



Oviedo Group Exercise Schedule

Effective September 13th, 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	Schedule Changes: • Born to Move is now on Thursday's at 5:45PM • Pilates is now on Wednesday's at 5:30PM • Cycle on Monday's at 12:00PM is no longer being offered	
	Yoga Room		Yoga		Yoga			
	Cycle Connect Room	Cycle-Connect (45 minutes)		Cycle-Connect (45 minutes)		Cycle-Connect (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)				
	Cycle Connect Room						Cycle-Connect (60 minutes)	
8:30 AM	Group Ex. Room		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	
	Cycle Connect Room	Cycle-Connect (45 minutes)	Cycle-Connect (45 minutes)	Cycle-Connect (45 minutes)	Cycle-Connect (45 minutes)	Cycle-Connect (45 minutes)		
	Wellness Floor	Y-Fit Omnia/Kinesis (30-min)		Y-Fit Omnia/Kinesis (30-min)				
9:30 AM	Pool						Aqua Shallow Water	
	Cycle Connect Room							Cycle-Connect (45 minutes)
9:45 AM	Group Ex. Room		Strength Training	Cardio Interval	Strength Training		Strength Training	
10:15 AM	Pool	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water		
	Cycle Connect Room			Basic Cycle (30min)				
	Group Ex. Room							Step Interval
10:30 AM	Yoga Room	Yoga	Yoga	Yoga	Basic Pilates	Yoga	Power Yoga	
	Cycle Connect Room							Cycle-Connect (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)			
12:00 PM	Group Ex. Room	Zumba®	Core (45 minutes)	Zumba®	Core (45 minutes)	Zumba®		
12:45 PM	Yoga Room	Silver Sneakers I	Silver Sneakers II	Silver Sneakers I	Silver Sneakers II	Silver Sneakers I		

Oviedo YMCA Group Exercise Schedule

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
4:30 PM	Group Ex. Room	Strength Training	 LES MILLS BODYATTACK	Strength Training	 LES MILLS BODYATTACK	Step & Strength	<p>*Health Seeker* (Beginner)</p> <p>*Step Up* (Intermediate)</p> <p>*Athlete* (Advanced)</p> <p>*Y-Fit* (Omnia & Kinesis)</p>			
	Yoga Room	Basic Yoga	Power Yoga	Barre (45 minutes)	Power Yoga					
5:00 PM	Wellness Floor	Y-Fit (45-mins)		Y-Fit (45-mins)					<p>New schedule takes effect September 13th for the following classes:</p> <ul style="list-style-type: none"> Born to Move is now on Thursday's at 5:45PM Pilates is now on Wednesday's at 5:30PM Cycle on Monday's at 12:00PM is no longer being offered 	
	Cycle Connect Room		Cycle-Connect (45 minutes)							
5:30 PM	Yoga Room			Pilates						
5:45 PM	Group Ex. Room	Step	 LES MILLS BODYPUMP™	Zumba®	 LES MILLS BODYPUMP™					
	Yoga Room	Yogalates	Core Conditioning							
	Club Y	 BORN TO MOVE Ages 6-12								
	Yoga Room				 BORN TO MOVE Ages 6-12					
6:00 PM	Cycle Connect Room	Cycle-Connect (45 minutes)	Cycle-Connect (60 minutes)	Cycle-Connect (45 minutes)	Cycle-Connect (60 minutes)					
6:15 PM	Wellness Floor			Pilates (45min) Omnia/Kinesi						
6:30 PM	Pool	Aqua Shallow Water								
7:00 PM	Group Ex. Room	Zumba® (75 minutes)	Step Interval	 LES MILLS BODYPUMP™	 ZUMBA toning					
	Yoga Room	Yoga	Gentle Yoga	Power Yoga	Gentle Yoga					
	Cycle Connect Room		Cycle-Connect (45 minutes)							

All classes are 55-minutes unless noted.

Oviedo YMCA Center for Health & Wellness

7900 Red Bug Lake Road, Oviedo, Florida 32765

Wellness Director: [Rachelle Sarnow rsarnow@cfymca.org](mailto:rsarnow@cfymca.org)