



AVALON PARK YMCA SUMMER GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	Cycle Purvi	H.I.I.T Christie	Step Strength Christie		Yoga Purvi		
7:45 AM							
8:45 AM	Strength with Core Stacey	Total Body (30min) Stacey	Cardio Strength Karolina	Total Body (30min) Christie	Step Strength Christie	Bootcamp Jennifer	
9:15 AM		Stacked (30min) Stacey		Stacked (30min) Christie			
9:45 AM	PiYO Julia		PiYO Julia		Pilates Christie	PiYO Rotation	
9:45 AM						Cycle Rotation	
10:00 AM		Pilates/Barre Lisa		Pilates/Barre Lisa			
10:45 AM	ZUMBA Michelle		ZUMBA Michelle		ZUMBA Michelle	ZUMBA Rotation	
11:00 AM		Cycle Strength Lisa		Cycle Strength Lisa			
12:15 PM		Yoga (45min) Heather		Yoga (45min) Heather			
1:15 PM							Cycle Rotation
2:15 PM							Strength with Core Rotation
3:00 PM		Chair Yoga Heather		Chair Yoga Heather			
4:45 PM	Kids Fitness Ages 4-11 CD	Kids Fitness Ages 4-11 CD	Kids Fitness Ages 4-11 CD	Kids Fitness Ages 4-11 CD			
5:30 PM		PiYO Tracy		PiYO Tracy			
6:15 PM	Stacked Cat		Kickboxing Jennifer				
6:30 PM	Cycle Ana	Stacked with Core (40 min) Tracy	Cycle Ana	Strength (40 min) Sue Carey			
7:15 PM	Outdoor Bootcamp (60min) Cat		Outdoor Bootcamp (60min) Cat				
7:15 PM	Yoga Heather	ZUMBA Kristen	Yoga Heather	ZUMBA Kristen			




ALL CLASSES ARE 50 MINUTES UNLESS OTHERWISE NOTED | ADULT GROUP EXERCISE CLASSES ARE FOR AGES 12+
SCHEDULE IS SUBJECT TO CHANGE All classes must have at least 3 participants for the class to take place.
Proper Footwear Required — Effective 06/01/18



AVALON PARK YMCA

GROUP EXERCISE CLASS DESCRIPTIONS

- ▶ **Chair Yoga** - A gentle flow of poses and movements to enhance your strength, flexibility, and balance, with the aid of a chair. Effective for any age. Especially for those who need gentle supportive movement.
- ▶ **Pilates** - Class designed to emphasize core strength, flexibility and awareness of movement in order to improve posture and alignment.
- ▶ **PiYO** - A hybrid, athletic workout, influenced by Yoga and Pilates. Class focuses on principles of stretch, strength training - conditioning and dynamic movement.
- ▶ **Total Body** - Incorporates all major muscle groups using barbells, dumbbells, and other equipment. Incorporates squats, presses, lifts, and curls to bring results you desire.
- ▶  **ZUMBA** Dance class that fuses Latin rhythms and easy to follow moves to create a dynamic fitness party atmosphere. Learn the hottest Latin dance while having fun with your closest friends.
- ▶ **Yoga** - Create balance by developing both strength and flexibility. Relieve stress, find focus and achieve peace of mind. Class will focus on stretching, toning and relaxation.
- ▶ **Cycle** - Interactive indoor cycling class will challenge you aerobically and anaerobically. This class will focus on building endurance as it strengthens the core and tones the muscles.
- ▶ **Pilates Barre** - Combines balls, light weights, and Pilates for a low-impact, fat-burning workout. Plan to do some free-standing lifting using light weights, gliding discs, some mat work, and barre work. The class incorporates stretching and strengthening so you'll lengthen your body and increase flexibility while you tone.
- ▶ **H.I.I.T. (High Intensity Interval Training)** - Combines calisthenics, plyometrics, strength training and cardio intervals. Exercises are done in timed bursts with a short recovery period.
- ▶ **Cycle Strength** - A combo class that improves strength of heart and body. Challenge your strength through traditional weight room exercises to get your heart pumping with cardio drills on the bike to increase your fitness level and change the shape of your body.
- ▶ **Stacked** - An intense 30-minute format that chooses six different exercises stacked-up in 30-second increments. Similar to Bootcamp with a challenging twist.
- ▶ **Bootcamp** - The ultimate challenge that combines strength training with cardio intervals, group and individual exercises to challenge your fitness ability in a circuit-training format.
- ▶ **Kickboxing** - Sport-specific techniques of boxing and martial arts are incorporated in this fun and high energy cardio workout.

**ALL CLASSES ARE 50 MINUTES UNLESS OTHERWISE NOTED
ADULT GROUP EXERCISE CLASSES ARE FOR AGES 12+
*SCHEDULE IS SUBJECT TO CHANGE***

All classes must have at least 3 participants for the class to take place.

**Proper footwear required.
Effective 06/01/18**