



# LAKE NONA YMCA

## GROUP EXERCISE SCHEDULE

### FALL 2018

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Begins : Begins: **Monday**, November 5 - December 31, 2018

TIME	LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45 AM	Group Ex Studio		<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYPUMP</b>			
6:00 AM	Cycling Studio	Cycle & Core 55 min		Cycle & Core 55 min		Cycle & Core 55 min		
8:15 AM	Group Ex Studio	HITT 45 min	Stacked Interval 45 min	Barre Fusion 45 min	Total Body Conditioning 45 min		<b>LES MILLS BODYPUMP</b>	
	Cycling Studio	Cycle 45 min				Cycle 45 min		
9:00 AM	Group Ex Studio	Total Body Conditioning 55 min	Step & Strength	 ZUMBA fitness	Cardio Combo 55 min	<b>LES MILLS BODYPUMP</b>		
9:15 AM	Group Ex Studio						 ZUMBA fitness	
	Cycling Studio	Cycle 45 min	Cycle 45 min	Cycle 45 min	Cycle 45 min	Cycle 45 min	Cycle 45 min	
10:15 AM	Group Ex Studio	Hatha Yoga 55 min	Barre Fusion 55 min	<b>LES MILLS BODYPUMP</b>	Yogalates 55 min	Yoga 55 min	Yoga 55 min	
11:30 AM	Group Ex Studio			Basic Yoga 45 min				





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12:15 PM	Cycling Studio							12:15pm Cycle 55 min
12:30 PM	Group Ex Studio		Senior Fit 45 min		Senior Fit 45 min			1:30 pm Yoga with Meditation 55 min
4:00 PM	Group Ex Studio							
5:30 PM	Group Ex Studio	Total Body Conditioning 45 min		Barre Hop 45 min			<b>CLASS LEVELS</b> <b>HEALTH SEEKER:</b> Beginner Classes 30–55 minute classes  <b>STEP UP:</b> Intermediate Classes 45– 55 minute classes  <b>ATHLETE:</b> Advanced Classes 45 – 55 minute classes  <b>YOUTH:</b> Youth Classes 30 – minute classes  <b>** DENOTES FEE BASED CLASSES</b>	
6:15 PM	Group Ex Studio		Yoga 45 min					
	Outside		Boot Camp 55 min		Boot Camp 55 min			
	Cycling Studio	Cycle 45 min	Cycle 45 min	Cycle 45 min	Cycle 45 min			
7:15 PM	Group Ex Studio				Yoga 55 min			

#### GROUP EXERCISE CLASS YOUTH POLICY

Children ages 8-11 must be accompanied by a participating parent and are only allowed to join classes that do not use equipment. Youth ages 12 and older can participate in classes that include weights and cycle. Must be able to properly fit on a bike.

#### SCHEDULE AND INSTRUCTORS SUBJECT TO CHANGE

Wellness Director  
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