



# ROPER YMCA FAMILY CENTER

## GROUP EXERCISE SCHEDULE

(Updated 3/1/17)

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AM CLASSES</b>								
5:30 AM	Studio 1	Cardio Weights Nicole		Tabata Joe	Yoga Karen W.	<b>INSANITY</b> Nicole		
	Cycling Studio		Cycle** Samantha		Cycle** Samantha			
6:30 AM	Studio 2					Cardio Step Melinda		
7:30 AM	Studio 1						Yoga Jenn	
8:00 AM	Studio 1	Super Sets Karen A.	Yoga Kim	Cardio Weights Kathy	Yoga Kim	Cardio Weights Kathy		
8:30 AM	Studio 1						Boot Camp Samantha	
	Cycling Studio	Basic Cycle** Joe		Basic Cycle** Joe				
9:00 AM	Studio 1	Express Strength Karen B.	H.I.I.T Kellie 30 min	Express Strength Karen B.	H.I.I.T Kellie 30 min			
	Gym	H.I.I.T Karen A. 30 min	Core Kim 30 min	H.I.I.T Kim 30 min	Core Kim 30 min	H.I.I.T Kim 30 min		
	Cycling Studio						Cycle** Ashley 75 min	
9:30 AM	Studio 1	Super Sets Heidi	Weights Kellie	Super Sets Kim	Weights Kellie	<b>LES MILLS BODYFLOW</b> Angie	<b>ZUMBA</b> Shauna	
	Gym	<b>ZUMBA</b> Karen B.	Cardio Kids Kim 2-5 yrs	<b>ZUMBA</b> Neisa	Cardio Kids Kim 2-5 yrs	Kickbox Kim		
	Cycling Studio	Cycle** Karen A.	<b>LES MILLS RPM</b> Megan	Cycle** Karen A.	<b>LES MILLS RPM</b> Angie	<b>LES MILLS RPM</b> Julie		
10:30 AM	Studio 1	Weights John	Pilates Susan	<b>LES MILLS BODYPUMP</b> Rikki	Pilates Susan	<b>LES MILLS BODYPUMP</b> Angie	Weights Ashley	
	Gym		<b>ZUMBA</b> Karen B.	Bootcamp Karen A.	<b>ZUMBA</b> Karen B.	<b>ZUMBA</b> Alessandra		
11:30 AM	Studio 1	Yoga Cathy	Yoga Becky	Yoga Cathy	<b>LES MILLS BODYFLOW</b> Angie	Yoga Cathy	Kickbox Lisa	
	Studio 2	Elevate Fitness Julia		Elevate Fitness Karen B.		Strength & Stretch Julia 50 min		
	Gym					Core & Stretch Alessandra		
12:30 PM	Studio 2		<b>SilverSneakers</b> Nancy 50 min		<b>SilverSneakers</b> Julia 50 min			
<b>PM CLASSES ON BACK</b>								



# ROPER YMCA FAMILY CENTER GROUP EXERCISE SCHEDULE

(Updated 3/1/17)

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>PM CLASSES</b>									
3:00 PM	Studio 1							Brenda	
4:00 PM	Cycling Studio							Ellen	
4:30 PM	Studio 1	Edith	Brad	Tabata Brad 30 min	Cardio Weights Brad 30 Minutes	Brad			
	Gym	Fit Kids Julia (5-11 yrs)		Fit Kids Julia (5-11 yrs)					
5:00 PM	Studio 1			Basic Core Brad	Power Stretch Brad 30 Minutes				
5:30 PM	Studio 1	Latin Cardio Dalia	Edith	Edith			<div style="background-color: #f4a460; padding: 5px; border: 1px solid black; margin-bottom: 5px;"> <b>Health Seeker</b> All classes 30 min unless noted         </div> <div style="background-color: #4db6ac; padding: 5px; border: 1px solid black; margin-bottom: 5px;"> <b>Step Up</b> All classes 50 min unless noted         </div> <div style="background-color: #3972b3; padding: 5px; border: 1px solid black; margin-bottom: 5px;"> <b>Athlete</b> All classes 50 min unless noted         </div> <div style="background-color: #8e44ad; padding: 5px; border: 1px solid black;"> <b>Youth/Family</b> All classes 30 min unless noted         </div>		
6:00 PM	Wellness Floor	Next Level Victor 45 min							
	Studio 2		Stephanie (7-11 yrs) 45 minutes		Stephanie (7-11 yrs) 45 minutes				
6:30 PM	Studio 1	Kickbox Lisa	Alessandra	Rony	Albert				
	Cycling Studio	Cycle** Anna	Cycle** Karen A.	Cycle** Anna	Cycle** Ashley				
7:30 PM	Studio 1	Ellen							
<b>YOUTH POLICY</b> - Ages 8-11 permitted in classes that don't use equipment (Zumba, Yoga, Pilates, Kickboxing, Core). Parents must be participating in the class and youth must be able to complete the class. - Ages 12 + Can attend all classes and must be able to finish the class. Must be able to properly fit on a bike for cycle class.									

ROPER YMCA FAMILY CENTER

407-656-6430

ymcacentralflorida.com

kbutler@cfymca.org

## INTRODUCING LES MILLS®

: is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

: uses light to moderate weights with lots of repetition, this class is a total body workout. Instructors will coach you through the scientifically-proven moves and techniques while pumping out encouragement and great music.

: When it comes to learning a whole lot of cool moves from dance, martial arts and yoga this class is the way to go. Each 45-minute class is jam-packed with cool music and foundation fitness moves and fun games.

**NEXT LEVEL** : Functional Training group exercise class incorporating a 30-minute full body exercise routine designed to get your heart pumping and your muscles moving.