualified to instruct new or unique group classes. For more information please call (510) 675-5600.