



ROPER YMCA FAMILY CENTER

GROUP EXERCISE SCHEDULE

Winter 2018

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM CLASSES								
5:30 AM	Studio 1	Total Body Conditioning		Tabata		INSANITY		
	Cycling Studio		Cycle**		Cycle**			
7:30 AM	Studio 1						Yoga	
8:00 AM	Studio 1	Super Sets	Yoga	Total Body Conditioning	Yoga	Total Body Conditioning		
8:30 AM	Studio 1						Boot Camp	
9:00 AM	Studio 1	Express Weights	Tabata 30 min	Express Weights	H.I.I.T 30 min			
	Gym	H.I.I.T 30 min	Core 30 min	H.I.I.T 30 min	Core 30 min	H.I.I.T 30 min		
	Cycling Studio						Cycle** 75 min	
9:30 AM	Studio 1	Super Sets	Total Body Conditioning	Super Sets	Weights	LES MILLS BODY PUMP		
	Gym		Cardio Kids 2-5 yrs		Cardio Kids 2-5 yrs	Kickbox		
	Cycling Studio	Cycle**	Cycle**	Cycle**	LES MILLS RPM	LES MILLS RPM		
10:30 AM	Studio 1	POUND	Pilates	LES MILLS BODY PUMP	Pilates	LES MILLS BODY FLOW	Weights	
	Wellness	Kinesis** 30 min		Kinesis** 30 min				
	Gym							
11:30 AM	Studio 1	Yoga	Yoga	Yoga	Yoga	Yoga	Kickbox	
	Studio 2	Elevate Fitness	 50 min	Tai Chi	 50 min	Elevate Fitness		
	Gym					Core & Stretch		
PM CLASSES ON BACK								



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PM CLASSES								
3:00 PM	Studio 1							LES MILLS BODYFLOW
4:00 PM	Cycling Studio							LES MILLS RPM
4:30 PM	Studio 1	LES MILLS BODYPUMP	P90X	H.I.I.T	Cardio Weights 30 min	INSANITY		
	Studio 2	Fit Kids (5-11 yrs)		Fit Kids (5-11 yrs)				
5:00 PM	Studio 1				Power Stretch 30 Minutes			
5:30 PM	Studio 1	LES MILLS BODYFLOW	LES MILLS BODYPUMP	Yoga	LES MILLS BODYPUMP		<div style="background-color: #f4a460; padding: 5px; text-align: center;"> Health Seeker All classes 30 min unless noted </div> <div style="background-color: #4caf50; padding: 5px; text-align: center; margin-top: 5px;"> Step Up </div> <div style="background-color: #2196f3; padding: 5px; text-align: center; margin-top: 5px;"> Athlete All classes 50 min unless noted </div> <div style="background-color: #9c27b0; padding: 5px; text-align: center; margin-top: 5px;"> Youth/Family All classes 30 min unless noted </div>	
6:00 PM	Studio 2		ZUMBA FITNESS (7-11 yrs) 45 minutes		ZUMBA FITNESS (7-11 yrs) 45 minutes			
6:30 PM	Studio 1	ZUMBA FITNESS	ZUMBA FITNESS	ZUMBA FITNESS	ZUMBA FITNESS			
	Cycling Studio	Cycle**	Cycle**	Cycle**	Cycle**			
7:30 PM	Studio 1		Yoga					
YOUTH POLICY - Ages 8-11 permitted in classes that don't use equipment (Zumba, Yoga, Pilates, Kickboxing, Core). Parents must be participating in the class and youth must be able to complete the class. - Ages 12 + Can attend all classes and must be able to finish the class. Must be able to properly fit on a bike for cycle class.								

ROPER YMCA FAMILY CENTER
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CLASS DESCRIPTION

LES MILLS BODYFLOW is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

LES MILLS BODYPUMP : uses light to moderate weights with lots of repetition, this class is a total body workout. Instructors will coach you through the scientifically-proven moves and techniques while pumping out encouragement and great music.

BORN TO MOVE : When it comes to learning a whole lot of cool moves from dance, martial arts and yoga this class is the way to go. Each 45-minute class is jam-packed with cool music and foundation fitness moves and fun games.

Kinesis : Kinesis is a 30 minute class that allows resisted movement in three dimensions. Be prepared to sweat, and learn how to use this great training tool! Each class is different, dynamic movement at it's greatest . Awesome for overall tone and for people of all levels.

POUND® : Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.