



# ROPER YMCA FAMILY CENTER

## GROUP EXERCISE SCHEDULE

Winter 2019

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AM CLASSES</b>								
5:30 AM	Studio 1	Total Body Conditioning		Tabata		<b>INSANITY</b>		
	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	<b>LES MILLS BODYPUMP</b>		
	Gym		Cardio Kids 2-5 yrs		Cardio Kids 2-5 yrs			
	Cycling Studio	Cycle**	Cycle**	Cycle**	<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>		
10:30 AM	Studio 1	Piloxing	Pilates	<b>LES MILLS BODYPUMP</b>	Pilates	<b>LES MILLS BODYFLOW</b>	Weights	
	Wellness	Kinesis** 45 min		Kinesis** 45 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		
<b>PM CLASSES ON BACK</b>								



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TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PM CLASSES</b>								
3:00 PM	Studio 1							<b>LES MILLS BODYFLOW</b>
4:00 PM	Cycling Studio							<b>LES MILLS RPM</b>
4:30 PM	Studio 1	<b>LES MILLS BODYPUMP</b>	<b>P90X</b>	H.I.I.T	Cardio Weights 30 min	<b>INSANITY</b>		
	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	<b>LES MILLS BODYFLOW</b>	<b>LES MILLS BODYPUMP</b>	Yoga	<b>LES MILLS BODYPUMP</b>		<div style="background-color: #f4a460; padding: 5px; text-align: center;"> <b>Health Seeker</b> All classes 30 min unless noted         </div> <div style="background-color: #4caf50; padding: 5px; text-align: center; margin-top: 5px;"> <b>Step Up</b> </div> <div style="background-color: #2196f3; padding: 5px; text-align: center; margin-top: 5px;"> <b>Athlete</b> All classes 50 min unless noted         </div> <div style="background-color: #9c27b0; padding: 5px; text-align: center; margin-top: 5px;"> <b>Youth/Family</b> All classes 30 min unless noted         </div>	
6:00 PM	Studio 2		<b>ZUMBA FITNESS</b> (7-11 yrs) 45 minutes		<b>ZUMBA FITNESS</b> (7-11 yrs) 45 minutes			
6:30 PM	Studio 1	<b>ZUMBA FITNESS</b>	<b>ZUMBA Toning</b>	<b>ZUMBA FITNESS</b>	<b>ZUMBA FITNESS</b>			
	Cycling Studio	Cycle**	Cycle**	Cycle**	Cycle**			
7:30 PM	Studio 1		Yoga					
<b>YOUTH POLICY</b> - 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.

**Kinesis** : Kinesis is a 45 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.

**Piloxing** : A fusion of boxing and Pilates work together to provide a great blend of cardio and toning. An energetic and challenging class set to top 40 remixes