



GROWING STRONGER TOGETHER

WINTER PARK YMCA

Group Exercise Class Schedule

SPRING 2017

Begins May 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am-6:40am Boot Camp Sheree	5:45am-6:45am BODYPUMP Melissa	5:45am-6:40am Strength Training Sheree	5:45am-6:45am BODYPUMP Marissa	5:45-6:40am Boot Camp Sheree		
6:00am-6:55am Strength Bethany		6:00am-6:55am Strength Bethany		6:00am-6:55am Strength Bethany		
8:00am-8:50am Cardio Step JoAnn	8:00am-8:50am Pilates Marcia	8:00am-8:50am Cardio Step Kirk	8:00am-8:50am Pilates Marcia	8:00am-8:50am Cardio Step Kirk	8:00am-8:50am Yoga Joy	
8:30am-9:25am Shallow Water Fitness Bethany		8:30am-9:25am Shallow Water Fitness Bethany		8:30am-9:25am Shallow Water Fitness Bethany		
9:00am-9:25am Basic Core Josh		9:00am-9:25am Basic Core Josh		9:00am-9:25am Basic Core Terri		
9:30am-10:25am BODYPUMP Melissa	9:30am-10:20am Yoga Gloria	9:30am-10:25am BODYPUMP Charli	9:30am-10:20am Ballet Strength Sheree	9:30am-10:25am BODYPUMP Marcia	9:00am-9:55am BODYCOMBAT Andy	
9:30am-10:15am The Next Level Astrid	9:30am-10:20am Boot Camp Sheree	9:30am-10:15am The Next Level Astrid	9:30am-10:20am Boot Camp Melissa	9:30am-10:15am The Next Level Astrid		
10:15am-10:30am FoamRoller Stretch Astrid		10:15am-10:30am FoamRoller Stretch Astrid		10:15am-10:30am FoamRoller Stretch Astrid		
10:00am-10:55am Deep Water Fitness Sue	10:00am-10:55am Deep Water Fitness Kristen	10:00am-10:55am Deep Water Fitness Sue	10:00am-10:55am Deep Water Fitness Bethany	10:00am-10:55am Deep Water Fitness Sue		
10:30am-11:20am Zumba Tammy	10:30am-11:10am BODYCOMBAT Express Vera	10:30am-11:20am Zumba Tammy	10:30am-11:10am BODYCOMBAT Express Angel	10:30am-11:20am Zumba Tammy	10:00am-10:55am BODYPUMP Rotates	
11:00am-11:55am Shallow Water Fitness Sue	11:00am-11:55am Shallow Water Fitness Kristen	11:00am-11:55am Shallow Water Fitness Sue	11:00am-11:55am Shallow Water Fitness Bethany	11:00am-11:55am Shallow Water Fitness Sue	11:00am-11:55am Shallow Water Fitness Sue	
11:30am-12:00pm Basic Yoga Melissa	11:15am-12:05pm Gentle Yoga Dawn Marie	11:30am-12:00pm Basic Yoga Melissa	11:15am-12:05pm Yoga Beth		11:00am-11:50am Pilates Sheree	
12:00pm-12:50pm Yoga Joy	12:15pm-1:10pm BODYPUMP Bari		12:15pm-1:10pm BODYPUMP Tisha	12:00pm-12:50pm Yoga Marcia		12:15pm-1:10pm BODYPUMP Fitnasium
3:30pm-4:55pm Step and Stretch Bre-elle	4:30pm-5:20pm Yoga Gloria	5:00pm-5:50pm Pilates Sheree	4:30pm-5:20pm Yoga Gloria	4:30pm-5:55pm Step and Sculpt Bre-elle		1:30pm-2:45pm Power Yoga Rotates
5:00pm-5:50pm Pilates Sheree	5:30pm-5:55pm Boot Camp Basics Jason		5:30pm-5:55pm Boot Camp Basics Dana			
6:00pm-6:55pm BODYPUMP Jennifer	6:00pm-6:50pm Boot Camp Jason	6:00pm-6:50pm BODYPUMP Tisha	6:00pm-6:50pm Boot Camp Dana	6:00pm-6:55pm Restorative Yoga Dawn Marie		
7:15pm-8:15pm Yoga Ashley		7:15pm-8:15pm Yoga Erin				
8:15pm-9:00pm Ballroom Dance Tom						

SCHEDULE AND INSTRUCTORS SUBJECT TO CHANGE
 WELLNESS DIRECTOR: KIMBERLY MARTIN kmartin@cfymca.org



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Group Exercise Class Schedule

WINTER 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am-6:30am Cycle Tisha	5:45am-6:30am Cycle Terri	5:45am-6:30am Cycle Darryl	5:45am-6:30am Cycle Faith	5:45am-6:30am Cycle Beth		
7:00am-7:55am Cycle Sheree		7:00am-7:55am Cycle Sheree		7:00am-7:55am Cycle Sheree		
					7:15am-8:00am Cycle Beth	
8:30am-9:15am Cycle Charli	8:30am-9:15am Cycle Terri	8:30am-9:15am Cycle Charli	8:30am-9:15am Cycle Charli	8:30am-9:15am Cycle Astrid	8:15am-9:00am Cycle Terri	
	9:15am-9:30am Cycle Setup and Intro Cycle Studio		9:15am-9:30am Cycle Setup and Intro Cycle Studio			
9:30am-10:15am Cycle Charli	9:30am-10:15am Cycle Bari	9:30am-10:15am Cycle Sheree	9:30am-10:15am Cycle Astrid	9:30am-10:15am Cycle Terri		
					10:00am-10:45am Cycle Sheree	
10:30am-11:15am Cycle Melissa		10:30am-11:15am Cycle Melissa		10:30am-11:15am Cycle Marcia		
12:15pm-1:00pm Cycle Astrid		12:15pm-1:00pm Cycle Terri				12:15pm-1:15pm Cycle Faith
5:00pm-5:45pm Cycle Terri		5:00pm-5:45pm Cycle Terri	At the Winter Park Y, we have facilities, programs, equipment, and staff to support you. Make new friends, increase your self confidence, and improve your spiritual, mental, and physical health!			
6:00pm-6:45pm Cycle Sheree	6:00pm-6:45pm Cycle Stephanie	6:00pm-6:45pm Cycle Darryl	6:00pm-6:45pm Cycle Sheree	6:00pm-6:45pm Cycle Darryl		
		7:00pm-7:45pm Cycle Darryl				

Group Exercise Class Youth Policy

Children ages 8-11 must be accompanied by a participating parent and are only allowed to attend classes that do not use equipment. Youth ages 12-15 can participate in classes that include weights and cycle. They must be able to safely fit on a group cycle bike.