

# Fitness Schedule

**Fitness Room Hours:** Mon/Wed 6 a.m.-9 p.m.; Tu/Th 7 a.m.-9 p.m.; Fri 6 a.m.-2 p.m.; Sat 8 a.m.-1 p.m.

## Monday

7:15 - 8:00 a.m.	Water Exercise	Rotating Inst	Pool
9:15-10:15 a.m.	Fit for Life	Malia	DS1
5:00-5:45 p.m.	Water Exercise	Rotating Inst	Pool
5:15-6:15 p.m.	PiYo	Lavonne	DS2
6:15-7:15 p.m.	Back to Fitness and Fun	Aira	DS1
6:30 -7:30 p.m.	Da Island Fitness	Sheila	DS2

## Tuesday

7:15-8:15 a.m.	Sit Strong	Malia	DS1
8:15-9:15 a.m.	Sit Strong	Malia	DS1
9:30-10:30 a.m.	Interval Mix	Maria	DS1
5:00-5:45 p.m.	Water Exercise	Rotating Inst	Pool
5:30-6:30 p.m.	All Levels Yoga	Jean	Annex
6:30-7:30 p.m.	U-Jam Fitness	Yuki	DS1
6:30-7:30 p.m.	Da Island Fitness	Marie	DS2

## Wednesday

7:15-8:00 a.m.	Water Exercise	Rotating Inst	Pool
9:15-10:15 a.m.	Fit for Life	Malia	DS1
10:30-11:30 a.m.	Stretch and Flex	Malia	DS1
5:00-5:45 p.m.	Water Exercise	Rotating Inst	Pool
5:15-6:15 p.m.	Zumba Gold	Divina	DS1
6:00-7:00 p.m.	Hatha Yoga	Asha	Annex

## Thursday

9:00-10:00 a.m.	Fit Plus Fun, Minus Pain	Aira	DS1
10:30-11:30 a.m.	Zumba Gold	Divina	DS1
12:00-1:00 p.m.	Midday with Malia	Malia	DS1
1:30-2:30 p.m.	Feldenkrais	Richard	Annex
5:00-5:45 p.m.	Water Exercise	Rotating Inst	Pool
6:00-7:00 p.m.	U-Jam Fitness	Ames	DS1
7:00-8:00 p.m.	Zumba	Jamez	DS1

## Friday

7:15-8:00 a.m.	Water Exercise	Rotating Inst	Pool
8:00-9:00 a.m.	Kung Fu Form	Malia	DS1
9:00-10:00 a.m.	Fitness with a Flair of Kung Fu	Malia	DS1
12:00-1:00 p.m.	All Levels Yoga	Jean	DS2

## Saturday

8:30-9:30 a.m.	Back to Fitness and Fun	Aira	DS1
8:30-9:30 a.m.	Zumba	Jamez	DS2
9:00-9:45 a.m.	Water Exercise	Rotating Inst	Pool
9:00-10:00 a.m.	Hatha Dynamic Yoga	Asha	Annex
9:30-10:30 a.m.	U-Jam Fitness	Yuki	DS2

## Lap Swim (Lane 1 Water Walk Only)

Schedule		Time
Mornings	M/W/F (Yard and Meter)	6:00-8:00 a.m.
	Sat (Yard and Meter)	8:30 a.m. - 12:00 p.m.
Mid-Day	M/W/F (Yard and Meter)	11:30 a.m.- 1:30 p.m.
Evenings	M – Th (Yard and Meter)	5:00-8:00 p.m.

## Drop-in Sports Open Gym

Monday (as available)	10:00 a.m.-1:00 p.m.	Basketball
Monday	5:30-8:45 p.m.	Volleyball
Tuesday (as available)	11:00 a.m.-1:30 p.m.	Basketball
Tuesday	5:30-8:45 p.m.	Pickleball
Wednesday (as available)	8:00-11:30 a.m.	Pickleball
Wednesday	5:30-8:45 p.m.	Volleyball
Thursday (as available)	11:00 a.m.-1:30 p.m.	Basketball
Thursday	5:30-8:45 p.m.	Basketball
Friday (as available)	8:00-11:30 a.m.	Pickleball
Saturday	8:00 a.m.-12:30 p.m.	Basketball



For more information,  
call (408) 586-3225 or visit  
[www.milpitas.gov](http://www.milpitas.gov)



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\*\*\* Schedule and Instructors subject to change without notice \*\*\*

updated 12/8/25

# Class Descriptions

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

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

**Back to Fitness and Fun:** Intended to methodically get the participants into shape, as we come out of this pandemic, by starting with basics and gradually introducing more challenging moves. We will work with participants based on their fitness levels and make sure that there is visible improvement while keeping it fun and fulfilling!!! We will use weights and introduce other exercise aids as we progress. This class will include strength training of all body parts, some boxing, and kicks, combined with squats and lunges, while accompanied by exciting music!

