



GROUP EXERCISE SCHEDULE

GOLDEN TRIANGLE YMCA

SCHEDULE AND INSTRUCTORS SUBJECT TO CHANGE
 WELLNESS DIRECTOR: Kristi Kay kkey@cfymca.org 352-343-1144

Effective
6/1/2019

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	Multi- Purpose Room		Cardio Cycle Kristi (45min)		Endurance Cycle Kristi (60min)		
6:45am	Multi- Purpose Room		Abs/Core Kristi (15min)		7am MPR Abs/Core Kristi (15min)		
7:45am	Multi- Purpose Room	Yoga Jodi (60min)		Yoga Rose (60min)		Chair Yoga Rose (60min)	
8:00am	Gymnasium	Basic Fitness Marilynn (45min)	SILVER SNEAKERS Marilynn/Barb (45min)	Basic Fitness Kristi (45min)	SILVER SNEAKERS Marilynn (45min)	Basic Fitness Jodi / Marilynn (45min)	
	Multi- Purpose Room						Yoga Ruth/Jodi (55min)
9:00am	Gymnasium	Tai Chi Marilynn (30min)	ZUMBA Celina (55min)	Tai Chi Kristi (30min)	ZUMBA GOLD Celina (55min)		
	Multi- Purpose Room	POUND Fitness Jodi (55min)		Hot Fusion Brittany (55min)	Barre Nikki (55min)	Step & Balance Jodi / Kristi (55min)	9:15am ZUMBA Steph/Celina (55min)
	Indoor Therapy Pool	Joints in Motion Lacie (45min)	Joints in Motion Marilynn (45min)	Joints in Motion Lacie (45min)	Joints in Motion Marilynn (45min)	Joints in Motion Lynda (45min)	
10:00am	Gymnasium	10-12pm Adult Pick-Up PickleBall		10-12pm Adult Pick-Up PickleBall		10-12pm Adult Pick-Up PickleBall	
	Multi- Purpose Room	Muscle Conditioning Barb (55min)	BOSU Nikki (30min)	Muscle Conditioning Nikki (55min)	Stretch it Out Nikki (30min)	Muscle Conditioning Marilynn / Jodi (55min)	10:15am Muscle Conditioning Nikki/Step (55min)
	Indoor Therapy Pool	Joints in Motion Lisa (45min)		Joints in Motion Lisa (45min)		Joints in Motion Lynda (45min)	
	Outdoor Pool	Shallow Water Nikki (45min)	Shallow Water Marilynn (45min)	Shallow Water Marilynn (45min)	AQUA ZUMBA Celina (45min)	Shallow Water Nikki (45min)	
11:00am	Outdoor Pool	Deep Water Nikki (45min)		Deep Water Nikki (45min)		Deep Water Nikki (45min)	
11:15am	Multi- Purpose Room	Cardio Cycle Barb (55min)	Pilates Rose (55min)	Cardio Cycle Marilynn (55min)	Pilates Marilynn (55min)	Endurance Cycle Kristi (60min)	
12:15pm	Multi- Purpose Room			Silver Sneakers Marilynn (45min)		Tai Chi for Arthritis Kristi (45min)	
	Wellness Floor		Foam Roller Rose (30min)		Foam Roller Terry (30min)		
3:00pm	Multi- Purpose Room			Line Dancing Kristi (45min)			
5:00pm						STRONG Stephanie (55min)	
4:15 m	Multi- Purpose Room	Beginner Yoga Lacie (60min)	Yoga Nikki (60min)	Yoga Lacie (60min)	Yoga Danielle (60min)	HEALTH SEEKER Those who are just starting to make exercise a habit.	
5:30pm	Multi- Purpose Room	Muscle Conditioning Heather (55min)	ZUMBA Stephanie (55min)	Muscle Conditioning Heather (55min)	ZUMBA Celina (55min)	STEP UP Classes for more structure and more of a challenge.	
6:30pm	Multi- Purpose Room	HIIT Heather (30min)	7:15-8:15pm *TAEKWONDO* Chris	STRONG Stephanie (55min)	7:15-8:15pm *TAEKWONDO* Chris	TRAINING FOR LIFE For those with a dedicated exercise routine.	
						AQUA Classes for all levels in the pool. *Fee Based*	



GROUP EXERCISE CLASS DESCRIPTIONS

COMBINATION CLASSES

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Basic Fitness

Introduction to fitness. This class will include proper warm-up, corrective exercises and flexibility, all the components necessary to begin a fitness routine.

