



OSCEOLA COUNTY YMCA Group Exercise Schedule
Classes Effective Monday, January 2, 2017



Time		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am	Cycle Studio	Cycle & Core (45)Judie Lynn					
	Group Ex		RIP® (45)Delicia	PiYo® (45)Judie Lynn	Cardio Interval (45)Jhon	Yoga (45)Stephanie	
9am	Cycle Studio	Cycle (45)Patricia		Cycle (45)Patricia			
	Gym	Latin Cardio (45)Leslie	Strength (45)Jhon	Zumba® (45)Marixa	Strength (45)Jhon	Zumba® (45)Marixa	
	Group Ex					Next Level (45)Walter	
10am	Cycle Studio		Cycle (45)Courtenay		Cycle (45)Courtenay		Cycle (45)Patricia
	Gym	Cardio Interval (45)Linda	Zumba® (45) Jhon	Kickboxing Circuit (60)Leslie	Zumba® (45)Albert		
	Group Ex					Cardio Hi/Lo (45)Judie Lynn	
11am	Gym	SilverSneakers® Classic (45)Linda	Basic Fitness & Balance (45)Judie Lynn	SilverSneakers® Cardio Fit (45)Jan	Basic Fitness & Stretch (45)Jhon	Chair Yoga (45)Susie	
	Group Ex		Yoga (45)Susie		PiYo® (45)Leslie		Zumba® (45)Mara
12pm	Teen Center	Bingo	Prayer & Praise (Spanish)	Workshops	Dominoes & Card Games	Crafts & Celebrations	
6pm	Cycle Studio		Cycle (45)Leslie				
	Gym			Strength (45)Jhon			
	Wellness Floor	Next Level (45)Anthony					
	Group Ex	Zumba® (45)Delicia	Zumba® (45)Mara		Kickboxing Circuit (45)Leslie		
7pm	Cycle Studio	Cycle (45)Patricia				CLASS COLOR KEY HEALTH SEEKER STEP UP ATHLETE	
	Group Ex		Core & More (45)Leslie	Zumba® (45)Jhon	PiYo® (45)Leslie		

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

OSCEOLA COUNTY YMCA CLASS DESCRIPTIONS



BASIC FITNESS & BALANCE - A class to energize you with low-impact movements that focus on cardio endurance, building core strength and improving your balance.

BASIC FITNESS & STRETCH - This low intensity combination class incorporates both cardio and strength training exercises. A variety of exercises with aerobic moves, hand weights and bands combined with stretching to increase flexibility and range of motion.

CARDIO HI/LO - Come prepared to build endurance with this energetic class to get you moving. Easy-to-follow movements that focus on cardio, core, balance and coordination with body weight exercises.

CARDIO INTERVAL - Improve the strength of your heart through a combination of aerobic dance and strength moves to elevate your heart, burn calories and increase endurance.

CORE & MORE - Focus on the core muscles combining strength, body sculpting and stretching for a complete core workout. Good core strength helps reduce back pain and improves overall fitness and stability while shaping your body.

CYCLE - A personalized cardiovascular program for all fitness levels performed on a stationary bicycle. Instructors will guide you through an all-terrain ride while focusing on proper body alignment and cycling techniques.

KICKBOXING CIRCUIT - Push yourself to the limit with cardio & strength drills that promise to burn calories and improve heart efficiency. Focusing on exercises to enhance power improving your overall fitness.

LATIN CARDIO - A workout based on a wide variety of dances that originated in Latin America such as salsa, mambo and cha-cha among others. This class has bursts of high and low intensity cardiovascular exercises.

NEXT LEVEL - The ultimate fitness challenge in a circuit training format. Take your workout to another level with this power based training regime that will work every muscle in your body.

PIYO® - Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing Yoga movements. This class focuses on principles of stretch, strength training, conditioning and dynamic movement.

RIP® - Get functionally strong with this barbell strength class formulated to burn fat, build muscle, strengthen and condition. A motivating workout providing a unique mix of rotation, core stability, control, mobility, balance and coordination moves getting amazing results.

SILVERSNEAKERS® CLASSIC - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneaker ball are offered for resistance. A chair is available if needed for seated or standing support.

SILVERSNEAKERS® CARDIO FIT - A class designed for a safe and effective low-impact cardiovascular workout. Energizing movements and strength training options provide a well-rounded workout.

STRENGTH - A conditioning program to tone and firm the entire body. The class uses resistance exercises to develop muscular strength and endurance. Barbells, hand weights, stability balls, and a step bench may be utilized during class.

YOGA - Designed to relieve stress and center peace of spirit, mind and body. Strengthen and lengthen all of the muscles in your body incorporating breathing techniques, stretching, toning, and relaxation giving you a feeling of new energy and positivity.

YOGA (CHAIR) - A gentle flow of poses and movements to enhance your strength, flexibility, and balance, with the aid of a chair. Effective for any age. Especially for those needing supportive movement.

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