



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAYING FIT FOR LIFE ACTIVE ADULTS GROUP EXERCISE SCHEDULE Winter Park YMCA

Classes at St. Richard's Episcopal Church

Monday	Tuesday	Wednesday	Thursday	Friday
8 am—8:55 am Yoga Joy	8:30 am—9:25 am Bone Builder Beth	8 am—8:55 am Yin Yoga Rosedale	8:30 am—9:25 am Bone Builder Terri	8 am—8:55 am Yoga Rosedale
9 am— 9:55 am Cardio Fitness Joy	9:30 am—10:25 am Yoga Marcia	9 am— 9:55 am Cardio Fitness Joann	9:30 am—10:25 am Yoga Marcia	9 am— 9:55 am Cardio Fitness Joann
10:05 am— 10:35 am Chair Stretch Rosedale	10:30 am—11:25 am Line Dance Kelly	10:05 am— 10:35am Chair Stretch Ajay	10:30 am—11:25 am Tabata Erin	10:05 am— 10:35 am Chair Stretch Dawn Marie/ Shaula
10:45 am—11:30 am FAB Fitness Rosedale		10:45 am—11:30 am SilverSneakers Circuit Dawn Marie		10:45am—11:30 am SilverSneakers Circuit Dawn Marie/ Shaula

Important Dates

July 26th– Lecture with Bre-Elle
At 11:30 am at St. Richards

Classes at Winter Park

Tuesday/Thursday at 1:30
Silver Sneakers Classic with Terri
Wednesday at 2:30
Osteo-Pilates with Bre-Elle

Color Key

- Cardiovascular Health
- Bone Health
- Balance
- Flexibility
- Cognitive Health

St. Richard's Episcopal Church | 5151 Lake Howell Rd | Winter Park, FL 32792
Winter Park YMCA | 1201 N Lakemont Ave | Winter Park, FL 32792 | P 407.644.1509



CLASS DESCRIPTIONS

Class Benefits:

Balance– Improves proprioception and reduces the risk of falling

Cardiovascular Fitness– Strengthens the heart and lungs for efficiency

Cognitive Health—Enhances neuromuscular activity and helps improve the mind/ body connection through specified movement patterns

Flexibility– Enhances range of motion and the mind/ body connection, improving coordination and reducing stress

Bone Health– Low impact movements to promote healthy joints and stimulate bone strength

Class Descriptions:

Bone Builder– Weight bearing strength exercises designed to build and maintain bone density

Cardio Fitness– Fun and energetic workout using simple, easy to follow, low-impact choreography combined with strength training

Chair Stretch– Enjoy head to toe stretches in the comfort of your chair

Line Dance– Move to the music and challenge your mental muscles as you learn new dance patterns

Tabata— High intensity interval training class for intermediate/advance fitness levels. May involve floor work.

Yoga– Incorporates breathing and relaxation while moving through a series of traditional poses that help release tension and stress as you stretch and strengthen your muscles.

Yin Yoga– A slower paced, more meditative form of Yoga in which you hold poses for extended periods of time

SilverSneakers Classic– focuses on strengthening muscles and increasing range of movement for daily life activities

SilverSneakers Circuit – Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.

Osteo-Pilates– A mat class designed for adults with low bone density. The selected exercises promote bone strength, range of motion and muscular balance.