



**OSCEOLA COUNTY YMCA
GROUP EXERCISE SCHEDULE
Classes Updated September 2, 2019**



Time		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am	Cycle Studio			Cycle (55)Patricia			
	Group Ex	Next Level (45)Walter		Next Level (45)Walter		Next Level (55)Walter	Strength (45)Anthony
	Gym	Zumba® (45)Patricia	Strength (45)Jhon		Strength (45)Jhon	Zumba Toning® (45)Marixa	
10am	Cycle Studio		Cycle (55)Courtenay		Cycle (55)Courtenay		Cycle (55)Patricia
	Gym	Cardio Interval (45)Linda	Zumba® (45) Jhon	Zumba® (45)Marixa	Zumba® (45)Albert	Pilates (45)Jhon	
11am	Gym	SilverSneakers® Classic (45)Linda	Chair Pilates (45)Jhon	SilverSneakers® Cardio Fit (45)Jan	Chair Pilates (45)Jan	Basic Fitness & Stretch (45)Jhon	
	Group Ex						Zumba® (45)Patricia
12pm			Prayer & Praise (Spanish & English groups)		Bingo & Prizes		
6pm	Cycle Studio		Cycle (55)Patricia		Cycle (55)Patricia		
	Group Ex	Kickboxing (45)Leslie	Next Level (55)Walter	Cardio Dance (45)Leslie	HIIT (55)Anthony		
7pm	Group Ex	Core & More (30)Leslie		Power Pilates (45)Leslie			

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

OSCEOLA COUNTY YMCA CLASS DESCRIPTIONS



BASIC FITNESS & STRETCH - This low impact class incorporates both cardio and strength exercises. Exercises with aerobic moves, weights and bands combined with stretching to increase flexibility and range of motion.

CARDIO DANCE - This dance-based cardio class incorporates a wide variety of medium- and low-impact aerobic dance moves to a variety of high-energy beats. It's like a dance party!

CARDIO STRENGTH - Improve the strength of your heart through a combination of aerobic and strength moves to elevate your heart, burn calories and increase endurance.

CORE & MORE - focuses on strengthening the abdominals, glutes, lower back, hips and shoulders - either as the primary or supportive muscles.

CYCLE - A personalized cardio program for all fitness levels performed on a stationary bicycle. You will ride through an all-terrain ride while focusing on proper body alignment and cycling techniques.

KICKBOXING - High Intensity Interval training class using traditional fitness moves for a more athletic, conditioning-style workout. Your own body weight achieves muscle definition with high energy.

NEXT LEVEL - The ultimate fitness challenge in a circuit training format. Take your workout to another level with this power based training regime that will work every muscle in your body.

PILATES (CHAIR) - A gentle flow of poses and movements to enhance your strength, flexibility, and balance. A chair is available for standing support.

POWER PILATES - An advanced form of exercise which emphasizes the balanced development through core strength, flexibility and awareness to support efficient, easy movement.

SILVERSNEAKERS® CLASSIC - A workout variety of muscular strength, range of movement and activities for daily living. Weights, elastic tubing and ball are used for resistance. A chair is available for standing support.

SILVERSNEAKERS® CARDIO FIT - A class designed for a safe and effective low-impact cardiovascular workout. Energizing movements and strength training options provide a well-rounded workout.

STRENGTH - Conditioning to tone and firm the entire body. Using resistance exercises to develop muscular strength and endurance. Barbells, hand weights, stability balls, and a step bench may be utilized during class.

STRONG BY ZUMBA® - High Intensity Interval training class using traditional fitness moves for a more athletic, conditioning-style workout. Your own body weight achieves muscle definition with high energy.

ZUMBA® - These dance classes fuse Latin rhythms and easy to follow moves to create a dynamic fitness party atmosphere.

ZUMBA TONING® - Using light weight dumbbells you will work every muscle group. Along with light-weight upper body resistance, you will work against gravity or the floor to define your leg and abdominal muscles.

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