



SOUTH ORLANDO YMCA GROUP EXERCISE SCHEDULE SPRING 2018 • Effective May 1, 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Maximize your Y membership with Group Exercise.

Group Exercise Classes are 55 minutes unless posted. Please be kind and arrive to class on time. If you need to leave early, whenever possible, please let the instructor know.
Thank you!

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 am	Group Exercise Studio	Muscle Conditioning (Diva)	Yoga (Josie)	Boot Camp (Diva)	Yoga (Josie)	ZUMBA (45 min) (Lizzie)		
10:15 am	Group Exercise Studio	Muscle Conditioning (45 min) (Diva)		Yoga Stretch (45 min) (Kathy)	Body Blast (45 min) (Diva)	Piloxing (45 min) (Diva)		
10:30 am	Group Exercise Studio		Core n' More (30 min) (Diva)				ZUMBA (Lizzie)	
	POOL		Water Aerobics (45 min) (Josie)		Water Aerobics (45 min) (Josie)			
11:00 am	Group Exercise Studio		ZUMBA (45 min) (Lydia)		ZUMBA toning (45 min) (Diva)			
	Big Gym	SilverSneakers (45 min) (Ms. Renee)		SilverSneakers (45 min) (Ms. Renee)		SilverSneakers (45 min) (Ms. Renee)		
11:30 am	Group Exercise Studio						Boot Camp (Eddy)	
12:00 pm	Group Exercise Studio			Muscle Conditioning (30 min) (Diva)	SilverSneakers Silver Circuit (45 min) (Frankie)			
EVENING CLASSES								
5:45 pm	Group Exercise Studio		Kickboxing (45 min) (Alex)					
6:00 pm	POOL			AQUA ZUMBA (45 min) (Lydia)				
	Open Fitness Area & Gym		Kid Fit (45 min) (Sports Team)		Kid Fit (45 min) (Sports Team)	Boot Camp (Eddy)		
	Group Exercise Studio	Boot Camp (Eddy)		Core n' More (30 min) (Diva)	Cardio Explosion (Alex)			
6:30 pm	Group Exercise Studio		STRONG ZUMBA (45 min) (Wendy)	Body Blast (45 min) (Alex)				
	Open Fitness Area			Kid Fit (45 min) (Frankie)				
6:45 pm	POOL		Aqua Fit (45 min) (Alex)					
7:00 pm	Group Exercise Studio	Latin Cardio (Lizzie)			ZUMBA (Diva)			
7:15 pm	Group Exercise Studio		ZUMBA (45 min) (Wendy)	ZUMBA (Lizzie)				

SCHEDULE KEY

HEALTH SEEKER

Classes designed for those who are new or returning to an exercise routine.

STEP UP

Classes designed for those looking for a more challenging workout.

ATHLETIC

Classes are designed to help those with more athletic ability or those individuals who want to challenge their fitness level.

SOUTH ORLANDO YMCA GROUP EX CLASS DESCRIPTIONS



HEALTH SEEKER CLASSES

CHAIR YOGA: A chair-based class to help with stretching out and toning the muscles. Focus is on relieving stress / relaxation and breathing techniques.

SILVER SNEAKERS: Low impact class using basic functional exercise movements. Weights, resistance bands, and body weight will be used to help increase strength and range of motion. Proper form and technique will be instructed.

SILVER CIRCUIT: A step above the Silver Sneakers class; Silver Circuit increases the intensity levels in this low impact basic fitness class and incorporates functional upper body exercises using weights and resistance bands to increase cardiovascular endurance, strength and range of motion—taught to Latin music for flair!

WATER AEROBICS/AQUA FIT/AQUA ZUMBA: Low impact pool classes (WA, AF) using water weights kick boards, noodles, etc. (AZ) Bring the party to the pool with routines created to the beat of the music.

STEP UP CLASSES

KICKBOXING: Kickboxing balances upper and lower body flexibility with cardiovascular exercise, making for an effective full-body workout.

CORE N' MORE: A blend of stability and strength training exercises with focus on the abs, glutes, and legs. Free weights and other equipment are used in conjunction with body weight, functional and balance exercises to produce dynamic results.

BODY BLAST: A full body workout using weight plates, barbells, resistance bands and steps, combined with body weight exercises, to create compound and isolation exercises to get you lean, toned and fit. A must try!

CARDIO EXPLOSION: Plyometric exercises that may be combined with cycle conditioning to get you burning 500 plus calories per class. A must try to build your stamina and endurance.

YOGA AND YOGA STRETCH: Create balance (YOGA) by developing both strength and flexibility. You will find focus and achieve peace of mind, body and spirit. (YOGA STRETCH) Relieves stress, and tension in the muscles. The focus for both is on breathing techniques, stretching, toning, relaxation.

KID FIT

Allows our younger members between the ages of 6-15 to work out with the guidance of a wellness coach in a group setting to learn proper fitness techniques that are appropriate for their age. The focus is on cardio conditioning and team building. Classes need 3 or more children participants.

ATHLETE CLASSES

ZUMBA AND LATIN CARDIO: Dance exercise fusing Latin rhythms in an easy to follow format (Zumba) creating a dynamic fitness party or (Latin Cardio) a full body workout with authentic cultural dance moves.

MUSCLE CONDITIONING: Designed to work the entire body using strength training and cardio exercises. Condition and strengthen the muscles while using dumbbells, bars, bands, steps, and your own body weight.

BOOT CAMP: Work out your entire body with functional exercises to help you develop strength and endurance. You never know what type of exercise you will do in this class - from body weight, to plyometric exercises, to interval training, etc. Challenge yourself!

PILOXING: A nonstop cardio fusion of standing Pilates, boxing moves and dance/transition moves, providing a full body workout to get you sleek and powerful.

ZUMBA TONING: Dance exercise class in an easy to follow format with maracas styled hand weights (toning sticks). The focus is on toning your shoulders, biceps, back and legs.

STRONG BY ZUMBA: Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Burn calories while toning arms, legs, abs and glutes. WOW!