





OVIEDO YMCA GROUP EXERCISE SCHEDULE

(Effective Monday, January 7, 2019)

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 BODY PUMP	Cardio Interval	LES MILLS BODY PUMP	LES MILLS BODY ATTACK	LES MILLS tone (45 min)	Step Interval	
	Wellness Floor					Y-Fit Omnia / Kinesis		
9:00 AM	Pool						Aqua Shallow Water	
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 (60 minutes)	Cycle Connect (45 minutes)		
	Wellness Floor	Y-Fit Omnia / Kinesis (45 Minutes)		Y-Fit Omnia / Kinesis (45 Minutes)				
	Group Ex Room							LES MILLS BODY PUMP
9:30 AM	Cycle Connect Room						Cycle Connect (45 minutes)	Cycle Connect (45 Minutes)
9:45 AM	Group Ex Room	LES MILLS BODY ATTACK	LES MILLS tone (45 min)	Cardio Interval	Strength Training	LES MILLS BODY PUMP	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			
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		
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	LES MILLS BODYPUMP	LES MILLS tone (45 min)	Strength Training	LES MILLS BODYATTACK BODYPUMP 30/30 Express	Step & Strength	HEALTH SEEKER (Beginner)			
	Yoga Room	Basic Yoga		Barre (45 Minutes)	Power Yoga					
4:45 PM	Yoga Room		Vin/Yin						STEP UP (Intermediate)	
5:00 PM	Cycle Connect Room		Cycle Connect (45 Minutes)							
5:15 PM	Wellness Floor	Y-Fit Omnia / Kinesis (45 Minutes)							ATHLETE (Advanced)	
5:30 PM	Yoga Room			Pilates						
	Wellness Floor			Y-Fit Omnia / Kinesis (45 Minutes)						
5:45 PM	Wellness Floor		Y-Fit Omnia / Kinesis (45 Minutes)						YOUTH CLASSES	
	Group Ex Room	Step	LES MILLS BODYPUMP		LES MILLS BODYPUMP					
	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 January 7th 8:30 am Friday Les Mills Tone added. 9:45 am Tuesday Strength Training becomes Les Mills Tone. 4:30 pm Tuesday Les Mills Tone added. 5:00 pm Tuesday Pilates removed. 4:45 pm Tuesday Vin/Yin Yoga added. 9:30 am Saturday Cycle added.			
	Group Ex Room			Zumba®						
6:15 PM	Yoga Room		Kid's Fitness Ages 6-12							
7:00 PM	Pool									
	Group Ex Room	Zumba®	Step Interval							
	Yoga Room	Yoga	Gentle Yoga	Power Yoga	Gentle Yoga					
7:15 PM	Group Ex Room			LES MILLS BODYPUMP						

All classes are 55-minutes unless noted.

Oviedo YMCA Center of Health & Wellness

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