





# DOWNTOWN ORLANDO YMCA GROUP EXERCISE SCHEDULE SPRING 2017 (Effective April 10, 2017)

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	Functional Training Room		Next Level (30 Min)		Next Level (30 Min)			
	Studio X		LES MILLS BODYATTACK (30 Min)		LES MILLS CXWORX (30 Min)			
5:45 am	Cycling Studio	Cycling (45 Min)		Cycling (45 Min)		Cycling (45 Min)		
	Fitnasium	LES MILLS BODYPUMP™ (55 Min)		LES MILLS BODYPUMP™ (55 Min)		LES MILLS BODYPUMP™ (55 Min)		
	Functional Training Room			Next Level (30 Min)				
6:00 am	Cycling Studio		Cycling -CONNECT (45 Min)		Cycling (45 Min)			
	Studio X		Yoga (55 Min)		Yoga (55 Min)			
7:15 am	Fitnasium	Tai Chi (55 Min)		Tai Chi (55 Min)		Tai Chi (55 Min)		
	Cycling Studio						Cycling (60 Min)	
7:30 am	Studio X		Yoga (55 Min)		Yoga (55 Min)			
8:00 am	Pool						Aqua Zumba (55 Min)	
8:30 am	Fitnasium	Active Older Adults (55 Min)	LES MILLS BODYPUMP™ (55 Min)	Active Older Adults (55 Min)		Active Older Adults (55 Min)	LES MILLS BODYATTACK (55 Min)	
	Studio X	LES MILLS BODYATTACK (55 Min)						
8:45 am	Fitnasium				Cardio Strength (45 Min)			
	Cycling Studio	Cycling (45 Min)		Cycling (45 Min)		Cycling (45 Min)	Cycling (45 Min)	
	Studio X						Basic Yoga (30 Min)	
9:00 am	Fitnasium			LES MILLS CXWORX (30 Min)				
	Pool	Deep Water Fitness (55 Min)		Deep Water Fitness (55 Min)		Deep Water Fitness (55 Min)		
	Studio X		HIIT (30 Min)		HIIT (30 Min)			
9:30 am	Fitnasium	Cardio Strength (55 Min)	LES MILLS BODYCOMBAT™ (55 Min)	Boot Camp (55 Min)		LES MILLS BODYPUMP™ (55 Min)	LES MILLS CXWORX (30 min)	
	Studio X		Core (15 Min)		Core (15 Min)		Yoga (55 Min)	
9:45 am	Fitnasium				Zumba (55 Min)			
	Cycling Studio		Cycling -CONNECT (30 Min)		Cycling -CONNECT (30 Min)		Cycling (45 Min)	
	Studio X					Yin Yoga (45 Min)		
10:00am	Fitnasium						Zumba (55 Min)	
	Studio X	Stretch (45 Min)	Power Yoga (55 Min)	Stretch (45 Min)	Power Yoga (55 Min)			
	Pool	Shallow Water Fitness (55 Min)	Aqua Zumba (55 Min)	Shallow Water Fitness (55 Min)	Aqua Zumba (55 Min)	Shallow Water Fitness (55 Min)		
10:30am	Functional Training Room	Next Level (30 Min)		Next Level (30 Min)		Next Level (30 Min)		
10:45 am	Studio X	Yoga (55 Min)		Yoga (55 Min)		Yoga (55 Min)	Power Yoga (55 Min)	
11:00 am	Fitnasium		Parent & Child (45 Min)	Parent & Child (45 Min)	Parent & Child (45 Min)		LES MILLS BODYCOMBAT™ (55 Min)	
12:00 pm	Fitnasium		LES MILLS BODYPUMP™ (55 Min)		LES MILLS BODYPUMP™ (55 Min)			

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:15 pm	Cycling Studio	Cycling (45 Min)		Cycling (45 Min)		Cycling- CONNECT (45 Min)		
	Studio X	Zumba (45 Min)	BARRE (55 Min)		BARRE (55 Min)	Zumba (45 Min)		
	Fitnasium						LES MILLS BODY PUMP™ (55 min)	
12:45 pm	Fitnasium							HIIT & Core (45 Min)
1:00 pm	Fitnasium	Silver Sneakers (55 Min)		Silver Sneakers (55 Min)		Silver Sneakers (55 Min)		
2:00 pm	Pool	Shallow Water Fitness (55 Min) - 2:15		Shallow Water Fitness (55 Min) - 2:15		Shallow Water Fitness (55 Min) - 2:15		
	Fitnasium							LES MILLS BODY PUMP™ (55 Min)
	Studio X							Yoga (70 Min)
3:15 pm	Cycling Studio							Cycling (55 Min)
4:30 pm	Cycling Studio		Cycling (45 Min)		Cycling (45 Min)			
	Studio X	 Ages 6-12		 Ages 6-12				
	Fitnasium	LES MILLS BODY PUMP™ (55 Min)		LES MILLS BODY PUMP™ (55 Min)		LES MILLS BODY PUMP™ (55 Min)		
5:00 pm	Cycling Studio	Cycling- CONNECT (45 Min)		Cycling- CONNECT (45 Min)				
5:30 pm	Fitnasium		LES MILLS BODY COMBAT™ (55 Min)		LES MILLS BODY ATTACK™ (55 Min)	RESERVED 5:30pm-8:30pm		
	Studio X		Power Yoga (55 Min)		Power Yoga (55 Min)			
	Functional Training Room	Next Level (30 Min)		Next Level (30 Min)				
5:45 pm	Studio X	LES MILLS CXWORX (30 Min)						
	Fitnasium	Boot Camp (55 Min)		Boot Camp (55 Min)				
6:00 pm	Studio X					Yoga (55 Min)		
	Pool			Shallow Water Fitness (55 Min)				
6:15 pm	Cycling Studio	Cycling- CONNECT (45 Min)	Cycling (45 Min)		Cycling- CONNECT (45 Min)			
	Studio X	LES MILLS BODY ATTACK™ (55 Min)						
	Functional Training Room	Next Level (30 Min)		Next Level (30 Min)				
6:30 pm	Studio x		BARRE (55 min)					
6:45 pm	Fitnasium	Zumba (55 Min)	LES MILLS BODY PUMP™ (55 Min)	Zumba (55 Min)	LES MILLS BODY PUMP™ (55 Min)			
	Functional Training Room	Next Level (30 Min)		Next Level (30 Min)				
7:00 pm	Pool		Swim Workout (55 Min)		Swim Workout (55 Min)			
7:15 pm	Studio X	Yoga (55 Min)		Power Yoga (75 Min)				
8:00 pm	Fitnasium	RESERVED	RESERVED		RESERVED			

**SCHEDULE KEY**

ALL LEVEL  
INTERMEDIATE LEVEL  
ADVANCED LEVEL  
YOUTH/FAMILY  
★ = NEW CLASS

CLASS ADJUSTED FROM PREVIOUS SCHEDULE