**Da Island Fitness:** Da Island Fitness provides a total body workout that isolates your muscles and increases your stamina and endurance. It's all core and incorporates the moves and dances of the Polynesian culture with a little bit of flare. The choreographs are inspired by Da Islands for all ages and are easy to follow. It's a low-impact workout but definitely high energy so be prepared to sweat! \*\*\*\*

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

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

**Fit Plus Fun Minus Pain:** Intended to meet the needs of beginners while challenging the more advanced participants, with focus on strengthening and improving aerobic capacity while preventing injury with proper form. The goal is to hit all body parts for an overall fitness result. More importantly, to ensure that we come away happy and healthy! We will use weights (as appropriate) and mats. We will introduce new fitness aids as we progress. Three goals: fit, fun, and camaraderie!

**Fitness with a Flair of Kung Fu:** Fitness with a Flair of Kung Fu is a fitness workout with a touch of Kung Fu. It will give you a robust full-body workout with a perfect combination of contemporary Kung Fu with modern-day training techniques. It's a free-flowing expressive workout through which you will gain flexibility, endurance, and muscle development.

This workout will not only improve your stamina and energy but also enhance your cardiovascular endurance. You will also improve your balance, coordination, and agility. A fun full-body workout for all age groups wherein intensity can be managed based on individual levels. Challenge yourself and become physically and mentally strong!

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

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

**Interval 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! \*\*\*\*

**Kung Fu Form:** If you like to dance, then this class is for you! You will learn a series of movements that will develop confidence, strength, balance, stretch, endurance, and power. Not only will your body get a full workout but you will energize and exercise your mind to the fullest. You will see the transformation from head to toe in no time at all, all while having fun!

**Midday with Malia** is a dynamic cardio class tailored to meet you where you are. Malia adapts each session to the group's energy and ability—whether it's a seated workout, step routines, light weights, or higher-intensity intervals. Every class offers variety, motivation, and fun, making it perfect for all fitness levels. Take a break in your day to move, sweat, and recharge with Malia's upbeat guidance and personalized approach to fitness.

**PiYo:** PiYo combines high-intensity cardio yoga flows with bodyweight resistance strength training to help you burn crazy calories and tone every inch of your body. The exercise program is called PiYo because it combines pilates (Pi) and yoga (Yo). The workouts are a fun twist to Pilates and Yoga classes and are set to pop music and have you flowing through moves. PiYo includes sports, core conditioning, stretching, and athletic drills into the routines to get you max results quicker! \*\*\*\*

**Sit Strong:** Join us for this dynamic, low-impact exercise class designed to improve strength, flexibility, and balance — all from the comfort of a chair. Perfect for all fitness levels, this class combines gentle movements, seated stretches, and light resistance training to boost mobility and overall well-being. Whether you're recovering from an injury, managing chronic pain, or simply looking for a fun and accessible workout, Sit Strong offers a supportive environment to help you stay active. Breathe, move, and flow at your own pace while building confidence and enhancing your body's resilience, one seated step at a time.

**Stretch and Flex:** Do you want to help your joints move through their full range of motion, increase muscle blood flow, and improve your ability to do daily activities? Join Stretch and Flex as these sessions are designed to help you gain muscular strength, improve your posture and balance, help decrease back pain and muscle soreness and builds a positive state of mind and keeps you overall balanced, strong and healthy!

**U-Jam Fitness:** 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! \*\*\*

**Water Exercise:** Come join an upbeat, fun, and cardio-filled water aerobics class! Every class consists of warm-up, arms, legs, core, and cool down/stretch time. This inclusive water class offers a full-body workout and modifications to fit all levels. \*\*\*\*

**Zumba:** Zumba is a Dance Fitness 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. You'll get fit, your energy levels will soar and you'll have fun. 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, act moves for active older adults. \*\*\*\*



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