



LAKE NONA YMCA

GROUP EXERCISE SCHEDULE

FALL 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Begins : Begins: **Monday**, SEPTEMBER 2, 2019

TIME	LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30 AM	Meet in Lobby	TRI-CLUB		TRI-CLUB		TRI-CLUB		
5:45 AM	Group Ex Studio		LES MILLS BODYPUMP		LES MILLS BODYPUMP			
6:00 AM	Cycling Studio	Cycle & Core 55 min		Cycle & Core 55 min		Cycle & Core 55 min		
8:15 AM	Group Ex Studio	HITT 45 min	Stacked Interval 45 min	Barre Fusion 45 min	Total Body Conditioning 45 min	HITT 45 min	LES MILLS BODYPUMP	
	Cycling Studio	Cycle 45 min				Cycle 45 min		
9:00 AM	Group Ex Studio	Total Body Conditioning 55 min	Step & Strength	 ZUMBA fitness	Cardio Combo 55 min	LES MILLS BODYPUMP		
9:15 AM	Group Ex Studio	Water Fitness 45 min (POOL)		Water Fitness 45 min (POOL)		Water Fitness 45 min (POOL)	 ZUMBA fitness	
	Cycling Studio	Cycle 45 min	Cycle 45 min	Cycle 45 min	Cycle 45 min	Cycle 45 min	Cycle 45 min	
10:15 AM	Group Ex Studio	Hatha Yoga 55 min	Barre Fusion 55 min	LES MILLS BODYPUMP	Yogalates 55 min	Yoga 55 min	Yoga 55 min	
11:30 AM	Group Ex Studio			Basic Yoga 45 min				



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TIME	LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
12:15 PM	Cycling Studio							12:15pm Cycle
1:30 PM	Group Ex Studio							1:30 pm Yoga with Meditation 55 min
5:30 PM	Group Ex Studio	Total Body Conditioning 45 min		Barre Hop 45 min				CLASS LEVELS HEALTH SEEKER: Beginner Classes 30-55 minute classes STEP UP: Intermediate Classes 45- 55 minute classes ATHLETE: Advanced Classes 45 - 55 minute classes YOUTH: Youth Classes 30 - minute classes ** DENOTES FEE
6:15 PM	Group Ex Studio	ZUMBA fitness	Yoga Flow	ZUMBA fitness	STRONG BY ZUMBA			
	Outside		Boot Camp 55 min		Boot Camp 55 min			
	Cycling Studio	Cycle 45 min	Cycle 45 min	Cycle 45 min	Cycle 45 min			
7:15 PM	Group Ex Studio	LES MILLS BODYPUMP	ZUMBA fitness	LES MILLS BODYPUMP	Yoga 55 min			

New Class Format

GROUP EXERCISE CLASS YOUTH POLICY

Children ages 8- 11 must be accompanied by a participating parent and are only allowed to join classes that do not use equipment. Youth ages 12 and older can participate in classes that include weights and cycle. Must be able to properly fit on a bike.

SCHEDULE AND INSTRUCTORS SUBJECT TO CHANGE

Wellness Director
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