



**OSCEOLA COUNTY YMCA
GROUP EXERCISE SCHEDULE
March 18, 2019**



Time		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am	Cycle Studio						
	Group Ex		Cardio Interval (45)Jhon		Strength (45)Jhon		
9am	Cycle Studio			Cycle (45)Patricia			
	Group Ex	Zumba® (45)Patricia		Zumba® (45)Marixa		Zumba Toning® (45)Marixa	Strength (45)Anthony
	Gym	Next Level (45)Walter	Strength (45)Jhon		Strength (45)Jhon	Next Level (55)Walter	
10am	Cycle Studio		Cycle (55)Courtenay		Cycle (55)Courtenay		Cycle (55)Patricia
	Gym	Cardio Interval (45)Linda	Zumba® (45)Jhon	Next Level (45)Walter	Zumba® (45)Albert	Pilates (45)Jhon	
11am	Gym	SilverSneakers® Classic (45)Linda	Chair Pilates (45)Jhon	SilverSneakers® Cardio Fit (45)Jan	Chair Pilates (45)Jan	Basic Fitness & Stretch (45)Jhon	
	Group Ex			Pilates/Yoga (45)Dianne			Zumba® (45)Mara
12pm	Teen Center		Prayer & Praise (Spanish & English groups)		Bingo & Prizes	<u>GX CLASS YOUTH POLICY</u> 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 12-15 can participate in classes that include weights and cycle. Must be able to properly fit on a bike.	
6pm	Cycle Studio		Cycle (55)Patricia		Cycle (55)Patricia		
	Group Ex	Kickboxing (45)Leslie	Next Level (55)Walter	Cardio Dance (45)Leslie	HIIT (55)Anthony	Zumba® (55)Enoc	
7pm	Group Ex	Core & More (30)Leslie		Power Pilates (45)Leslie			

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

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CLASS DESCRIPTIONS



BASIC FITNESS & STRETCH – This low impact class incorporates both cardio and strength exercises. Exercises with aerobic moves, weights and bands combined with stretching to increase flexibility and range of motion.

CARDIO INTERVAL – Improve the strength of your heart through a combination of aerobic and strength moves to elevate your heart, burn calories and increase endurance.

CORE & MORE – focuses on strengthening the abdominals, glutes, lower back, hips and shoulders – either as the primary or supportive muscles.

CYCLE – A personalized cardio program for all fitness levels performed on a stationary bicycle. You will ride through an all-terrain ride while focusing on proper body alignment and cycling techniques.

HIIT – Take your fitness to the next level with High Intensity Interval Training (HIIT) designed to improve cardiovascular fitness and reduce body fat by alternating short periods of intense anaerobic exercise with less intense recovery periods.

KICKBOXING – High Intensity Interval training class using traditional fitness moves for a more athletic, conditioning-style workout. Your own body weight achieves muscle definition with high energy.

NEXT LEVEL – The ultimate fitness challenge in a circuit training format. Take your workout to another level with this power based training regime that will work every muscle in your body.

PILATES – This class is designed to emphasize core strength, flexibility and awareness of movement in order to improve posture and alignment.

PILATES (CHAIR) – A gentle flow of poses and movements to enhance your strength, flexibility, and balance. A chair is available for standing support.

POWER PILATES – An advanced form of exercise which emphasizes the balanced development through core strength, flexibility and awareness to support efficient, easy movement.

SILVERSNEAKERS® CLASSIC – A workout variety of muscular strength, range of movement and activities for daily living. Weights, elastic tubing and ball are used for resistance. A chair is available for standing support.

SILVERSNEAKERS® CARDIO FIT – A class designed for a safe and effective low-impact cardiovascular workout. Energizing movements and strength training options provide a well-rounded workout.

STRENGTH – Conditioning to tone and firm the entire body. Using resistance exercises to develop muscular strength and endurance. Barbells, hand weights, stability balls, and a step bench may be utilized during class.

ZUMBA® – These dance classes fuse Latin rhythms and easy to follow moves to create a dynamic fitness party atmosphere.

ZUMBA TONING® – Using light weight dumbbells you will work every muscle group. Along with light-weight upper body resistance, you will work against gravity or the floor to define your leg and abdominal muscles.

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