



LAKE NONA YMCA

GROUP EXERCISE SCHEDULE

SPRING/SUMMER 2018

Begins April 1st - August 31st, 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45 AM	Group Ex Studio		LES MILLS BODYPUMP		LES MILLS BODYPUMP			
6:00 AM	Cycling Studio	Cycle & Core 55 min		Cycle & Core 55 min		Cycle & Core 55 min		
8:15 AM	Group Ex Studio	Stacked Interval 45 min	TURBO TRICK	Barre Fusion 45 min	Total Body Conditioning 45 min	H.I.I.T. 45 min	LES MILLS BODYPUMP	
	Cycling Studio	Cycle 45 min				Cycle 45 min		
9:00 AM	Group Ex Studio	Total Body Conditioning 55 min	PSOX	ZUMBA fitness	INSANITY	LES MILLS BODYPUMP		
9:15 AM	Group Ex Studio						ZUMBA fitness	
	Cycling Studio	Cycle 45 min	Cycle 45 min	Cycle 45 min	Cycle 45 min	Cycle 45 min	Cycle 45 min	
10:15 AM	Pool		Water Fitness 55 min		Water Fitness 55 min			
	Group Ex Studio	Hatha Yoga 55 min	Barre Fusion 55 min	LES MILLS BODYPUMP	Yogalates 55 min	Yoga 55 min	Yoga 55 min	
11:30 AM	Group Ex Studio	LES MILLS BODYPUMP	**PreK Tumbling (6 week sessions) Ages 3—5	Basic Yoga 45 min				



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TIME	LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
12:15 PM	Cycling Studio							Cycle 55 min
1:30 PM	Group Ex Studio		Senior Fit 45 min		Senior Fit 45 min			Yoga 55 min
4:15 PM	Group Ex Studio		BORN TO MOVE Ages 6 -7				CLASS LEVELS HEALTH SEEKER: Beginner Classes 30-55 minute classes STEP UP: Intermediate Classes 45- 55 minute classes ATHLETE: Advanced Classes 45 - 55 minute classes YOUTH: Youth Classes 30 - minute classes	
4:45 PM	Group Ex Studio		BORN TO MOVE Ages 8 - 12					
5:15 PM	Group Ex Studio	P90X	Indoor Bootcamp 55 min	Barre Hop 45 min	STRONG BY ZUMBA			
5:30 PM	Cycling Studio		Basic Cycle		Basic Cycle			
6:15 PM	Group Ex Studio	ZUMBA fitness	Yoga 45 min	INSANITY	ZUMBA fitness			
	Cycling Studio	Cycle 45 min	Cycle 45 min	Cycle 45 min	Cycle 45 min			
7:15 PM	Group Ex Studio	LES MILLS BODYPUMP	ZUMBA fitness	LES MILLS BODYPUMP	Yoga 55 min		** DENOTES FEE BASED CLASSES	

SCHEDULE AND INSTRUCTORS SUBJECT TO CHANGE

GROUP EXERCISE CLASS YOUTH POLICY

Children ages 8-11 must be accompanied by a participating parent and are only allowed to join classes that do not use equipment. Youth ages 12 and older can participate in classes that include weights and cycle. Must be able to properly fit on a bike.

Wellness Director
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