



# OVIEDO YMCA GROUP EXERCISE SCHEDULE

(Effective June 4, 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	<p><b>Class Changes Beginning June 4th:</b></p> <ul style="list-style-type: none"> <li>6:30pm Shallow Water changes to Aqua Zumba at 7pm</li> <li>10:15 am Shallow Water moves to 11:15 am, Monday—Friday</li> <li>11:30 am Shallow Water moves to 12:30 pm, Monday—Friday</li> <li>New Class Cycle Connect at 6 am, Thursday</li> </ul>	
	Yoga Room		Yoga		Yoga			
	Cycle Connect Room	Cycle Connect (45 Minutes)	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						Cycle Connect (60 Minutes)	
8:30 AM	Group Ex Room	<b>LES MILLS BODY PUMP</b>	Cardio Interval	Strength Training	<b>LES MILLS BODY ATTACK</b>	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 Ex Room	<b>LES MILLS BODY ATTACK</b>	Strength Training	Cardio Interval	Strength Training	<b>LES MILLS BODY PUMP</b>	Strength Training	
10:00 AM	Wellness Floor					Y-Fit Omnia / Kinesis (45 Minutes)	Y-Fit Omnia / Kinesis (45 Minutes)	
10:15 AM	Cycle Connect Room			Basic Cycle (30 Minutes)				
	Group Ex 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 Ex Room	Basic Fitness (45 Minutes)	 ZUMBA gold	Basic Fitness (45 Minutes)		Basic Fitness (45 minutes)	Zumba® (75 Minutes)	
	Wellness Floor							Y-Fit Omnia / Kinesis (45 Minutes)
11:15 AM	Pool	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water		
	Group Ex Room				Zumba®			
11:30 AM	Yoga Room	Barre (30 Minutes)				Barre (30 Minutes)		Power Yoga (75 Minutes)
11:45 AM	Yoga Room		Chair Fitness (45 Minutes)		Chair Fitness (45 Minutes)			
12:00 PM	Group Ex Room	Zumba®	Core (45 Minutes)	Zumba®		Zumba®		
	Yoga Room						Kid's Fitness Ages 6-12	
12:15 PM	Group Ex Room				Core (45 Minutes)			
12:30 PM	Pool	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water	Aqua Shallow Water		
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 Ex Room	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYATTACK</b>	Strength Training	<b>LES MILLS BODYATTACK</b>	Step & Strength	<b>HEALTH SEEKER (Beginner)</b>	
	Yoga Room	Basic Yoga		Barre (45 Minutes)	Power Yoga			
5:00 PM	Cycle Connect Room		Cycle Connect (45 Minutes)				<b>STEP UP (Intermediate)</b>	
	Yoga Room		Pilates					
5:15 PM	Wellness Floor	Y-Fit Omnia / Kinesis (45 Minutes)		Y-Fit Omnia / Kinesis (45 Minutes)			<b>ATHLETE (Advanced)</b>	
5:30 PM	Yoga Room			Pilates			<b>Y-FIT (Omnia &amp; Kinesis)</b>	
5:45 PM	Wellness Floor		Y-Fit Omnia / Kinesis (45 Minutes)				<b>YOUTH CLASSES</b>	
	Group Ex Room	Step	<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYATTACK BODYPUMP 30/30 Express</b>		
	Yoga Room	Yogalates			Kid's Fitness 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)		<b>Class Changes Beginning June 4th:</b>	
	Group Ex Room			Zumba®				
6:15 PM	Wellness Floor			H.I.I.T. (45 Minutes) Omnia / Kinesis			<ul style="list-style-type: none"> <li>6:30pm Shallow Water changes to Aqua Zumba at 7pm</li> <li>10:15 am Shallow Water moves to 11:15 am, Monday—Friday</li> <li>11:30 am Shallow Water moves to 12:30 pm, Monday—Friday</li> <li>New Class Cycle Connect at 6 am, Thursday</li> </ul>	
	Yoga Room		Kid's Fitness Ages 6-12					
7:00 PM	Pool	 Aqua ZUMBA	Swim Team	Swim Team	Swim Team			
	Group Ex Room	Zumba®	Step Interval		 ZUMBA toning			
	Yoga Room	Yoga	Gentle Yoga	Power Yoga	Gentle Yoga			
7:15 PM	Group Ex Room			<b>LES MILLS BODYPUMP</b>				

**All classes are 55-minutes unless noted.**

**Oviedo YMCA Center of Health & Wellness**

**7900 Red Bug Lake Road, Oviedo, FL 32765**

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