




# OVIEDO YMCA GROUP EXERCISE SCHEDULE

(Effective August 6th, 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 August 6th:</b></p> <p>Monday-Friday Shallow Waters 11:15 am and 12:30 pm move to 10:15 am and 11:30 am.</p> <p>Wednesday 8:30 am Strength Training becomes Bodypump.</p> <p>Wednesday evening and Friday morning HIIT removed. Wednesday 5:15 pm Y-Fit moves to 5:30.</p> <p>Friday 10:00 am Y-Fit moves to 9:15 am.</p> <p>Thursday Bodyattack becomes Bodypump/Bodyattack Express.</p> <p>Add Wednesday Stretch Class at 11:45 am and Sunday Bodypump at 9:15 am.</p> |                                    |                            |
|          | 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 BODYPUMP</b>          | Cardio Interval            | <b>LES MILLS BODYPUMP</b>          | <b>LES MILLS BODYATTACK</b> |                                    |  |                                    | Step Interval              |
| 9:15 AM  | Group Ex Room      |                                    |                            |                                    |                             |                                    |  | <b>LES MILLS BODYPUMP</b>          |                            |
|          | 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) |                             | 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 BODYATTACK</b>        | Strength Training          | Cardio Interval                    | Strength Training           | <b>LES MILLS BODYPUMP</b>          | Strength Training  |                                    |                            |
| 10:00 AM | Wellness Floor     |                                    |                            |                                    |                             |                                    | 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 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)         | Zumba® (11:15 am)           | Basic Fitness (45 minutes)         | Zumba® (75 Minutes)  |                                    |                            |
|          | Wellness Floor     |                                    |                            |                                    |                             |                                    |  | Y-Fit Omnia / Kinesis (45 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) | Stretch (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)           |                                    |  |                                    |                            |
| 12:45 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 BODYPUMP</b><br>30/30 Express  | Step & Strength                                       | <b>HEALTH SEEKER (Beginner)</b><br><br><b>STEP UP (Intermediate)</b><br><br><b>ATHLETE (Advanced)</b><br><br><b>Y-FIT (Omnia &amp; Kinesis)</b><br><br><b>YOUTH CLASSES</b> |        |
|         | Yoga Room          | Basic Yoga   |                                    | Barre (45 Minutes)                 | Power Yoga   |   |   |        |
| 5:00 PM | 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                            |  |   |   |        |
|         |                    |  |                                    | Y-Fit Omnia / Kinesis (45 Minutes) |  |   |   |        |
| 5:45 PM | Wellness Floor     |  | Y-Fit Omnia / Kinesis (45 Minutes) |                                    |  |   |   |        |
|         | Group Ex Room      | Step   | <b>LES MILLS BODYPUMP</b>          |                                    | <b>LES MILLS BODYPUMP</b>  | <b>LES MILLS BODYATTACK BODYPUMP</b><br>30/30 Express |   |        |
|         | 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)   |   |   |        |
|         | Group Ex Room      |  |                                    | Zumba®                             |  |   |   |        |
| 6:15 PM | 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>          |  |   |   |        |

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Wednesday 8:30 am Strength Training becomes Bodypump.

Wednesday evening and Friday morning HIIT removed. Wednesday 5:15 pm Y-Fit moves to 5:30.

Friday 10:00 am Y-Fit moves to 9:15 am.

Thursday Bodyattack becomes Bodypump/Bodyattack Express.

Add Wednesday Stretch Class at 11:45 am and Sunday Bodypump at 9:15 am.

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

**Oviedo YMCA Center of Health & Wellness**

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

**Group Exercise Coordinator: Amanda Swisher, [aswisher@cfymca.org](mailto:aswisher@cfymca.org)**