



WINTER PARK YMCA GROUP EXERCISE SCHEDULE

Fall 2019, effective August

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am	Cycling Studio	Cycling (45 Min)	Cycling (45 Min)	LES MILLS RPM (45 Min)	Cycling (45 Min)	Cycling (45 Min)		
	Fitnessium	Boot Camp (55 Min)	LES MILLS BODYPUMP (55 Min)	Strength Training (55 Min)	LES MILLS BODYPUMP (55 Min)	Boot Camp (55 Min)		
6:00 am	Gymnasium							
7:00 am	Cycling Studio	Cycling (45 Min)		Cycling (45 Min)		Cycling (45 Min)		
7:15 am	Cycling Studio						Cycling (45 Min)	
8:00 am	Fitnessium	Step (55 Min)	Pilates (55 Min)	Step (55 Min)	Pilates (55 Min)	Step (55 Min)	Yoga (55 Min)	
8:15 am	Cycling Studio	Cycling (45 Min)	Cycling (45 Min)	Cycling (45 Min)	Cycling (45 Min)	Cycling (45 Min)	Cycling (45 Min)	
9:00 am	Fitnessium	Core (30 Min)		Core (30 Min)		Core (30 Min)	LES MILLS BODYCOMBAT / BODYATTACK (55 Min)	
9:30 am	Cycling Studio	Cycling (45 Min)	Cycling (45 Min)	Cycling (45 Min)	Cycling (45 Min)	Cycling (45 Min)		
	Fitnessium	LES MILLS BODYPUMP (55 Min)	Yoga (55 Min)	LES MILLS BODYPUMP (55 Min)	Ballet Strength (55 Min)	LES MILLS BODYPUMP (55 Min)		
	Gymnasium		Boot Camp (55 Min)		Boot Camp (55 Min)			
10:00 am	Cycling Studio						Cycling (60 Min)	
	Gymnasium	Next Level (45 Min)		Next Level (45 Min)		Next Level (45 Min)	LES MILLS BODYPUMP (55 Min)	
	Pool	Deep Water Fitness (55 Min)	Deep Water Fitness (55 Min)	Deep Water Fitness (55 Min)	Deep Water Fitness (55 Min)	Deep Water Fitness (55 Min)		
10:30 am	Fitnessium	Zumba (55 Min)	LES MILLS BODYATTACK (40 Min)	Zumba (55 Min)	LES MILLS BODYATTACK (40 Min)	Zumba (55 Min)		
10:45 am	Cycling Studio	Cycling (45 Min)		Cycling (45 Min)				
11:00 am	Pool	Shallow Water Fitness (55 Min)	Shallow Water Fitness (55 Min)	Shallow Water Fitness (55 Min)	Shallow Water Fitness (55 Min)	Shallow Water Fitness (55 Min)	Shallow Water Fitness (55 Min)	
11:15 am	Fitnessium		Gentle Yoga (55 Min)		Yoga (55 Min)		Pilates (55 Min)	
11:30 am	Fitnessium	Basic Yoga (30 Min)		Basic Yoga (30 Min)			Cycling (45 Min)	
12:15 pm	Fitnessium	Yoga (55 Min)		Yin Yoga (55 Min)		Intermediate Yoga (55 Min)		

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12:15 pm	Fitnasium		LES MILLS BODYPUMP (55 Min)		LES MILLS BODYPUMP (55 Min)			LES MILLS BODYPUMP (55 Min)
	Cycling Studio							Cycle (60 Min)
1:30 pm	Fitnasium		Silver Sneakers (55 Min)		Silver Sneakers (55 Min)			Power Yoga (75 Min)
2:30 pm	Fitnasium	Stability Ball (55 Min)		Osteo-Pilates (55 Min)				
3:30 pm	Fitnasium	Step & Stretch (75 Min)		Step & Sculpt (75 Min)				
4:30 pm	Fitnasium		Yoga (55 Min)		Yoga (55 Min)			
5:00 pm	Cycling Studio	Cycling (45 Min)		Cycling (45 Min)				
	Fitnasium	Pilates (55 Min)		Pilates (55 Min)				
5:30 pm	Fitnasium			Kid's Yoga @ Kid Zone (30 Min)	BORN TO MOVE (30 Min)	Restorative Yoga (55 Min)		
6:00 pm	Cycling Studio	Cycle (60 Min)	Cycle (45 Min)	Cycle (45 Min)	Cycle (60 Min)	Cycle (45 Min)		
	Fitnasium	LES MILLS BODYPUMP (55 Min)		LES MILLS BODYPUMP (55 Min)				
6:30 pm	Fitnasium		Boot Camp (55 Min)		Boot Camp (55 Min)			
7:15 pm	Fitnasium	Yoga (55 Min)		Yoga (55 Min)				
8:15 pm	Fitnasium	Ballroom Dance (55 Min)						

SCHEDULE KEY

ALL LEVEL

INTERMEDIATE LEVEL

ADVANCED LEVEL

YOUTH/FAMILY