



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DR. P. PHILLIPS YMCA

GROUP EXERCISE

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:15 AM	Studio A	PSOX LIVE! Jonathan	PSOX LIVE! Jonathan/Pam	PSOX LIVE! Jonathan	PSOX LIVE! Jonathan	PSOX LIVE! Jonathan	CLASS COLOR KEY HEALTHSEEKER/BEGINNER INTERMEDIATE ADVANCED **FEE BASED \$\$\$** KIDS Class		
	Strength Studio B								
5:30 AM	Zimand Family Cycle Studio	CARDIO CYCLE Theresa	CARDIO CYCLE Holly			CARDIO CYCLE Holly			
5:30 AM	Studio B			CARDIO STRENGTH Donna 5:30 am	YOGA Holly 6AM				
6:00 AM	Studio A								
	Pool		Master Level Swim 6 am—7:30		Master Level Swim 6 am—7:30		7-8:30 Master Swim		
7:00 AM	Zimand Family Cycle Studio					CARDIO CYCLE Terry			
	Lobby						RUN/WALK CLUB Kerry		
	Studio A/B			Boot Camp Express 7:00am - 7:25am Terry			PSOX LIVE! Pam Coming Soon!		
7:15 AM	Strength Studio B				LES MILLS BODYPUMP® Nikki				
7:30 AM	Strength Studio B		LES MILLS BODYPUMP® Heidi						
	Zimand Family Cycle Studio			STRENGTH CYCLE 7:25am - 8:15am Terry					
	Studio A	TOTAL BODY CONDITIONING Bob		TOTAL BODY CONDITIONING Bob		TOTAL BODY CONDITIONING Bob			
8:00 AM	Strength Studio B	All classes are 55 minutes unless otherwise stated.					TAE KWON DO \$\$ Reserved 120 mins		
	Studio A	No bags allowed in Group Exercise Studios, for your safety & security.					CARDIO STRENGTH Donna		
	Mind/Body Studio C					LES MILLS BODYFLOW® Nikki			
8:30 AM	Mind/Body Studio C	PILATES Leisa	PILATES Susan	YOGA Jen C.	POWER CORE Stu				
	Zimand Family Cycle Studio	CARDIO CYCLE Cory	CARDIO CYCLE Israel	CARDIO CYCLE Cory	CARDIO CYCLE Israel	CARDIO CYCLE Israel	CARDIO CYCLE Israel		
	Studio A	INSANITY LIVE! Israel	Cardio Strength Boot Camp Terry	INSANITY LIVE! Israel	CARDIO STRENGTH Lorraine	POWER PILATES Lorraine			
9:00 AM	Studio A						KICKBOXING Donna	BODY BALLET Cuic	
	Pool	SHALLOW WATER FITNESS Susan	DEEP WATER FITNESS Heidi	SHALLOW WATER FITNESS Susan	DEEP WATER FITNESS Kerri	SHALLOW WATER FITNESS Susan	DEEP WATER FITNESS Julie	MASTER SWIM 90 mins	
	Kinesis Wall	KINESIS BASIC 30 mins (Max 8)	KINESIS BASIC 30 mins (Max 8)		KINESIS BASIC 30 mins (Max 8)		KINESIS BASIC 30 mins (Max 8)		
9:15 AM	Zimand Family Cycle Studio							CARDIO CYCLE Ashley	
9:30 AM	Studio A	LES MILLS BODYPUMP® Trish	CARDIO STRENGTH Israel	LES MILLS BODYPUMP® Angie	LATIN CARDIO Cuic	JAZZ/BALLET FUSION Cuic			
	Mind/Body Studio C	HATHA YOGA Cathy	LES MILLS BODYFLOW® Edith	YOGA Terry	YOGA Jen C	YOGA Jen C			
	Strength Studio B	CARDIO STRENGTH Israel	TURBOKICK Kassandra	CARDIO STRENGTH Bob	CARDIO STRENGTH Lorraine	CARDIO STRENGTH Israel			
	Zimand Family Cycle Studio	CARDIO CYCLE Ashley	LES MILLS RPM™ Angie	CARDIO CYCLE Israel	CARDIO CYCLE Michelle	CARDIO CYCLE Lorraine			
	Omnia Room						OMNIA BASIC (Max 8)		
10:00 AM	Studio A							LATIN CARDIO Cuic	
	Studio B								
	Omnia Room	OMNIA BASIC 30 mins (Max 12)		OMNIA BASIC 30 mins (Max 12)					
10:15 AM	Strength Studio B						POWER CORE Stu	POWER CUTS BOOT CAMP Ashley	
	Zimand Family Cycle Studio						CARDIO CYCLE Donna		

Dr. P. Phillips YMCA Family Center | 7000 Dr. Phillips Blvd. | Orlando, FL 32819 | P 407-351-9417 | ymcacentralflorida.com