Silver Sneakers

This low intensity class will offer a combination of cardiovascular exercise, strength training and flexibility in a chair.

Foam Roller

Focus on joint range of motion and mobilization with this program that targets joints typically revealed as the trouble spots: ankles, hips, knees, shoulders, and spine.

BOSU

Practice utilizing your core using a BOSU Balance Trainer and learn movement complexes that focus on a balance, mobility, and stability, all in a 30 minute class.

Boot Camp (Fee based)

The ultimate fitness challenge that combines strength training with cardio intervals, group and individual exercises to challenge your fitness level.

Interval Training (HIIT)

Build strength, endurance and aerobic capacity by alternating bursts of intense activity with intervals of lighter activity with intervals of lighter activity in an efficient 30-minute class.

Line Dancing

Learn the Texas 2 Step, the Boot Scootin' Boogie and all the latest line dancing moves. Fun for all ages and fitness levels!

Core Yoga Express

Try this combination class of yoga moves to strengthen the core.

Kids Fitness

This class is designed to keep our kids healthy and active with a variety of fun, physical activities.

WATER FITNESS CLASSES

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Shallow Water

Low impact class with basic cardio moves, use water resistance for basic strength training and soothe the muscles with light stretches to finish. Non swimmers welcome.

Aqua Zumba

Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance.

Joints In Motion

Enhance your range of motion in the warm therapy pool. This class will leave you relaxed and will help promote your movement throughout the rest of your day and soothe the muscles with light stretches to finish. Non swimmers welcome.

Deep Water

Stay strong and healthy in this low impact class performed in water. Class will incorporate cardio and strength using water dumbbells and belts.

STRENGTHENING CLASSES

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Abs/Core

Learn how to strengthen your abs and the muscles that stabilize your hips and shoulders.

Muscle Conditioning

Challenge your strength with the use of resistance exercises to develop strength and endurance.

Les Mills Body Pump

A barbell class that challenges all of your major muscle groups by using weight room exercises coupled with choreographed music and certified instruction.

Pilates

Find balance in your day with the mind, body and strength class designed to emphasize balanced development of the muscles through core strength, flexibility and awareness of movement in order to improve posture and alignment.

Barre

A fun, high energy, yet no impact class that utilizes light weights, small balls and gliders to sculpt and elongate the appearance of your body.

CARDIO CLASSES

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Step and Balance

Basic step class incorporating balance moves that help improve physical balance, muscle strength and mobility.

POUND

Full-body workout that combines cardio, conditioning and strength training with yoga and drumsticks engineered specifically for exercising.

Cardio Cycle

Take your ride indoors as an instructor guides you an all terrain journey that will get your heart pumping and challenge you to give a little more.

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.

Stong by Zumba

Combines high intensity interval training with the science of synced music motivation.

Zumba Gold

Get comfortable on the dance floor as you learn the basic moves taught in Zumba.

SPIRIT, MIND & BODY CLASSES

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Chair Yoga

A gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Chair yoga is a great practice for everyone, as it deepens flexibility and strengthens personal body awareness.

Yoga

Create balance by developing both strength and flexibility. Relieve stress, find focus and achieve peace of mind, body and spirit. Class will focus on breathing techniques, stretching, toning and relaxation.

Beginner Yoga

This is an entry level class that teaches the basics of yoga.

Tai Chi

This class combines the deep breathing of yoga and fluid martial art movements.