

Fitness Class Schedule (Effective February 10, 2020)

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

Monday

6:10am-6:55am	Muscle Pump	Regeina	DS1
6:15am-7:15am	H ₂ cardiO	Julia	Pool
9:30am-10:25am	Fit for Life	Malia	DS1
10:30am-11:15am	Stretch and Flex	Malia	DS1
11:30am-12:15pm	Body Architect	Tatsiana	DS1
12:15pm-1:00pm	Vinyasa Level 1	Tatsiana	DS1
5:45pm-6:45pm	Vinyasa Level 2	Tatsiana	Annx
6:00pm-7:00pm	Zumba	Mafe	DS2
6:15pm-7:15pm	Sweat & Sculpt	Aira	DS1
7:05pm-8:05pm	Hot Hula	Sheila	DS2

Wednesday

6:10am-6:55am	Muscle Pump	Kathy	DS1
6:15am-7:15am	H ₂ cardiO	Julia	Pool
9:15am-10:10am	Fit for Life	Aira	DS1
10:15am-11:15am	Fit for Life	Aira	DS1
11:30am-12:30pm	Strength & Dance	Nancy	DS1
4:20pm-5:15pm	Pilates Sculpt	Tatsiana	DS1
4:15pm-6:30pm	Water Walk/Fit	Drop In	Pool
5:00pm-6:00pm	Zumba Gold	Divina	DS2
5:45pm-6:45pm	Body Architect	Tatsiana	DS1
6:35pm-7:35pm	Hatha Yoga	Asha	Annx

Friday

6:10am-6:55am	Muscle Pump	Regeina	DS1
6:15am-7:15 am	H ₂ cardiO	Julia	Pool
9:15am-10:15am	Mid-Morning Yoga	Jean	DS2
10:15am-11:15am	Fit for Life	Malia	DS1
11:30am-12:15pm	Power Up	Tatsiana	DS1
12:15pm-1:00pm	Vinyasa Level 1	Tatsiana	DS1

Drop in Sports Open Gym

Monday	6:00am-8:00am	Basketball
	8:30am-11:30am	Pickleball
	12:00pm-1:30pm	Basketball
Tuesday	6:30pm-9:00pm	Basketball
	6:00am-1:30pm	Basketball
Wednesday	6:30pm-9:00pm	Pickleball
	8:30am-11:30am	Pickleball
	12:00pm-3:00pm	Basketball
Thursday	5:30pm-9:00pm	Volleyball
	6:00am-1:30pm	Basketball
	6:30pm-9:00pm	Basketball
Friday	6:00am-8:00am	Basketball
	8:30am-11:30am	Pickleball
	12:00pm-3:00pm	Basketball

Tuesday

9:30am-10:30am	Interval Mix	Maria	DS1
10:30am-11:30am	Restorative Yoga	Ritu	DS2
12:00pm-1:00pm	Total Body Cond.	Maria	DS1
4:15pm-4:45pm	Water Walk/Fit	Drop In	Pool
4:45pm-5:30pm	Aqua Flex	Pam	Pool
5:30pm-6:30pm	Kick it up Aqua	Pam	Pool
6:00pm-7:00pm	Dance Party	Alvin	DS1
6:30pm-7:30pm	Stress Detox: Mind Body	Ritu	Annx
7:00pm-8:00pm	U-Jam Fitness	Rene	DS1

Thursday

9:30am-10:30am	Interval Mix	Maria	DS1
10:30am-11:30am	Zumba Gold	Divina	DS1
12:00pm-1:00pm	Total Body Cond.	Maria	DS1
1:30pm-2:30pm	Feldenkrais	Richard	DS2
4:15pm-4:45pm	Water Walk/Fit	Drop In	Pool
4:45pm-5:30pm	Aqua Flex	Regeina	Pool
5:30pm-6:30pm	Kick It up Aqua	Regeina	Pool
5:55pm-6:55pm	Fit for Fun	Huong	DS1
6:00pm-7:00pm	All Levels Yoga	Jean	Annx
7:00pm-8:00pm	U-Jam Fitness	Yuki	DS1

Saturday

8:30am-9:30am	Sweat & Sculpt	Aira	DS1
8:30am-9:30am	Zumba	Alvin	DS2
8:30am-9:30am	H ₂ cardiO	Julia	Pool
9:30am-10:30am	U-Jam Fitness	Yuki	DS2
10:00am-11:00am	Hatha Dynamic Yoga	Asha	DS1

Lap Swimming - Pools

Lane 1 in Yard Pool – Water Walk Only

Morning	6:00am-8:15am (Meter)	M/W/F
	7:15am-8:15am (Yard)	M/W/F
	8:30am-12:00pm (Meter)	Sat.
	9:45am-12:00pm (Yard)	Sat.
Mid-Day	11:30am-1:30pm (Meter and Yard)	M/W/F
	6:00pm-8:00pm (Meter)	M-Th
Evening	6:45pm-8:00pm (Yard)	M-Th

Milpitas Sports Center Class Descriptions

All fitness programs are open to high school students and up. Parent/Guardian must be on site during the entire workout. Classes and instructors subject to change without notice.

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. *

Aqua Flex: This class is for those with balance and flexibility needs, offering low impact, slower paced, with little to no added resistance. It is an excellent way to rehab after knee surgery.*

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. ***

Dance Party: This low impact class is for all fitness levels with an emphasis on line dance! Test your memory and learn some fun dances you can take back to your own parties! Easier to follow Latin and Hip Hop tracks are mixed in to keep you moving!

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

Fit For Fun: Intended as a low-impact total body conditioning class that is also geared towards improving the cardiovascular health. All muscles throughout the body will be targeted with goals of increasing flexibility, balance, and endurance. This class uses weights and mats to help improve strength and tone your body! ****

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. **

H₂cardio: 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 work out and modifications to fit all levels. ****

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. ****

Hot Hula: Inspired by the dance of the Pacific Islands, Hot Hula fitness provides a total body workout in 60 minutes. Core focused, easy to follow, for all fitness levels and no equipment needed! Hot Hula fitness incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout that isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. ****

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! ****

Kick it Up Aqua – This class is fast paced, full resistance promoting cardiovascular conditioning, toning techniques and strengthening exercises. **

Mid-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. **

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! ****

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

Power Up: Train like a Fitness Competitor. This in 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! ***

Restorative Yoga: Therapeutic Yoga postures using yoga props with attention to alignment and breathing. Designed to restore and rejuvenate the body and stimulate detoxification while strengthening from the inside out. ****

Stress Detox: Mind Body: Hatha flow yoga practice to stretch and strengthen the body releasing muscle tension, fatigue, and stress. Followed by a deep meditation to focus and strengthen the mind. Creating calm and peace for the whole being. ****

Strength & Dance: Try out two great formats, strength building and World of Ujam Fitness. The strength format will incorporate fitness exercises focused on building overall muscle strength, and the dance format is a fun workout incorporating toning and cardio. ****

Stretch and Flex: A class designed for beginners! Improve your movement, flexibility and strength all in one class. *

Sweat & Sculpt: 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 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! ***

Vinyasa Yoga Level 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 Yoga Level 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. ***

Zumba: 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. You'll get 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. ****