



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FOCUS ON HEALTHY LIVING



## FALL 2018 GROUP EXERCISE SCHEDULE

**Class Color Key:**  
**WATER CLASSES**

**LOW IMPACT/SENIOR CLASSES**

**INTERMEDIATE/ADV.**

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am	Comp. Pool	Tri Club		Tri Club		Tri Club
7:00am	Group Ex. Studio		Tai Chi			Tai Chi
8:00am	Group Ex. Studio				Tai Chi	
8:00am	Dive Well		Deep Water Fitness		Deep Water Fitness	
10:00am	Group Ex. Studio	Senior Fitness		Senior Fitness		Senior Fitness
10:15am	Group Ex Studio				Chair Yoga	
11:00am	Dive Well		Deep Water Fitness	Deep Water Fitness	Deep Water Fitness	
11:00am	Group Ex. Studio	Senior Wellness Circuit				Senior Wellness Circuit
11:30am	Comp. Pool	Masters Swim		Masters Swim		Masters Swim
5:30pm	Group Ex. Studio		Yoga		Zumba	
6:00pm	Group Ex. Studio	Interval Training		Interval Training		
6:30pm	Group Ex. Studio	Abs & Core	Strength Training	Abs & Core	Strength Training	
7:00pm	Comp. Pool	Masters Swim	Masters Swim	Masters Swim	Masters Swim	
7:30pm	Comp. Pool	Open Polo		Open Polo		Open Polo
7:30pm	Comp. Pool	Underwater Hockey		Underwater Hockey		Underwater Hockey

### Rosen YMCA Aquatic Center

8422 International Drive, Orlando, FL 32819

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