



AVALON PARK YMCA GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

(Effective Monday August 12th, 2019)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM	Cycle Strength		Cardio Strength		Yoga		
8:45 AM	Total Body Conditioning		Bootcamp		PSOX	Bootcamp	
9:00 AM		Cardio Intervals (30 min)		Cardio Intervals (30 min)			
9:30 AM		Strength (30 min)		Strength (30 min)			
9:45 AM	PiYO		PiYO		Core Strength and Stretch	Barre Fusion	
10:00 AM		Core Express (15 min)		Core Express (15 min)			
10:45 AM	ZUMBA	Yoga	ZUMBA	Yoga	ZUMBA	ZUMBA	
12:00 PM	ZUMBA				ZUMBA		
1:15 PM							Cycle Rotation
2:15 PM							Total Body Conditioning Rotation
3:00 PM	Active Older Adult Fit	Chair Yoga	Active Older Adult Fit	Chair Yoga			
4:00 PM	Total Body Conditioning (CD open)		Cycle Strength (CD open)				
5:00 PM	Kids Fit (30 min)	Kids Fit (30 min)	Kids Fit (30 min)	Kids Fit (30 min)			
5:30 PM	Transform Plyometrics (40 min)	PiYO		PiYO			
6:15 PM	Cycle Strength		Bootcamp				
6:30 PM		Stacked Intervals (40 min)		HIIT (40 min)			
7:15 PM	Yoga	ZUMBA	Yoga	ZUMBA			

All Classes are 50 minutes unless otherwise noted



AVALON PARK YMCA

GROUP EXERCISE DESCRIPTIONS

Chair Yoga - A gentle flow of poses and movements to enhance your strength, flexibility, and balance, with the aid of a chair. Effective for any age. Especially for those who need gentle supportive movement.

Zumba Gold - For Beginners and Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

Active Older Adult Fit - 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.

PiYO - A hybrid, athletic workout, influenced by Yoga and Pilates. Class focuses on principles of stretch, strength training, conditioning and dynamic movement.

Barre Fusion - Full body workout that fuses the best elements of ballet, Pilates, sports conditioning and stretching for a truly unique and fun experience. This routine will evenly sculpt and quickly transform the entire body, resulting in a toned, trim physique.

Zumba - Dance class that fuses Latin rhythms and easy to follow moves to create a dynamic fitness party atmosphere. Learn the hottest Latin dance while having fun with your closest friends.

P90X - Total-body strength and conditioning group fitness class for anyone looking to get lean, toned, and fit! This motivating, results-driven workout is designed to burn calories and builds muscle using light to moderate weights. It's perfect for all fitness levels and can be modified so everyone can participate.

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.

Cycle - Take your ride indoors as an instructor guides you on an all terrain journey that will get your heart pumping and challenge you to give a little more. Your low impact ride will focus on proper cycle technique, body alignment and cardio drills that will improve your fitness levels fast.

Core Strength and Stretch - This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the trunk of your body.

Total Body Conditioning - This low impact class uses free weights, resistance bands, and body weight and incorporates traditional weight room exercise and compound movements to tone and shape your entire body.

Core Express - This express class focuses on strengthening muscles of the abs, lower back, and torso.

Cycle Strength - A combo class that improves strength of heart and body. Challenge your strength through traditional weight room exercises to get your heart pumping with cardio drills on the bike to increase your fitness level and change the shape of your body.

Bootcamp - High intensity, full body workouts targeting the major muscle groups of the upper and lower body. Circuit-style routines with traditional boot camp training, with each class bringing its own unique challenges.

H.I.I.T (High Intensity Interval Training) - Combines calisthenics, plyometric, strength training and cardio intervals. Exercises are done in timed bursts with a short recovery period.

Cardio Intervals - This cardio conditioning class could include HIIT, plyometrics, step, kickboxing, or other innovative cross training techniques. Weights and resistance training will also be incorporated into this well rounded class.

Stacked - Full body 30 minute interval class using increments of 30 seconds. Workout uses various exercises to gain total body strength and endurance as you "stack" sets of work. Improves your performance in sports and exercises.

Kids Fit - Ages 4-11 have the opportunity to participate in games and activities that get them moving, having fun, and staying healthy. There's no better way to teach healthy movement than with active play!



ALL WELCOME TO AVALON YMCA TRI CLUB

MONDAY: RUN 9:30 AM

TUESDAY: BIKE 9:30 AM

ALL CLASSES ARE 50 MINUTES UNLESS OTHERWISE NOTED. 9+ WELCOME TO CLASSES THAT DO NOT USE WEIGHTS. 12+ WELCOME TO ALL CLASSES. *SCHEDULE IS SUBJECT TO CHANGE*