



OVIEDO YMCA

GROUP EXERCISE SCHEDULE

(Effective Jan 1 2018)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00 AM	Group Exercise Room	H.I.I.T.	Strength Training	Cardio Interval	Strength Training	Cardio Strength	<p style="text-align: center;">Class Changes Beginning Jan 1st</p> <ul style="list-style-type: none"> • Tuesday 7pm Cycle has been removed • Wed 11:30am Barre has been moved to Fri at 11:30am 		
	Yoga Room		Yoga		Yoga				
	Cycle Connect Room	Cycle-Connect (45 minutes)		Cycle-Connect (45 minutes)		Cycle-Connect (45 minutes)			
6:45 AM	Yoga Room	Yoga		Yoga					
7:30 AM	Pool	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water			
8:15 AM	Yoga Room	Tai-Chi (45 minutes)		Tai-Chi (45 minutes)					
	Cycle Connect Room					Cycle-Connect (60 minutes)			
8:30 AM	Group Exercise Room	LES MILLS BODY PUMP	Cardio Interval	Strength Training	LES MILLS BODY ATTACK	H.I.I.T. Omnia / Kinesis			Step Interval
9:15 AM	Yoga Room	Gentle Yoga	Pilates	Gentle Yoga	Pilates	Gentle Yoga			Pilates
	Cycle Connect Room	Cycle-Connect (45 minutes)	Cycle-Connect (45 minutes)	Cycle-Connect (45 minutes)	Cycle-Connect (45 minutes)	Cycle-Connect (45 minutes)			
	Wellness Floor	Y-Fit Omnia / Kinesis (30 minutes)		Y-Fit Omnia / Kinesis (30 minutes)					
9:30 AM	Pool								
	Cycle Connect Room						Cycle-Connect (45 minutes)		
9:45 AM	Group Exercise Room	LES MILLS BODY ATTACK	Strength Training	Cardio Interval	Strength Training	LES MILLS BODY PUMP	Strength Training		
	Wellness Floor					Y-Fit Omnia / Kinesis (30 minutes)			
10:15 AM	Pool	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water			
	Cycle Connect Room			Basic Cycle (30 minutes)					
	Group Exercise Room						Step Interval		
10:30 AM	Yoga Room	Yoga	Yoga	Yoga	Basic Pilates	Yoga	Power Yoga		
	Cycle Connect Room						Cycle-Connect (45 minutes)		
11:00 AM	Group Exercise Room	Basic Fitness (45 minutes)	 ZUMBA gold	Basic Fitness (45 minutes)	Zumba®	Basic Fitness (45 minutes)	Zumba® (75 minutes)		
	Wellness Floor						Y-Fit Omnia / Kinesis (30 minutes)	Y-Fit Omnia / Kinesis (60 minutes)	
11:30 AM	Yoga Room	Barre (30 minutes)				Barre (30 minutes)	Power Yoga (75 minutes)		
	Pool	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water			
11:45 AM	Yoga Room		Chair Fitness (45 minutes)		Chair Fitness (45 minutes)		 BORN TO MOVE Ages 6-12		
12:00 PM	Group Exercise Room	Zumba®	Core (45 minutes)	Zumba®	Core (45 minutes)	Zumba®			
12:45 PM	Yoga Room	Silver Sneakers I	Silver Sneakers II	Silver Sneakers I	Silver Sneakers II	Silver Sneakers I			

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30 PM	Group Exercise Room	LES MILLS BODY PUMP	LES MILLS BODY ATTACK	Strength Training	LES MILLS BODY ATTACK	Step & Strength	HEALTH SEEKER (Beginner) STEP UP (Intermediate) ATHLETE (Advanced) Y-FIT (Omnia & Kinesis)	
	Yoga Room	Basic Yoga	Power Yoga	Barre (45 minutes)	Power Yoga			
5:00 PM	Wellness Floor	Y-Fit (45 minutes)		Y-Fit (45 minutes)				
	Cycle Connect Room		Cycle-Connect (45 minutes)					
5:30 PM	Yoga Room			Pilates				
5:45 PM	Group Exercise Room	Step	LES MILLS BODY PUMP	Zumba®	LES MILLS BODY PUMP	LES MILLS BODY ATTACK BODY PUMP 30 /30 Express		
	Yoga Room	Yogalates	Core Conditioning		BORN TO MOVE Ages 6-12			
6:00 PM	Cycle Connect Room	Cycle-Connect (45 minutes)	Cycle-Connect (45 minutes)	Cycle-Connect (45 minutes)	Cycle-Connect (45 minutes)			
6:15 PM	Wellness Floor			H.I.I.T. (45 minutes) Omnia / Kinesis				
6:30 PM	Pool	Aqua Shallow Water						
7:00 PM	Group Exercise Room	Zumba®	Step Interval	LES MILLS BODY PUMP	ZUMBA toning			
	Yoga Room	Yoga	Gentle Yoga	Power Yoga	Gentle Yoga			

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All classes are 55-minutes unless noted.