



# DOWNTOWN ORLANDO YMCA GROUP EXERCISE SCHEDULE SPRING 2019 (Effective April 8, 2019)

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

| TIME     | LOCATION                 | MONDAY                         | TUESDAY                              | WEDNESDAY                      | THURSDAY                           | FRIDAY                         | SATURDAY                     | SUNDAY |
|----------|--------------------------|--------------------------------|--------------------------------------|--------------------------------|------------------------------------|--------------------------------|------------------------------|--------|
| 5:15 am  | Studio X                 |                                | LesMILLS CXWORX Express (15 Min)     |                                | LesMILLS CXWORX (30 Min)           |                                |                              |        |
| 5:30 am  | Functional Training Room |                                | Next Level (30 Min)                  |                                | Next Level (30 Min)                |                                |                              |        |
|          | Studio X                 |                                | LesMILLS BODYATTACK Express (30 Min) |                                |                                    |                                |                              |        |
| 5:45 am  | Cycling Studio           | Cycling (45 Min)               |                                      | Cycling (45 Min)               |                                    | Cycling (45 Min)               |                              |        |
|          | Fitnasium                | LesMILLS BODYPUMP (55 Min)     |                                      | LesMILLS BODYPUMP (55 Min)     |                                    | LesMILLS BODYPUMP (55 Min)     |                              |        |
|          | Functional Training Room |                                |                                      | Next Level (30 Min)            |                                    |                                |                              |        |
| 6:00 am  | Cycling Studio           |                                | Cycling (45 Min)                     |                                | Cycling (45 Min)                   |                                |                              |        |
| 6:15 am  | Studio X                 |                                | Yoga (55 Min)                        |                                | Yoga (55 Min)                      |                                |                              |        |
| 7:15 am  | Fitnasium                | Tai Chi (55 Min)               |                                      | Tai Chi (55 Min)               |                                    | Tai Chi (55 Min)               |                              |        |
|          | Cycling Studio           |                                |                                      |                                |                                    |                                | Cycling (55 Min)             |        |
| 7:30 am  | Studio X                 |                                | Yoga (55 Min)                        |                                | Yoga (55 Min)                      |                                |                              |        |
| 8:30 am  | Pool                     |                                |                                      |                                |                                    |                                | Aqua Zumba (55 Min)          |        |
|          | Fitnasium                | Active Older Adults (55 Min)   |                                      | Active Older Adults (55 Min)   |                                    | Active Older Adults (55 Min)   | Core (30 Min)                |        |
|          | Studio X                 | BARRE (55 Min)                 |                                      |                                |                                    |                                |                              |        |
| 8:45 am  | Fitnasium                |                                | LesMILLS BODYPUMP (55 Min)           |                                | LesMILLS BODYPUMP Express (30 Min) |                                |                              |        |
|          | Cycling Studio           | Cycling (45 Min)               |                                      | Cycling (45 Min)               |                                    | Cycling (45 Min)               | Cycling (45 Min)             |        |
|          | Studio X                 |                                |                                      |                                |                                    |                                | Basic Yoga (30 Min)          |        |
| 9:00 am  | Fitnasium                |                                |                                      |                                |                                    |                                | LesMILLS BODYATTACK (55 Min) |        |
|          | Pool                     | Deep Water Fitness (55 Min)    |                                      | Deep Water Fitness (55 Min)    |                                    | Deep Water Fitness (55 Min)    |                              |        |
|          | Studio X                 |                                | HIIT (30 Min)                        |                                | HIIT (30 Min)                      |                                |                              |        |
| 9:30 am  | Fitnasium                | Cardio Strength (55 Min)       |                                      | Boot Camp (55 Min)             | Cardio Strength (45 Min)           | LesMILLS BODYPUMP (55 Min)     |                              |        |
|          | Studio X                 |                                | Core (15 Min)                        |                                | Core (15 Min)                      | Yin Yoga (55 Min)              | Yoga (55 Min)                |        |
|          | Pool                     |                                | Aqua Zumba (55 Min)                  |                                | Aqua Zumba (55 Min)                |                                |                              |        |
|          | Functional Training Room |                                |                                      |                                |                                    |                                |                              |        |
| 9:45 am  | Cycling Studio           |                                | Cycling (30 Min)                     |                                | Cycling (30 Min)                   |                                | Cycling (55 Min)             |        |
|          | Studio X                 | Stretch (45 Min)               |                                      | Stretch (45 Min)               |                                    |                                |                              |        |
| 10:00 am | Fitnasium                |                                |                                      |                                |                                    |                                | Zumba (55 Min)               |        |
|          | Studio X                 |                                | Power Yoga (75 Min)                  |                                | Power Yoga (75 Min)                |                                |                              |        |
|          | Pool                     | Shallow Water Fitness (55 Min) |                                      | Shallow Water Fitness (55 Min) |                                    | Shallow Water Fitness (55 Min) |                              |        |
|          | Functional Training Room | Next Level (30 Min)            |                                      | Next Level (30 Min)            |                                    | Next Level (30 Min)            | Next Level (30 Min)          |        |
| 10:30 am | Functional Training Room | Next Level (30 Min)            |                                      | Next Level (30 Min)            |                                    | Next Level (30 Min)            | Next Level (30 Min)          |        |
| 10:45 am | Studio X                 | Yoga (55 Min)                  |                                      | Yoga (55 Min)                  |                                    | Yoga (55 Min)                  | Power Yoga (55 Min)          |        |
| 11:00 am | Fitnasium                | Parent & Child (45 Min)        |                                      | Parent & Child (45 Min)        |                                    |                                | LesMILLS BODYCOMBAT (55 Min) |        |