Please Note: The schedule is subject to change without notice

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 AM	Mind/Body Studio C		YOGA Leisa	LES MILLS BODYFLOW® Angie	YOGA Cathy			
	Strength Studio B			YOUTH CARDIO Ages 3 & 4	CORE/ABS EXPRESS Michelle			
10:45 AM	Studio A	LATIN CARDIO Cuic	ZUMBA Lizzie	ZUMBA Michele Marie	BODY BALLET Cuic	ZUMBA Michele Marie	ZUMBA Michele Marie	
	Studio C							
11:15 AM	Pool		Master Swim 90 Mins 10:30 AM		Master Swim 90 Mins 10:30 AM			
11:15 AM	Strength Studio A							YOGA 75 mins Alex / Holly 11:15 AM
11:45 AM	Mind/Body Studio C	YOGA Viviana	BASIC YOGA Viviana	YOGA Holly	BASIC YOGA Viviana	YOGA Holy/Leisa		
	Studio A	BODY BALLET Cuic						
12:00 PM	Studio A/ Kinesis		KINESIS 30 Mins/Max 8	KINESIS 30 Mins/Max 8		TAI CHI AI		
12:30 PM								ZUMBA Dalia
12:30 PM	Pool		ZUMBA Yuko		ZUMBA Yuko			
	Strength Studio B	ELEVATE Kerri	FOREVER YOUNG CARDIO STRENGTH Bob	ELEVATE Kerri	FOREVER YOUNG TONING Bob	FOREVER YOUNG CARDIO STRENGTH Bob		
12:45/1 PM	Mind/Body Studio C		RELAXATION/ MEDITATION Viviana		RELAXATION/ MEDITATION Viviana			
1:00 PM	Strength Studio B							KICKBOXING 1:00 pm Julie
	Mind/Body Studio C							YOGA 1:00PM Terry
1:30 PM	Strength Studio B		CHAIR YOGA 1:30pm Leisa		CHAIR YOGA Cathy			
	Studio A			ZUMBA GOLD Yuko		ZUMBA GOLD Yuko		
	Mind/Body Studio C							
2:00 PM	Strength Studio B	CHAIR YOGA Leisa						
2:30 PM	Strength Studio B		SILVER SNEAKERS Leisa		SILVER SNEAKERS Cathy		YOGA FUSION Heather 3:30 PM	
4:30 PM	Studio A	Power Yoga Lorraine						
4:30 PM	Mind/Body Studio C	RESERVED Youth Dance \$\$	Yoga Terry	YOGA Cathy	PILATES Heather			
5:30 PM	OMNIA	Omnia Basic 30 mins 5:30 PM	Omnia Basic 30 mins 5:30 PM					
5:30 PM	Kinesis Wall 5:00 pm & 6:30 pm	Kinesis Basic 30mins 6:30 pm			Kinesis Basic 30mins 5:30 pm			
	Strength Studio B	STRONG BOOT CAMP Lizzie	INSANITY Stuart	BOOT CAMP Yvohe	PSOX Pam Coming Soon!			
	Studio A	BOOT CAMP Michelle	CARDIO STRENGTH Bob	LES MILLS BODYPUMP® Nikki	BOOT CAMP Bob	LES MILLS BODYPUMP® Shaw		
	Mind/Body Studio C	RESERVED Youth Dance \$\$	POWER YOGA Terry	POWER YOGA Kassandra		YOGA Jennifer		
6:00 PM	Zimand Family Cycle Studio	CARDIO CYCLE Christine	CARDIO CYCLE Theresa	CYCLE & STRENGTH CIRCUIT Donna				
	Lobby	RUN CLUB AI						
6:30 PM	Strength Studio B	LES MILLS BODYPUMP® Trish	KICKBOXING Julie	LES MILLS BODYPUMP® Shauna	RESERVED TAE KWON DO \$\$ 150 mins			
	Studio A	LATIN CARDIO Cuic	LATIN CARDIO Cuic	LATIN CARDIO Cuic	ZUMBA Lizzi	LATIN CARDIO Cuic		
	Mind/Body Studio C	RESERVED Youth Dance \$\$	LES MILLS BODYFLOW® Brenda	YOUTH CARDIO Ages 5-10	YOUTH FITNESS Ages 5-10 Julie			
	Kinesis Wall	Kinesis Basic 30 mins (Max 8)		Kinesis Basic 30mins (Max 8)				
7:00 PM	Zimand Family Cycle Studio				Kinesis Basic 30mins (Max 8)			
	Omnia Room/ Kinesis	Omnia Basic 30 mins (Max 12)						
7:30 PM	Mind/Body Studio C	YOGA Cathy	YOGA Terry	PILATES Heather	LES MILLS BODYFLOW® Nikki			
	Omnia Room		Omnia Basic 30 mins (Max 12)		Omnia Basic 30mins (Max 12)			
	Studio A	ZUMBA Kathy	RESERVED TAE KWON DO \$\$ 90 mins	BODY BALLET Cuic				

6X 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 12-15 can participate in classes that include weights and cycle. Must be able to properly fit on a bike.
 Omnia or Kinesis are not permitted for children under the age of 12.

KINESIS / OMNIA BASIC
 Classes are limited to 8 participants in Kinesis, 12 in Omnia. Sign up at the Wellness Concierge Desk.

As of 3/08/19