



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Maximize your Y membership with Group Exercise

South Orlando YMCA FAMILY CENTER

Time	Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY CLASSES		Effective January 15, 2017						
9:15am	Group Exercise Studio	MUSCLE CONDITIONING (Diva)	YOGA (50 min) (Josie)	BOOT CAMP (Diva)	YOGA (50 min) (Josie)	ZUMBA (45 min) (Diva)		
10:15am	Group Exercise Studio	PILOXING (45 mins) (Diva)	CORE 'N MORE (45 min) (Diva)	XPRESS CYCLE (30 min) (Diva)	BODY BLAST (45 min) (Josie)	PILOXING (45 mins) (Diva)		
10:15am	Tech Center		CHAIR YOGA (45 mins) (Josie)					
11:00am	Group Exercise Studio		ZUMBA/LATIN CARDIO (45 min) (Diva)		ZUMBA TONING (45 min) (Diva)			
11:00 am	Big Gym	SILVER SNEAKERS (45 mins) (Ms. Renee)		SILVER SNEAKERS (45 mins) (Ms. Renee)		SILVER SNEAKERS (45 mins) (Ms. Renee)		
11:30 am	Group Exercise Studio						BOOTCAMP (Diva/Jess/Devon)	
12:00 pm	Group Exercise Studio			MUSCLE CONDITIONING (30 mins) (Diva)	SILVER FIT (45 mins) (Frankie)			
EVE CLASSES								
6:00pm	Group Exercise Studio	MUSCLE CONDITIONING (Alex)	CYCLE (Alex)	CORE 'N MORE (Diva)	CYCLE (Alex)			
6:15pm	Rotunda		IN THE CIRCUIT (30 min)		IN THE CIRCUIT (30 min)			
6:30pm	Open Fitness Area	KID FIT (45 mins) (Frankie)		KID FIT (45 mins) (Frankie)				
7:00pm	Group Exercise Studio	LATIN CARDIO (Sabrina)	ZUMBA (Wendy)	ZUMBA/LATIN CARDIO (Diva/Sabrina)	ZUMBA (Diva)			
8:00pm	Group Exercise Studio		BOXERFIT (30 mins) (Frankie)		BOXERFIT (30 mins) (Frankie)			

Schedule Key

Health Seeker 
Classes designed for those who are new or returning to an exercise routine.

Step Up 
Classes designed for those looking for a more challenging workout.

Athletic 
Classes are designed to help those with more athletic ability or those individuals who want to challenge their fitness level.

Youth Fitness
Teen—Designed for youth ages 13-17
Tween—Designed for youth ages 10-12*

Group exercise classes are 55 minutes, unless otherwise listed. Please be kind and arrive to class on time. If you need to leave class early, when possible please inform the instructor.
Thank you!

CHILD DEVELOPMENT

Monday-Thursday

9:00am-12:00pm

5:00pm-8:00pm

Friday

9:00am-12:00pm

Saturday

9:00am-12:30pm



POOL HOURS CLOSED UNTIL SPRING

FACILITY HOURS OF OPERATION

Monday-Thursday 6:00am-8:30pm

Friday 6:00am-7:30pm

Saturday 9:00am-3:00pm

KID FIT: allows "littles" between the ages of 6-15 to work out with the guidance of a wellness coach to learn proper fitness techniques that are appropriate for their age. Focus is on cardio conditioning and team building.

GOLF CENTER

Monday-Friday:

9:00am-7:00pm

Saturday - CLOSED

*Private Lessons Available



HEALTH SEEKER CLASSES

SILVER SNEAKERS:

Low impact class using basic functional exercise movements. Weights, resistance bands, and body weight will be used to help increase strength and range of motion. Proper form and technique will be instructed.

CHAIR YOGA:

A chair-based class to help with stretching out and toning the muscles. Focus is on relieving stress/relaxation and breathing techniques.

WATER AEROBICS:

Low impact class using the water weights, kick boards, noodles, etc. held outside in our YMCA pool. This classes focus on aerobic endurance, resistance training, and fun all at the same time.

SILVER FIT:

Low impact dance fitness class incorporating functional exercise movements using weights, resistance bands, and/or balls will be used to help increase strength and range of motion.

IN THE CIRCUIT:

Group training on the circuit machines and/or free weight exercises based on circuit training principles, focusing on building strength and definition in arms, legs, back and abs.

STEP-UP CLASSES

YOGA/YOGA FUSION:

Create balance by developing both strength and flexibility. Relieve stress, find focus and achieve peace of mind, body and spirit. Focus is on breathing techniques, stretching, toning, relaxation.

CYCLE:

Take your ride indoors as an instructor guides you on a journey that will get your heart pumping and challenge you to dig deeper.

CYCLE FUSION:

A quick ride on the cycle bike to increase your heart rate and off the bike to build muscle with strength training exercises. 2 classes in 1!

CORE 'N MORE

A blend of aerobic, stability, and strength training exercises. Free weights and other equipment may be used in conjunction with body weight, functional and balance exercises to produce dynamic results.

BODY BLAST:

A full body workout utilizing moderate weighted plates on barbells, resistance bands and steps, along with your own body weight, incorporating compound exercises together with isolation exercises to get you lean, toned and fit. A must try!

ATHLETIC CLASSES

ZUMBA AND LATIN CARDIO:

Dance exercise classes that fuse Latin rhythms in an easy to follow format (Zumba) creating a dynamic fitness party atmosphere or (Latin Cardio) a full body workout incorporating authentic cultural dance moves. Have fun burning tons of calories!

MUSCLE CONDITIONING:

Designed to work the entire body using strength training and cardio exercises. Condition and strengthen the muscles while using dumb bells, bars, bands, steps, and your own body weight.

BOOT CAMP:

Work out your entire body with functional exercises to help you develop strength and endurance. You never know what type of exercise you will do in this class - from body weight, to plyometric exercises, to interval training, etc. A must try for a challenge!

PILOXING:

A nonstop cardio fusion of standing Pilates, boxing moves and dance/transition moves, providing a full body workout to get you sleek and powerful.

BOXERFIT:

A cardio and strength class focused on techniques used in boxing, providing a full body workout.