LAKE NONA YMCA

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

EFFECTIVE 3/6/2017 **SPRING 2017**

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Cycling Studio	Cycle** 45 min		Cycle** 45 min		Cycle** 45 min	CLASS COLOR KEY HEALTHSEEKER/ BEGINNER INTERMEDIATE ADVANCED	
			Boot Camp 55 min		LesMills BODYPUMP® 55 min			
	Wellness Floor	Next Level 30min		Next Level 30min		Next Level 30min		
6:45 AM	Group Ex Studio	CORE 15 min		CORE 15 min		CORE 15 min		
8:15 AM	Cycling Studio	Cycle** 45 min						
	Group Ex Studio	Core & More 45 min	HIIT 45 min	Barre Fusion 45 min	Cardio Kickboxing 45 min	Core & More 30 min	LesMills BODYPUMP® 55 min	
9:00 AM	Group Ex Studio	INSANITY LIVE 55 min	Muscle Conditioning 55 min**	ZUMBA fitness 55 min	Pilates 55 min	LesMills BODYPUMP® 55 min		
	Outside				P90X 55min			
9:15 AM	Group Ex Studio						ZUMBA fitness 55 min	
	Cycling Studio	Cycle** 45 min	Cycle** 45 min	Cycle** 45 min	Cycle** 45 min	Cycle** 45 min	Cycle** 45 min	
10:15 AM	Group Ex Studio	Yoga 55 min	Barre Fusion 55 min	Yogalates 55 min	LesMills BODYPUMP® EXPRESS 45 min	Yoga 55 min	Yoga 55 min	
11:00 AM	Group Ex Studio		Water Aerobics 45min		Water Aerobics 45min			
11:15AM	Group Ex Studio			Basic Strength 45min		ZUMBA fitness 55 min		

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 PM	Group Ex Studio	INSANITY LIVE 55 min	P90X 55 min	ZUMBA fitness 55 min	LesMills BODYPUMP® EXPRESS 45 min			Cycle 55 min 12:15pm
5:15PM			Basic Cycle 30 mins		Basic Cycle 30 mins			Yoga 55 min 1:15pm
5:30PM	Wellness	Next Level 30 mins	Next Level 30 mins		Next Level 30 mins	Family Next Level 30 mins		
6:00 PM	Cycling Studio	Cycle 45 min	Cycle Fusion 45 min		Cycle Fusion 45 min		GX CLASS YOUTH POLICY Children ages 8-11 must be accompanied by a participating parent and are only allowed to join classes that do not use equipment. Youth ages 12-15 can participate in classes that include weights and cycle. Must be able to properly fit on a bike.	
	Group Ex Studio	ZUMBA fitness 55 min	PiYo 55 min	Next Level 45 mins	Cardio Kickboxing 55 min			
	Wellness Floor		Kids Next Level (8-12 yrs) 30min		Kids Next Level (8-12 yrs) 30min			
6:30 PM	Outside		Boot Camp 55 min		Boot Camp 55 min			
7:00 PM	Group Ex Studio	LesMills BODYPUMP® 55 min	ZUMBA fitness 55 min	LesMills BODYPUMP® 55 min	Yoga 55 min			