





OVIEDO YMCA GROUP EXERCISE SCHEDULE

(Effective Monday, October 8, 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		
	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	LES MILLS BODYPUMP	Cardio Interval	LES MILLS BODYPUMP	LES MILLS BODYATTACK	Y-Fit 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	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	LES MILLS BODYATTACK	Strength Training	Cardio Interval	Strength Training	LES MILLS BODYPUMP	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		
	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
10:45 AM	Pool		Aqua Shallow Water		Aqua Shallow Water			
	Group Ex Room	Basic Fitness (45 Minutes)	 ZUMBA gold	Basic Fitness (45 Minutes)	Zumba® (11:15 AM)	Basic Fitness (45 minutes)	Zumba® (75 Minutes)	
11:00 AM	Wellness Floor							Y-Fit Omnia / Kinesis (45 Minutes)
	Yoga Room	Barre (30 Minutes)				Barre (30 Minutes)		Power Yoga (75 Minutes)
11:30 AM	Pool	Shallow Water		Shallow Water		Shallow Water		
	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		

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4:30 PM	Group Ex Room	LES MILLS BODYPUMP		Strength Training	LES MILLS BODYATTACK	Step & Strength	HEALTH SEEKER (Beginner)			
	Yoga Room	Basic Yoga		Barre (45 Minutes)	Power Yoga					
5:00 PM	Cycle Connect Room		Cycle Connect (45 Minutes)						STEP UP (Intermediate)	
	Yoga Room		Pilates							
5:15 PM	Wellness Floor	Y-Fit Omnia / Kinesis (45 Minutes)		Y-Fit Omnia / Kinesis (45 Minutes)					ATHLETE (Advanced)	
5:30 PM	Yoga Room			Pilates						
5:45 PM	Wellness Floor		Y-Fit Omnia / Kinesis (45 Minutes)						Y-FIT (Omnia & Kinesis)	
	Group Ex Room	Step	LES MILLS BODYPUMP		LES MILLS BODYPUMP	LES MILLS BODYATTACK BODYPUMP 30/30 Express	YOUTH CLASSES			
	Yoga Room	Yogalates			Kid's Fitness Ages 6-12					
6:00 PM	Cycle Connect Room	Cycle Connect	Cycle Connect (45 Minutes)	Cycle Connect (45 Minutes)	Cycle Connect (45 Minutes)		Class Changes Beginning October 8th			
	Group Ex Room			Zumba®						
6:15 PM	Wellness Floor			H.I.I.T. (45 Minutes) Omnia / Kinesis					11:30 am Tuesday & Thursday Shallow water removed.	
	Yoga Room		Kid's Fitness Ages 6-12						10:15 am Tuesday & Thursday Shallow Water moves to 10:45am.	
7:00 PM	Pool								4:30 pm Tuesday Bodyattack removed.	
	Group Ex Room	Zumba®	Step Interval						9:15 am Friday Y-Fit moves to 8:30 am.	
	Yoga Room	Yoga	Gentle Yoga	Power Yoga	Gentle Yoga				6 pm Monday, 9:15 am Thursday & 10:30 am Cycle Connect changes from 45 minutes to 55 minutes.	
7:15 PM	Group Ex Room			LES MILLS BODYPUMP						

All classes are 55-minutes unless noted.

Oviedo YMCA Center of Health & Wellness

7900 Red Bug Lake Road, Oviedo, FL 32765

Group Exercise Supervisor: Amanda Swisher, aswisher@cfymca.org