



# Titusville YMCA Group Ex FALL 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 (Ashley)	H.I.I.T. (Gina)	Spin Cycle (Gina)			
8:00am						Namasté Yoga (Mary)		
8:30am		Power Hour (Teresa)		Power Hour (Teresa)				
Gym		Zumba (Diana)		Turbo Kick Live (Britney)				
9:00am	Next Level (Britney)				Turbo Kick Live (Britney)	Next Level (Ashley)		
SpinStudio	Spin Cycle (Diana)	Spin Cycle (Tanya)	Spin Cycle (Barrymore)	Spin Cycle (Tanya)	Spin Cycle (Diana)			
Gym			Strong by Zumba (Diana)					
9:15am								
Pool	Aqua Fit (Rebecca)		Aqua Fit (Shannon)		Aqua Fit (Rebecca)			
9:30am		Namasté Yoga (Rebecca)		Namasté Yoga (Mary)				
9:45am								
10:00am			Power Core (Diana)					
10:15am						Spin Cycle (Barrymore)		
10:30am		Namasté Yoga (Rebecca)		Namasté Yoga (Mary)				
10:45am	Silver Sneakers Classic (Shannon)		Silver Sneakers Classic (Diana)		Silver Sneakers Classic (Diana)			
11:45am	Silver Sneakers Classic (Shannon)	Silver Sneakers Classic (Shannon)	Silver Sneakers Classic (Shannon)	Silver Sneakers Classic (Shannon)		<b>TYPES OF CLASSES</b>		
5:00pm	Karate (Ed)	Kids Yoga (Rebecca)		Fit Kids (Gina)				Light to Moderate Effort Exercises
5:30pm		Strong by Zumba (Gina)	Next Level (Rebecca)	H.I.I.T. (Gina)	Karate (Ed)			Moderate to intense Effort Strength and Cardio
6:15pm								Intermediate Exercises that can be modified to an Intense Effort
6:30pm	Turbo Kick Live (Britney)	Namasté Yoga (Rebecca)	Gentle/Yin Yoga (Rebecca)	Namasté Yoga (Mary)				
SpinStudio	Spin Cycle (Ashley)	Spin Cycle (Carrie)		Spin Cycle (Carrie)				

Effective 10/16/2017

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

Schedules subject to Change\*

## CLASS DESCRIPTIONS

### ZUMBA

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

### 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.

### NAMASTE YOGA

45-60 minute yoga class for every level.

### KIDS YOGA

30 minute yoga class for ages 5-13.

### AQUA FIT

60 minute cardio class without putting undue strain on your joints.

### POWER HOUR

60 minute high intensity full body workout.

### TURBO KICK

60 minute high energy kickboxing style workout.

### 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.

### 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.

### STRONG BY ZUMBA

60 minute body weight High Intensity Tempo Training.

## UPDATES:

October 20th: Wear Pink for Breast Cancer Awareness day. Try Strong by Zumba Pink edition, and join the Battle of the trainers.

October 26th: Next Level. Power Hour and HIIT demo.