



# Titusville YMCA Group Ex SPRING 2017

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	Spin Cycle (Barrymore)	H.I.I.T. (Gina)	Spin Cycle (Jessica)	H.I.I.T. (Gina)	Spin Cycle (Gina)		
8:00am					Namasté Yoga (Anson)	Advanced Namasté (Angela/Anson)	
8:30am		H.I.I.T. (Teresa)		H.I.I.T. (Teresa)			
Gym		Bailando/Dance (Diana)		Bailando/Dance (Elizabeth)			
9:00am	Next Level (Elizabeth)		Bailando/Dance (Diana)		Step It Up (Allison)	Next Level (Rotation)	
SpinStudio	Spin Cycle (Diana)	Spin Cycle (Tanya)	Spin Cycle (Rebecca)	Spin Cycle (Tanya)	Spin Cycle (Diana)		
9:15am		Power Core (Teresa)		Power Core (Teresa)			
9:30am		Namasté Yoga (Angela)		Namasté Yoga (Angela)			
9:45am			Power Core (Diana)		Power Core (Allison)		
10:00am	Power Core (Elizabeth)		Tighten Up (Diana)		Tighten Up (Allison)		
10:15am		Basic Core (Angela)		Basic Core (Angela)		Spin Cycle (Barrymore)	
10:30am		Namasté Yoga (Angela)		Namasté Yoga (Angela)			
10:45am	Silver Sneakers Cardio Circuit (Kaisu)		Silver Sneakers Cardio Circuit (Diana)		Silver Sneakers Cardio Circuit (Diana)		
11:45am	Silver Sneakers MS-ROM (Kaisu)	Silver Sneakers Cardio Circuit (Shannon)	Silver Sneakers MS-ROM (Shannon)	Silver Sneakers Cardio Circuit (Shannon)			
5:00pm	Karate (Ed)	Kids Yoga (Rebecca)		Fit Kids (Gina)		<b>TYPES OF CLASSES</b> <div style="background-color: #FFD700; padding: 5px; text-align: center;">Light to Moderate Effort Exercises</div> <div style="background-color: #008000; padding: 5px; text-align: center;">Moderate to Intense Effort Strength and Cardio Exercises</div> <div style="background-color: #0000FF; padding: 5px; text-align: center;">Intermediate Exercises that can be modified to an Intense Effort</div>	
5:30pm		Knockout (Michelle)	Stretch, Core & More (Marguerite)	Next Level (Diana)	Karate (Ed)		
6:15pm	Power Core (Allison)	Power Core (Michelle)	Power Core (Marguerite)	Power Core (Diana)			
6:30pm	Next Level (Allison)	Namasté Yoga (Anson)	Cardio Burn (Rebecca)	Namasté Yoga (Anson)			
SpinStudio	Spin Cycle (Diana)	Spin Cycle (Carrie)	Spin Cycle (Barrymore)	Spin Cycle (Carrie)			
7:15pm			Gentle/Yin Yoga (Rebecca)				

Effective 1/09/2017

2400 Harrison St. Titusville, FL 32780 · 321-267-8924

Schedules subject to Change\*

## CLASS DESCRIPTIONS

**BAILANDO**  
60 minute Latin cardio dance class designed to burn fat and tone muscles.

**BASIC CORE**  
15 minute focus on strengthening Core.

**CARDIO BURN**  
45 minute combination class focusing on endurance and muscle conditioning.

**FIT KIDS**  
30 minute group exercise that focuses on developing muscles for ages 5-9.

**H.I.I.T.**  
45-60 minute class that combines plyo, strength training & cardio intervals.

**KNOCKOUT**  
45 minute kickboxing class that uses a combination of cardio and weights.

**NAMASTE YOGA**  
45-60 minute yoga class for every level.

**KIDS YOGA**  
30 minute yoga class for ages 5-13.

**NEXT LEVEL**  
60 minute class that will improve your cardio fitness, strength, energy & your total body tone.

**POWER CORE**  
15-30 minute challenge of Core Muscles.

**SILVER SNEAKERS**  
45 minute low impact fitness class focused on the health and abilities of older adults.

**SPIN CYCLE**  
45-60 minute cardio spin class that focuses on proper cycle technique & cardio drills.

**STEP IT UP**  
45 minute cardio step class for basic to intermediate levels.

**STRETCH, CORE & MORE**  
45 minute family- friendly class of full body stretching including some core strengthening.

**TIGHTEN UP**  
30 minute toning exercises of different muscles.

**GENTLE/YIN YOGA**  
45 minute class, focusing on deep stretches that release tension and increase range of motion.

## SATURDAY SCHEDULE

**YOU ASKED AND WE DELIVERED!!!**  
Join Rebecca on Tuesdays at 5pm for Yoga for Kids and Wednesdays at 7:15pm for Gentle/Yin Yoga.

We have changed the time for the Spin Cycle Classes on Mondays and Wednesdays evening; Join Diana and Barrymore at 6:30pm. Fit Kids with Gina has been moved to Thursdays at 5pm.

03/25: DIANA  
04/01: ALLISON  
04/08: REBECCA

.....

.....

|