| TIME     | LOCATION                 | MONDAY                                    | TUESDAY                                 | WEDNESDAY                                 | THURSDAY                                | FRIDAY                                | SATURDAY                              | SUNDAY                                |
|----------|--------------------------|---|---|---|---|---------------------------------------|---------------------------------------|---------------------------------------|
| 12:00 pm | Fitnasium                |   | <b>LES MILLS BODYPUMP</b><br>(55 Min)   |   | <b>LES MILLS BODYPUMP</b><br>(55 Min)   |                                       |                                       |                                       |
|          | Studio X                 |   |   | Yin Yoga<br>(45 Min)                      |   |                                       |                                       |                                       |
| 12:15 pm | Cycling Studio           | Cycling<br>(45 Min)                       |   | Cycling<br>(45 Min)                       |   | Cycling<br>(45 Min)                   |                                       |                                       |
|          | Studio X                 | Zumba<br>(45 Min)                         | BARRE<br>(55 Min)                       |   | BARRE<br>(55 Min)                       |                                       |                                       |                                       |
|          | Fitnasium                |   |   |   |   |                                       | <b>LES MILLS BODYPUMP</b><br>(55 min) |                                       |
| 12:45 pm | Fitnasium                |   |   |   |   |                                       |                                       | HIIT & Core<br>(45 Min)               |
| 1:00 pm  | Fitnasium                | Silver Sneakers<br>(55 Min)               |   | Silver Sneakers<br>(55 Min)               |   | Silver Sneakers<br>(55 Min)           |                                       |                                       |
| 2:00 pm  | Fitnasium                |   |   |   |   |                                       |                                       | <b>LES MILLS BODYPUMP</b><br>(55 Min) |
|          | Studio X                 |   |   |   |   |                                       |                                       | Yoga<br>(75 Min)                      |
| 3:15 pm  | Cycling Studio           |   |   |   |   |                                       |                                       | Cycling<br>(55 Min)                   |
| 4:30 pm  | Cycling Studio           |   | Cycling<br>(45 Min)                     |   | Cycling<br>(45 Min)                     |                                       |                                       |                                       |
|          | Fitnasium                | <b>LES MILLS BODYPUMP</b><br>(55 Min)     |   | <b>LES MILLS BODYPUMP</b><br>(55 Min)     |   | <b>LES MILLS BODYPUMP</b><br>(55 Min) |                                       |                                       |
| 5:00 pm  | Studio X                 | <b>BORN TO MOVE</b><br>Ages 6-12 (30 Min) |   | <b>BORN TO MOVE</b><br>Ages 6-12 (30 Min) |   |                                       |                                       |                                       |
| 5:15 pm  | Cycling Studio           | Cycling<br>(45 Min)                       |   | Cycling<br>(45 Min)                       |   |                                       |                                       |                                       |
|          | Functional Training Room | Next Level<br>(30 Min)                    |   | Next Level<br>(30 Min)                    |   |                                       |                                       |                                       |
| 5:30 pm  | Fitnasium                |   | <b>LES MILLS BODYCOMBAT</b><br>(55 Min) |   | <b>LES MILLS BODYATTACK</b><br>(55 Min) | RESERVED<br>5:30pm-9:00pm             |                                       |                                       |
|          | Studio X                 |   | Yoga<br>(55 Min)                        |   | Power Yoga<br>(55 Min)                  |                                       |                                       |                                       |
| 5:45 pm  | Functional Training Room | Next Level<br>(30 Min)                    |   | Next Level<br>(30 Min)                    |   |                                       |                                       |                                       |
|          | Studio X                 | <b>LES MILLS CXWORX</b><br>(30 Min)       |   | <b>LES MILLS CXWORX</b><br>(30 Min)       |   |                                       |                                       |                                       |
|          | Fitnasium                | Boot Camp<br>(55 Min)                     |   | Boot Camp<br>(55 Min)                     |   |                                       |                                       |                                       |
| 6:00 pm  | Studio X                 |   |   |   |   | Yoga<br>(55 Min)                      |                                       |                                       |
|          | Pool                     |   |   | Shallow Water<br>Fitness<br>(55 Min)      |   |                                       |                                       |                                       |
| 6:15 pm  | Cycling Studio           | Cycling<br>(45 Min)                       | Cycling<br>(45 Min)                     |   | Cycling<br>(45 Min)                     |                                       |                                       |                                       |
| 6:30 pm  | Functional Training Room | Next Level<br>(30 Min)                    |   | Next Level<br>(30 Min)                    |   |                                       |                                       |                                       |
|          | Studio X                 |   |   | BARRE<br>(55 min)                         | Mat Pilates<br>(55 min)                 |                                       |                                       |                                       |
| 6:45 pm  | Fitnasium                | Zumba<br>(55 Min)                         | <b>LES MILLS BODYPUMP</b><br>(55 Min)   |   | <b>LES MILLS BODYPUMP</b><br>(55 Min)   |                                       |                                       |                                       |
| 7:00 pm  | Fitnasium                |   |   | Zumba<br>(75 Min)                         |   |                                       |                                       |                                       |
|          | Studio X                 | Yoga<br>(75 Min)                          |   | Power Yoga<br>(75 Min)                    |   |                                       |                                       |                                       |
|          | Pool                     |   | Advanced<br>Swim Workout<br>(55 Min)    |   | Advanced<br>Swim Workout<br>(55 Min)    |                                       |                                       |                                       |

**SCHEDULE KEY**

**ALL LEVEL**

**INTERMEDIATE LEVEL**

**ADVANCED LEVEL**

**YOUTH/FAMILY**

= New Class

**CLASS ADJUSTED FROM PREVIOUS SCHEDULE**