



OSCEOLA COUNTY YMCA Group Exercise Schedule
Classes Effective Monday, May 1, 2017



Time		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am	Cycle Studio	Cycle & Core (45)Judie Lynn					
	Group Ex		Strength (45)Jhon	PiYo@ (45)Judie Lynn	Cardio Interval (45)Jhon	Yoga (45) Stephanie	
9am	Cycle Studio	Cycle (45)Walter		Cycle (45)Patricia			
	Gym	Zumba (45)Patricia	Strength (45)Jhon	Zumba@ (45)Marixa	Strength (45)Jhon	Zumba (45)Marixa	
	Group Ex					Next Level (55)Walter	
10am	Cycle Studio		Cycle (45)Courtenay		Cycle (45)Courtenay		Cycle (45)Patricia
	Gym	Cardio Interval (45)Linda	Zumba@ (45) Jhon	Strength (45)Dianne	Zumba@ (45)Albert	Cardio Hi/Lo (45)Jhon	
11am	Gym	SilverSneakers@ Classic (45)Linda	Basic Fitness & Balance (45)Susie	SilverSneakers@ Cardio Fit (45)Jan	Basic Fitness & Stretch (45) Jhon	Chair Yoga (45)Susie	
	Group Ex						Zumba@ (45)Mara
12pm	Pool	SilverSneakers@ SPLASH (45)Jan				Aqua Zumba@ (45)Jhon	
	Group Ex		Prayer & Praise (Spanish & English groups)	Wellness Workshops	Bingo & Prizes		
6pm	Cycle Studio		Cycle (45)Patricia				
	Gym	Next Level (45)Anthony		Strength (45)Jhon			
	Group Ex		Cardio Hi/Lo (45)Judie Lynn		Next Level (45)Anthony		
7pm	Cycle Studio	Cycle (45)Patricia				CLASS COLOR KEY HEALTH SEEKER STEP UP ATHLETE	
	Group Ex	Zumba (45)Mara	Core & More (30)Judie Lynn	Zumba@ (45)Jhon	Core & More (30)Anthony		

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

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CLASS DESCRIPTIONS



AQUA ZUMBA® - Jump into the Latin-inspired, easy-to-follow, calorie-burning, dance fitness party. Make your workout fun with this invigorating low impact and high energy exercise.

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.

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.

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 SilverSneakers 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.

SILVERSNEAKERS® SPLASH - A fun shallow-water class using a SPLASH -board to increase movement and intensity options. Suitable for all skill levels and is safe for non-swimmers. Provides aerobics and resistance benefits.

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.

WATER FITNESS - Jump into water exercise with a workout which improves your fitness level with less impact on your joints.

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.

ZUMBA® These dance classes fuse Latin rhythms and easy to follow moves to create a dynamic fitness party atmosphere.

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