



DOWNTOWN ORLANDO YMCA GROUP EXERCISE SCHEDULE WINTER 2018

(Effective January 8, 2018)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 am	Studio X		LES MILLS CXWORX (15 Min)					
5:30 am	Functional Training Room		Next Level (30 Min)		Next Level (30 Min)			
	Studio X		LES MILLS BODYATTACK (30 Min)		LES MILLS CXWORX (30 Min)			
5:45 am	Cycling Studio	Cycling (45 Min)		Cycling (45 Min)		Cycling (45 Min)		
	Fitnasium	LES MILLS BODYPUMP (55 Min)		LES MILLS BODYPUMP (55 Min)		LES MILLS BODYPUMP (55 Min)		
	Functional Training Room			Next Level (30 Min)				
6:00 am	Cycling Studio		Cycling-CONNECT (45 Min)		Cycling (45 Min)			
6:15 am	Studio X		Yoga (55 Min)		Yoga (55 Min)			
7:15 am	Fitnasium	Tai Chi (55 Min)		Tai Chi (55 Min)		Tai Chi (55 Min)		
	Cycling Studio						Cycling (55 Min)	
7:30 am	Studio X		Yoga (55 Min)		Yoga (55 Min)			
8:00 am	Pool						Aqua Zumba (55 Min)	
8:30 am	Fitnasium	Active Older Adults (55 Min)		Active Older Adults (55 Min)		Active Older Adults (55 Min)	LES MILLS CXWORX (30 Min)	
8:45 am	Fitnasium		LES MILLS BODYPUMP (55 Min)					
	Cycling Studio	Cycling (45 Min)		Cycling (45 Min)		Cycling (45 Min)	Cycling (45 Min)	
	Studio X						Basic Yoga (30 Min)	
9:00 am	Fitnasium						LES MILLS BODYATTACK (55 Min)	
	Pool	Deep Water Fitness (55 Min)		Deep Water Fitness (55 Min)		Deep Water Fitness (55 Min)		
	Studio X	LES MILLS BODYATTACK (30 Min)	HIIT (30 Min)		HIIT (30 Min)			
9:30 am	Fitnasium	Cardio Strength (55 Min)		Boot Camp (55 Min)	Cardio Strength (45 Min)	LES MILLS BODYPUMP (55 Min)		
	Studio X		Core (15 Min)		Core (15 Min)		Yoga (55 Min)	
9:45 am	Cycling Studio		Cycling-CONNECT (30 Min)		Cycling-CONNECT (30 Min)		Cycling (45 Min)	
	Studio X	Stretch (45 Min)		Stretch (45 Min)		Yin Yoga (45 Min)		
10:00 am	Back Field						Outdoor Boot Camp (55 Min)	
	Fitnasium						Zumba (55 Min)	
	Studio X		Power Yoga (55 Min)		Power Yoga (55 Min)			
	Pool	Shallow Water Fitness (55 Min)	Aqua Zumba (55 Min)	Shallow Water Fitness (55 Min)	Aqua Zumba (55 Min)	Shallow Water Fitness (55 Min)		
10:30 am	Functional Training Room	Next Level (30 Min)		Next Level (30 Min)		Next Level (30 Min)		
10:45 am	Studio X	Yoga (55 Min)		Yoga (55 Min)		Yoga (55 Min)	Power Yoga (55 Min)	
11:00 am	Fitnasium		Parent & Child (45 Min)	Parent & Child (45 Min)	Parent & Child (45 Min)		LES MILLS BODYCOMBAT (55 Min)	

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 pm	Fitnasium		LES MILLS BODYPUMP (55 Min)		LES MILLS BODYPUMP (55 Min)			
12:15 pm	Cycling Studio	Cycling (45 Min)		Cycling (45 Min)		Cycling-CONNECT (45 Min)		
	Studio X	Zumba (45 Min)	BARRE (55 Min)	★ Yin Yoga (45 Min)	BARRE (55 Min)			
	Fitnasium						LES MILLS BODYPUMP (55 min)	
12:45 pm	Fitnasium							HIIT & Core (45 Min)
1:00 pm	Fitnasium	SilverSneakers (55 Min)		SilverSneakers (55 Min)		SilverSneakers (55 Min)		
2:00 pm	Fitnasium							LES MILLS BODYPUMP (55 Min)
	Studio X							Yoga (70 Min)
2:15 pm	Pool	Shallow Water Fitness (55 Min)				Shallow Water Fitness (55 Min)		
3:15 pm	Cycling Studio							Cycling (55 Min)
4:30 pm	Cycling Studio		Cycling (45 Min)		Cycling (45 Min)			
	Fitnasium	LES MILLS BODYPUMP (55 Min)		LES MILLS BODYPUMP (55 Min)		LES MILLS BODYPUMP (55 Min)		
5:00 pm	Studio X	BORN TO MOVE Ages 6-12		BORN TO MOVE Ages 6-12				
	Cycling Studio	Cycling-CONNECT (45 Min)		Cycling-CONNECT (45 Min)				
5:30 pm	Fitnasium		LES MILLS BODYCOMBAT (55 Min)		LES MILLS BODYATTACK (55 Min)	RESERVED 5:30pm-8:30pm		
	Studio X		Yoga (55 Min)		Power Yoga (55 Min)			
	Functional Training Room	Next Level (30 Min)		Next Level (30 Min)				
5:45 pm	Studio X	LES MILLS CXWORX (30 Min)						
	Fitnasium	Boot Camp (55 Min)		Boot Camp (55 Min)				
6:00 pm	Studio X					Yoga (55 Min)		
	Pool			Shallow Water Fitness (55 Min)	Aqua Zumba (55 Min)			
6:15 pm	Cycling Studio	Cycling-CONNECT (45 Min)	Cycling (45 Min)		Cycling-CONNECT (45 Min)			
	Studio X	★ POUND (45 Min)						
	Functional Training Room	Next Level (30 Min)		Next Level (30 Min)				
6:30 pm	Studio X		BARRE (55 min)					
6:45 pm	Fitnasium	Zumba (55 Min)	LES MILLS BODYPUMP (55 Min)	Zumba (55 Min)	LES MILLS BODYPUMP (55 Min)			
7:00 pm	Pool		Swim Workout (55 Min)		Swim Workout (55 Min)			
7:15 pm	Studio X	Yoga (55 Min)		Power Yoga (75 Min)				

SCHEDULE KEY

ALL LEVEL

INTERMEDIATE LEVEL

ADVANCED LEVEL

YOUTH/FAMILY

★ = New Class

CLASS ADJUSTED FROM PREVIOUS SCHEDULE