



GROUP EX SCHEDULE

BLANCHARD PARK YMCA FAMILY CENTER | SPRING 2019 EFFECTIVE : 4/1/19

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 am	Lobby	Group Run		Group Run		Group Run		
	Pool		Group Swim		Group Swim			
9:00 am	Recreation Room	Cycle Strength			Power Yoga			
	Group Exercise Room	Barre	Muscle Conditioning	Cardio Combo	Muscle Conditioning	H.I.I.T	Cardio Combo 9:15am	
10:00am	Recreation Room	Yoga (60 min)	Yogilates	Yoga (60 min)	Pilates	Yoga (60 min)		
	Group Exercise Room	Zumba	Zumba®	R.I.P.P.E.D.®	Zumba®	TABATA	Zumba® 10:10 am	
	Pool			Group Swim		Group Swim		
11:00am	Group Exercise Room	Zumba Gold		Basic Fitness		Basic Fitness		
	Pool		Water Fitness		Water Fitness			
12:00pm	Pool			Master Swim		Master Swim		
12:30pm	Group Exercise Room							Family Yoga
6:00pm	Recreation Room		Yoga (60 min)		Yoga (60 min)			
	Group Exercise Room	Zumba®	Zumba®	Cardio Combo	Zumba®	KEY: ● HEALTH SEEKER ● STEP-UP ● ATHLETE		
6:30pm	Lobby	Group Run		Group Run				
	Pool		Group Swim		Group Swim			
7:00pm	Group Exercise Room		STRONG by Zumba™ (30 min)					

ORIENTATIONS FOR KIDS CARDIO: Ages 9-11 Saturdays at 1:00pm | TEEN FIT: 12-15 Saturdays at 2:00pm

CLASSES SUBJECT TO CHANGE BASED ON PARTICIPATION LEVELS - CLASSES ARE 45 MINUTES UNLESS OTHERWISE NOTED

Blanchard Park YMCA Family Center | 10501 J Blanchard Trail | Orlando, FL 32817 | P 407-381-8000 | ymcacentralflorida.com



GROUP EX CLASSES

BLANCHARD PARK YMCA FAMILY CENTER | FALL 2018

HEALTH SEEKER—BASIC

If you're **just starting** to make exercise and getting healthy a consistent part of your life—these classes are for you.

- › **Basic Fitness**— Introduction to fitness, that class will include a proper warm up, corrective exercises, flexibility and stretching; all components necessary to begin an exercise routine.
- › **Silver Sneakers**— Low impact class that offers a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. A chair is available if needed for seated and standing support.
- › **Water Fitness** - Low-impact water workouts using flotation devices, splash boards and water resistance. Water exercise helps increase energy, stamina and strength for individuals.

STEP UP—INTERMEDIATE

If you've **already adopted a regular work-out routine**, 2-3 times per week, and now you want more structure or more challenge—these classes are for you.

- › **Aqua Zumba** - A high-energy aquatic exercise blended with Zumba moves and water resistance.
- › **Circuit Training** - involves moving from one station to another in set periods of time. Each interval varies from 1-3 minutes alternating between strength and cardio.
- › **Deep Water**- A non-impact, high-energy class utilizing buoyancy equipment while suspended in a body of water.
- › **Pilates**-Class designed to emphasize core strength, flexibility and awareness of movement in order to improve posture and alignment.
- › **Spin Fusion** - A high energy indoor cycling class mixed with total body workouts.
- › **Yoga**—Create balance by developing both strength and flexibility. Relieve stress, find focus and achieve peace of mind. Class will focus on stretching, toning, and relaxation. Family yoga starts at 5 years old.
- › **Yogilates** - It is a method of exercise that integrates the core strengthening and alignment principles of Pilates with the practice of hatha yoga.
- › **Zumba®** - Dance class that fuses Latin rhythms and easy to follow moves to create a dynamic fitness party atmosphere. Learn the hottest Latin dances while having fun with your closest friends.
- › **Stacked**—A high intensity interval training workout that provides a total body workout. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased after burn.

ATHLETE—ADVANCED

If you have a **dedicated exercise routine** and have specific athletic goals you're striving to achieve—these classes are for you.

- › **Barre®**—Enjoy a ballet inspired total body strength workout using a combination of basic ballet, Pilates and Yoga for fitness movements.
- › **Bootcamp**— Boot camp is a military-style combination of calisthenics and outdoor running/walking to strengthen all major muscle groups and increase cardiovascular capacity.
- › **Cardio Combo**—Focus on sports drills and plyometric exercises to enhance power and take your fitness to athlete level and beyond.
- › **Cycling**—fun low impact class to improve cardiovascular fitness. Incorporates warm-up and cardio drills on a stationary bike earning you an energized feeling.
- › **Extreme Fit**—This strength and conditioning class includes aerobic, bodyweight and weight lifting exercises.
- › **H.I.I.T.** - A high intensity interval training program that includes aerobic exercises and strength training.
- › **R.I.P.P.E.D.®** - A fitness program that encompasses all aspects of physical fitness which R.I.P.P.E.D.® is an acronym for: Resistance, Interval, Power, Plyometrics, Endurance, and Diet.
- › **STRONG by Zumba™**—A high intensity interval training workout that provides a total body workout. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased after burn.
- › **TABATA**— Tabata is a high intensity workout, that involves maximum muscle effort. It is 20 seconds of work, followed by 10 seconds of rest, and repeat. The short rest intervals force the body to keep moving before it actually recovers from the previous set—and that's part of the reason why Tabata leads to significant aerobic and anaerobic gains.

All classes are 45 minutes long, unless otherwise noted. All schedules and instructors are subject to change. •