



OVIEDO YMCA GROUP EXERCISE SCHEDULE

(Effective March 26, 2018)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Group Ex Room	H.I.I.T.	Strength Training	Cardio Interval	Strength Training	Cardio Strength		
	Yoga Room		Yoga		Yoga			
	Cycle Connect Room	Cycle-Connect (45 minutes)	Cycle-Connect (45 minutes)	Cycle-Connect (45 minutes)		Cycle-Connect (45 minutes)		
6:45 AM	Yoga Room	Yoga		Yoga				
7:30 AM	Pool	Shallow Water	Shallow Water	Shallow Water	Shallow Water	Shallow Water		
8:15 AM	Yoga Room	Tai-Chi (45 minutes)		Tai-Chi (45 minutes)				
	Cycle Connect Room							
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 (45 minutes)		Y-Fit Omnia / Kinesis (45 minutes)				
9:30 AM	Pool						Aqua Shallow Water	
	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	
10:00 AM	Wellness Floor					Y-Fit Omnia / Kinesis (45 minutes)	Y-Fit Omnia / Kinesis (45 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 (75 minutes)	
	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 (60 Minutes)
11:30 AM	Yoga Room	Barre (30 minutes)				Barre (30 minutes)		Power Yoga (75 minutes)
	Pool	Shallow Water	Shallow Water	Shallow Water	Shallow Water	Shallow Water		
11:45 AM	Yoga Room		Chair Fitness (45 minutes)		Chair Fitness (45 minutes)			
12:00 PM	Group Exercise Room	Zumba®	Core (45 minutes)	Zumba®	Core (45 minutes)	Zumba®		
							 BORN TO MOVE Ages 6-12	
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 BODYPUMP	LES MILLS BODYATTACK	Strength Training	LES MILLS BODYATTACK	Step & Strength	HEALTH SEEKER (Beginner) STEP UP (Intermediate) ATHLETE (Advanced) Y-FIT (Omnia & Kinesis)	
	Yoga Room	Basic Yoga		Barre (45 minutes)	Power Yoga			
5:00 PM	Wellness Floor			Y-Fit Omnia/Kinesis (45 minutes)				
	Cycle Connect Room		Cycle-Connect (45 minutes)					
	Yoga Room		Pilates					
5:15 PM	Wellness Floor	Y-Fit Omnia/Kinesis (45 minutes)						
5:30 PM	Yoga Room			Pilates				
5:45 PM	Wellness Floor		Y-Fit Omnia/ Kinesis (45 minutes)					
	Group Exercise Room	Step	LES MILLS BODYPUMP		LES MILLS BODYPUMP	LES MILLS BODYATTACK BODYPUMP 30 /30 Express		
	Yoga Room	Yogalates			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)			
	Group Exercise Room			Zumba®				
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					
	Yoga Room	Yoga	Gentle Yoga	Power Yoga	Gentle Yoga			
7:15 PM	Group Exercise Room			LES MILLS BODYPUMP				

- Class Changes Beginning March 27th**
- Added Pilates Tuesday nights at 5pm. Removed 4:30 pm Power Yoga.
 - Added Y-Fit Tuesday at 5:45 pm and removed 5:45 pm Core class.
 - Saturday 11 am Y-Fit is now at 10 am. Power Yoga changed from 55 minutes to 75 minutes.

All classes are 55-minutes unless noted.