



WINTER PARK YMCA GROUP EXERCISE SCHEDULE

Spring 2019

(Effective March 10th, 2019)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am	Cycling Studio	Cycling (45 Min)	Cycling (45 Min)	Cycling (45 Min)	Cycling (45 Min)	Cycling (45 Min)		
	Fitnasium	Boot Camp (55 Min)	LES MILLS BODY PUMP (55 Min)	Strength Training (55 Min)	LES MILLS BODY PUMP (55 Min)	Boot Camp (55 Min)		
6:00 am	Gymnasium							
7:00 am	Cycling Studio	Cycling (30 Min)		Cycling (30 Min)		Cycling (30 Min)		
7:15 am	Cycling Studio						Cycling (45 Min)	
8:00 am	Fitnasium	Step (55 Min)	Pilates (55 Min)	Step (55 Min)	Pilates (55 Min)	Step (55 Min)	Yoga (55 Min)	
8:15 am	Cycling Studio	Cycling (45 Min)	Cycling (45 Min)	Cycling (45 Min)	Cycling (45 Min)	Cycling (45 Min)	Cycling (45 Min)	
9:00 am	Fitnasium	Basic Core (30 Min)		Basic Core (30 Min)		Basic Core (30 Min)	LES MILLS BODYCOMBAT (55 Min)	
9:30 am	Cycling Studio	Cycling (45 Min)	Cycling (45 Min)	Cycling (45 Min)	Cycling (45 Min)	Cycling (45 Min)		
	Fitnasium	LES MILLS BODY PUMP (55 Min)	Yoga (55 Min)	LES MILLS BODY PUMP (55 Min)	Ballet Strength (55 Min)	LES MILLS BODY PUMP (55 Min)		
	Gymnasium		Boot Camp (55 Min)		Boot Camp (55 Min)			
10:00 am	Cycling Studio						Cycling (45 Min)	
	Gymnasium	Next Level (45 Min)		Next Level (45 Min)		Next Level (45 Min)	LES MILLS BODY PUMP (55 Min)	
	Pool	Deep Water Fitness (55 Min)	Deep Water Fitness (55 Min)	Deep Water Fitness (55 Min)	Deep Water Fitness (55 Min)	Deep Water Fitness (55 Min)		
10:30 am	Fitnasium	Zumba (55 Min)	LES MILLS BODYCOMBAT (40 Min)	Zumba (55 Min)	LES MILLS BODYCOMBAT (40 Min)	Zumba (55 Min)		
10:45 am	Cycling Studio	Cycling (45 Min)		Cycling (45 Min)				
11:00 am	Pool	Shallow Water Fitness (55 Min)	Shallow Water Fitness (55 Min)	Shallow Water Fitness (55 Min)	Shallow Water Fitness (55 Min)	Shallow Water Fitness (55 Min)	Shallow Water Fitness (55 Min)	
11:15 am	Fitnasium		Gentle Yoga (55 Min)		Yoga (55 Min)		Pilates (55 Min)	
11:30 am	Fitnasium	Basic Yoga (30 Min)		Basic Yoga (30 Min)			Cycling (45 Min)	
12:15 pm	Fitnasium	Yoga (55 Min)		Yin Yoga (55 Min)		Yoga (55 Min)		

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12:15 pm	Fitnasium		LES MILLS BODYPUMP (55 Min)		LES MILLS BODYPUMP (55 Min)			LES MILLS BODYPUMP (55 Min)
	Cycling Studio							Cycle (60 Min)
1:30 pm	Fitnasium							Power Yoga (75 Min)
3:30 pm	Fitnasium	Step and Stretch (75 Min)		Step and Sculpt (75 Min)				
4:30 pm	Fitnasium		Yoga (55 Min)		Yoga (55 Min)			
5:00 pm	Cycling Studio	Cycling (45 Min)		Cycling (45 Min)				
	Fitnasium	Pilates (55 Min)		Pilates (55 Min)				
5:30 pm	Fitnasium			Kid's Yoga (30 Min Kid Zone)	BORN TO MOVE (30 Min)	Restorative Yoga (55 Min)		
6:00 pm	Fitnasium	Cycle (45 Min)	Cycle (45 Min)	Cycle (45 Min)	Cycle (45 Min)	Cycle (45 Min)		
	Fitnasium	LES MILLS BODYPUMP (55 Min)		LES MILLS BODYPUMP (55 Min)				
6:30 pm	Fitnasium		Boot Camp (55 Min)		Boot Camp (55 Min)			
7:15 pm	Fitnasium	Yoga (55 Min)		Yoga (55 Min)				
8:15 pm	Fitnasium	Ballroom Dance (55 Min)						

SCHEDULE KEY

- ALL LEVEL
- INTERMEDIATE LEVEL
- ADVANCED LEVEL
- YOUTH/FAMILY

★ = New Class/
New Time