



# FOCUS ON HEALTHY LIVING



## 2019 GROUP EXERCISE SCHEDULE

### Class Color Key:

**WATER CLASSES**

**LOW IMPACT/SENIOR CLASSES**

**INTERMEDIATE/ADV.**

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am	Comp. Pool	Tri Club		Tri Club		Tri Club
7:00am	Group Ex. Studio		Tai Chi			Tai Chi
8:00am	Group Ex. Studio				Tai Chi	
8:00am	Dive Well		Deep Water Fitness		Deep Water Fitness	
10:00am	Group Ex. Studio	Senior Fitness		Senior Fitness		Senior Fitness
10:15am	Group Ex. Studio				Chair Yoga	
11:00am	Dive Well		Deep Water Fitness		Deep Water Fitness	
11:30am	Comp. Pool	Masters Swim		Masters Swim		Masters Swim
5:30pm	Group Ex. Studio		Yoga		Zumba	
6:00pm	Group Ex. Studio	Interval Training		Interval Training		
6:30pm	Group Ex. Studio	Abs & Core	Strength Training	Abs & Core	Strength Training	
7:00pm	Comp. Pool	Masters Swim	Masters Swim	Masters Swim	Masters Swim	
7:30pm	Comp. Pool	Open Polo		Open Polo		Open Polo
7:30pm	Comp. Pool	Underwater Hockey		Underwater Hockey		Underwater Hockey

## Rosen YMCA Aquatic Center

8422 International Drive, Orlando, FL 32819

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# Group Exercise Class Descriptions

## Tai Chi

An ancient Chinese practice that improves flexibility, agility, and balance. It is also a mental, spiritual and emotional exercise.



## Yoga

A gentle stretch to enhance breath control and core strength. Yoga also promotes mental, physical and spiritual awareness.



## Chair Yoga

Practice Yoga postures, breathing techniques, meditation, and relaxation techniques from a chair. This class offers all the benefits of regular Yoga with proper movement of the body and optimum flexibility and health.



## Senior Fitness

A full body workout for active older adults using light weights, resistance bands, and exercise balls.

## Zumba

Dance fitness class set to Latin and International rhythmic beats. Come dance yourself to shape!



## Interval Training

A high intensity interval class with either repetition scheme or timed intervals to challenge your strength and cardiovascular fitness.

## Strength Training

Increase muscular strength and endurance by performing complex movements with dumbbells, barbells, bands and body weight resistance.

## Deep Water Fitness

Stay healthy with this low impact class that takes place in the Dive Well. Experience improvements of joint stability, coordination, and cardiovascular endurance. Class may incorporate the use of water dumbbells and flotation belts.

