



Oviedo YMCA Group Exercise Schedule








Spring Schedule 2017

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM	Group Ex. Room	H.I.I.T.	Strength Training	Cardio Interval	Strength Training	Cardio Strength	<p>THERE'S A CLASS FOR THAT</p>		
	Yoga Room		Yoga		Yoga				
	Cycling Room	Indoor Cycle (45 minutes)		Indoor Cycle (45 minutes)		Indoor Cycle (45 minutes)			
6:45 AM	Yoga Room	Yoga		Yoga					
7:30 AM	Pool	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water			
8.15 AM	Yoga Room	Tai Chi (45 minutes)		Tai Chi (45 minutes)				NEW Barre Classes	
	Cycling Room							Indoor Cycling (60 minutes)	
8:30 AM	Group Ex. Room	LES MILLS BODYPUMP™	Cardio Interval	Strength Training	Cardio Interval	H.I.I.T. Omnia/Kinesis		Step Interval	
9:15 AM	Yoga Room	Gentle Yoga	Pilates	Gentle Yoga	Pilates	Gentle Yoga		Pilates	
	Cycling Room	Indoor Cycle (45 minutes)	Indoor Cycle (45 minutes)	Indoor Cycle (45 minutes)	Indoor Cycle (45 minutes)	Indoor Cycle (45 minutes)			
	Wellness Floor	Y-Fit Omnia/Kinesis (30-min)		Y-Fit Omnia/Kinesis (30-min)					
9:30 AM	Pool						Aqua Shallow Water		
9:45 AM	Group Ex. Room	★ Cardio Interval	Strength Training	Cardio Interval	Strength Training	LES MILLS BODYPUMP™	Strength Training		
10:15 AM	Cycling Room			Basic Cycle (30 minutes)					
	Pool	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water			
	Group Ex. Room							Step Interval	
10:30 AM	Yoga Room	Yoga	Yoga	Yoga	Basic Pilates	Yoga	Power Yoga		
	Cycling Room							Indoor Cycle (45 minutes)	
11:00 AM	Group Ex. Room	Basic Fitness (45 minutes)	Zumba®	Basic Fitness (45 minutes)	Zumba®	Basic Fitness (45 minutes)	Zumba® (75 minutes)		
	Wellness Floor						Y-Fit Omnia/Kinesis (30-min)	Y-Fit Omnia/Kinesis (60-min)	
11:30 AM	Yoga Room	★ Barre (30 minutes)		★ Barre (30 minutes)				Power Yoga (75 minutes)	
	Pool	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water			
11:45 AM	Yoga Room		Chair Fitness (45 minutes)		Chair Fitness (45 minutes)		<p>BORN TO MOVE Ages 6-12</p>		
12:00 PM	Group Ex. Room	Zumba®	Core (45 minutes)	Zumba®	Core (45 minutes)	Zumba®			
	Cycling Room	★ Indoor Cycle (45 minutes)							
12:45 PM	Yoga Room	Silver Sneakers I	Silver Sneakers II	Silver Sneakers I	Silver Sneakers II	Silver Sneakers I			

All classes are 55minutes unless otherwise noted.

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4:00 PM	Group Ex. Room	 Ages 6-12					 <p>Born to Move classes incorporate martial arts, dance, games, and yoga. Combined with great music, children will have fun while staying healthy!</p> 		
4:30 PM	Group Ex. Room	Strength Training	Boot Camp	Strength Training	Boot Camp	Step & Strength			
	Yoga Room	Basic Yoga	Power Yoga	★ Barre (45 minutes)	Power Yoga				
5:00 PM	Cycling Room		Indoor Cycle (45 minutes)						
5:45 PM	Group Ex. Room	Step	 BODY PUMP™	Zumba®	 BODY PUMP™				
	Yoga Room	★ Yogalates	Core Conditioning	 Ages 6-12	Pilates				
6:00 PM	Cycling Room	Indoor Cycle (45 minutes)	Indoor Cycle (60 minutes)	Indoor Cycle (45 minutes)	Indoor Cycle (45 minutes)				
6:30 PM	Pool	Aqua Shallow Water				★ Schedule Change or New Classes! ★			
7:00 PM	Group Ex. Room	Zumba® (75 minutes)	Step Interval	 BODY PUMP™	★ Zumba®				
	Yoga Room	Yoga	Gentle Yoga	Power Yoga	Gentle Yoga				

Health Seeker (Basic)—If you are just starting to make exercise and getting healthy a consistent part of your life – these classes are for you.

Step-Up (Intermediate) – If you’ve already adopted a regular work-out routine, 2-3 times per week, and now want more structure.

Athlete (Advanced) – If you have a dedicated exercise routine and have specific athletic goals you’re striving to achieve. Challenge yourself in these advanced classes.

Y-Fit –New functional fitness classes held on our wellness floor using Omnia & Kinesis equipment. Open to all fitness levels.

SCHEDULES ARE SUBJECT TO CHANGE

EFFECTIVE Wednesday, March 1, 2017

Oviedo YMCA Center for Health & Wellness

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