

GROUP EXERCISE

SUNTREE YMCA FAMILY CENTER



YMCA OF CENTRAL FLORIDA

6300 N Wickham Rd, Suite 112, Melbourne, FL 321-259-2929

ymcacentralflorida.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:45 AM	Cycling 60		Cycling 60		Cycling 60	FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY		
7:30 AM		Stretch 101		Stretch 101				
8:00 AM	Cycle 30 & Lift	On the Ball	Cycle 30 & Lift	Core Training	Cardio Strength Interval			
9:00 AM	Cardio Strength Interval	Zumba	Cardio Strength Interval	20/20/20	Zumba	Cardio Rotation		
9:00 AM		Cycling 45		Cycling 45		Cycling 60		
10:00 AM	Ab Express 15	Ab Express 15	Ab Express 15	Ab Express 15	Ab Express 15	Ab Express 15		
10:15 AM	Zumba	Yoga	Cardio Fit 10:30/20 min	Yoga	Total Body Sculpt 30	Zumba	Yoga 10:10 AM	
10:15 AM		Circuit 30 Wellness Floor	Chair Yoga 10:50/20 min	Circuit 30 Wellness Floor				
11:30 AM	Abs/Glutes 11:15 (30 min)	Silver Sneakers Classic		Silver Sneakers Classic			Karate 11:00 AM	
12:00 PM	Beginner Yoga		Yoga Core / Stretch		Beginner Yoga			
1:00 PM	Masters Tennis 1-3 pm	Bone Builders 1-2pm	Masters Tennis 1-3 pm	Bone Builders 1-2pm	Masters Tennis 1-4 pm			
4:00 PM	Kids Tennis 5-10 years old (45)							
4:30 PM *4:45 PM		*Sculpt 'n Abs 45	Kids Fitness Ages 5-10 (45)	*Sculpt 'n Abs 45				
5:00 PM	Upper Body Blast ! 30							
5:30 PM	Step 'n Sculpt		Zumba	On the Ball				
5:30 PM	Cycling 60	Cycling 45		Cycling 45	Karate @ 6pm			
6:30 PM	Zumba	Yoga	Karate	Yoga				
7:30PM	Karate					2017		



Group Exercise Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Descriptions

Basic Fitness: This class offers a variety of cardiovascular exercise, muscle toning and stretching.

Cardio Interval: Interval workout focusing on strength and cardiovascular exercise, muscle toning and stretching.

Cardio Circuit: Interval workouts using stations with or without a bench step that focuses on improving strength, endurance, and cardiovascular fitness. Stations may include jumping rope, push-ups, speed and coordination, plyometrics, strength training, resistance bands, and stability balls.

20/20/20: 20 minutes of floor cardio, 20 minutes of step aerobics, and 20 minutes of weights. (Order may vary)

Cardio Step: A step class that is full of energy with easy to follow choreography that will burn calories and strengthen the cardiovascular system offered on Saturday rotations.

Zumba: This Latin-based cardio dance class attracts members of all ages, fitness and dance levels. A combination of Latin dance moves with aerobic movements will help members burn hundreds of calories.

Crunch!: This class will focus on your core, abdominals and back. Will help with lower back pain and improves your overall fitness and stability.

Upper Body Blast!: A 30 minute muscle toning workout concentrating on upper body only! Followed by your choice of cardio class; cycling or 20/20/20.

Sculpt 'N Abs: This strength training sculpting class will tone upper, lower, and abdominal muscle groups in 45 minutes with the use of weights, bands, stability balls, tubing, and step bench.

Total Body Sculpt: A powerful total body sculpting class streamlined to tone and shape all muscle groups with maximum benefit.

Karate: Ueshiro Shorin-Ryu Karate USA. Original, classical, and traditional karate instruction. Safe for men, women and children 6 years old and up and is included in your membership.

Yoga: Designed to relieve stress and center piece of mind. This class will focus on breathing techniques and traditional Yoga poses.

Beginner Yoga: Yoga Rehab is designed to assist members who are beginners to yoga or have limited range of motion due to injury or surgery. This is a low intensity class that will help improve flexibility and strength at a proper pace.

Group Cycling: This cardiovascular workout is performed on a stationary bike and is designed for all intensity levels. Instructors will guide you through an interval and all terrain ride while focusing on proper body alignment, heart rate monitoring and proper cycling techniques. Cyclists MUST bring a water bottle and one towel.

Kid's Fitness: For ages 5-10. Fun games and activities that gives young kids a chance to be themselves.

Master's Tennis: Tennis fundamentals for 55+ Adults.

Silver Sneaker's Classic: Help increase your muscular strength, range of movement, and activity for everyday living. Uses hand held weights, elastic bands, while safely seated in a chair.

Stretch 101: All levels of flexibility will enjoy the styles of poses to lengthen your body from head to toe.

Core Training: Floor exercise targeted at strengthening and toning of core.

Cardio C Energy: 45 minutes of cardio/15 mins of stretch. Cardio can be weights and step as a prop.

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