



WINTER PARK YMCA ST. RICHARD'S CHURCH Group Exercise Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday
8:00am-8:55am Yoga Beth		8:00am-8:55am Yoga Beth		8:00am-8:55am Yoga Luke
9:00am-9:25am Basic Cardio Beth	8:45am-9:25am Bone Builder Coralis	9:00am-9:25am Basic Cardio Joy	8:45am-9:25am Bone Builder Terri	9:00am-9:25am Basic Cardio JoAnn
9:30am-9:55am Basic Fitness Beth	9:30a10:25am Yoga Marcia	9:30am-9:55am Basic Fitness Joy	9:30am-10:25am Yoga Marcia	9:30am-9:55am Basic Fitness JoAnn
10am-10:25am Chair Stretch Beth	10am-11:25am Cardio Dance Bella	10am-10:25am Chair Stretch Dawn Marie	10am-11:25am Tabata Erin	10am-10:25am Chair Stretch Dawn / Shaula
10:30am-11:25am FAB Fitness Dawn Marie		10:30am-11:25am FAB Fitness Dawn Marie		10:30am-11:25am FAB Fitness Dawn/ Shaula



St. Richard's Church | 5151 Lake Howell Rd | Winter Park, FL 32792
Winter Park YMCA | 1201 N. Lakemont Ave | Winter Park, FL 32792 | 407-644-1509

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE
WELLNESS DIRECTOR: KIMBERLY MARTIN kmartin@cfymca.org
Visit us at: www.centralfloridaymca.org



GROWING STRONGER TOGETHER

ST. RICHARD'S CHURCH

Group Exercise Class Descriptions

Class Benefits:

Balance – Improves proprioception and reduces the risk of falling. [B]

Cardiovascular Fitness – Strengthens the heart and lungs for efficiency. [CF]

Cognitive Health – Enhances neuromuscular activity and helps improve the mind/body connection through specified movement patterns. [CH]

Core Stability – Strengthens abdominal muscles and coordinating muscles integral to posture and balance. [CS]

Flexibility – Enhances range of motion and the mind/body connection, improving coordination and reducing stress. [F]

Muscular Strength – Increases strength and enhances muscular development and coordination. [MS]

Class Descriptions:

Basic Cardio – Fun and energetic workout using simple, easy to follow, low-impact choreography [CF][B] [CH]

Basic Fitness – 25 minutes of strength exercise followed by a light stretch. [MS] [F] [B]

Bone Builder – Weight-bearing strength exercises designed to build bone density. [MS] [CF] [CS] [B]

Cardio Dance– Move to the music and challenge your mental muscles as you learn new dance patterns & recall those previously learned. Instructor leads you step-by-step. [CF] [CH] [B]

Chair Stretch – Enjoy a head to toe stretch while utilizing your chair. [F]

FAB Fitness – Flexibility, Aerobics, & Balance training join forces. Practicing simple exercises seated, standing, and walking help to ease activities of daily life. [CF] [B] [F] [CS]

Tabata – High intensity interval training class for Intermediate/Advanced fitness levels. May involve floor work. [CF] [CH] [MS] [CS] [B] [F]

Yoga – Incorporates breathing and relaxation while moving through a series of traditional poses that help release tension and stress as you stretch and strengthen. [CH] [CS] [B] [F]

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