



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EX & SPIN SCHEDULES

Schedule Effective: September 2017

| Studio A | | | | | | |
|---|--|--|--|--|----------------------------------|--------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Priscilla 6:30am * - + | Mary 7:00am * - + (45min) | Priscilla 6:30am * - + | Stephanie N. 7:00am * - + (45min) | Mary 6:30am * - + | | |
| Step (Advanced) Kim B. 8:00am - + | Stephanie N. 8:00am * - + | Step (Advanced) Stephanie N. 8:00am - + | Stephanie N. 8:15am * - + (45min) | Chris 8:00am * - + | Matt 8:00am * - + | |
| Cardio Dance Mary 9:15am * - | Stephanie N. 9:15am * - + | China 9:15am * - + | Desiree 9:15am * - + | Step (Advanced) Stephanie N. 9:15am * - | Rotation 9:15am * - + | |
| Active Adult Coleen 10:30am * | Pilates (Int/Adv) Jill 10:30am * - | Active Adult Coleen 10:30am * | Yoga Emily 10:30am * - | Active Adult Coleen 10:30am * | Matt 10:30am * - + (30min) | |
| Classic Randy 11:45am * (45min) | Step (Intermediate) Heather 11:45am * - + | Classic Coleen 11:45am * (45min) | Step (Intermediate) Heather 11:45am * - + | Classic Coleen 11:45am * (45min) | Sheryl 11:15am * - + | |
| Enhance Fitness 12:45pm * | ** Line Dancing 1:00pm | Enhance Fitness 12:45pm * | | Enhance Fitness 12:45pm * | | |
| | ** Ballroom Dancing 2:00pm | | | PWR PD Gabriela 2:00pm * | | |
| Kids Yoga Chrissy 4:30pm | Terri 4:30pm * - + (25min) | Kids Yoga Chrissy 4:30pm | Terri 4:30pm * - + (25min) | | | |
| | Heather 5:00pm * - + (30min) | | Matt 5:00pm * - + (30min) | | | |
| Jason 5:30pm * - + | Crickette 5:40pm * - + | Heidi 5:30pm * - + | China 5:40pm * - + | Heidi 5:30pm * - + | | |
| Heather 6:45pm * - + | ** Karate Mike 6:45pm | Matt 6:45pm * - + | ** Karate Mike 6:45pm | | | |

*** HEALTH SEEKER**

The Health Seeker is new to a health and wellness routine or just getting re-engaged and will need one-on-one attention from YMCA staff.

- STEP-UP

The Step-Up level is for those individuals who don't require one-on-one attention and are already committed to an exercise program two to three times per week.

+ ATHLETE












The Athlete exercises consistently four to five times per week on their own. YMCA staff is available to help and work individually with the Step-Up and Athlete if required.

PORT ORANGE FAMILY YMCA

4701 City Center Parkway, Port Orange, FL 32129 | P 386.760.9622 | F 386.788.7579 | vfmca.org

TOGETHER WE CAN BUILD A BETTER US

Studio B

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|--|--------|
| | Cardio Strength Priscilla 6:30am * - + | | Cardio Strength Priscilla 6:30am * - + | | | |
| Yoga Judy 7:30am * - + | Yoga Jill 7:45am * - | Yoga Judy 7:30am * - + | Yoga Jill 7:45am * - | Yoga Judy 7:30am * - + | Step (Advanced) Jen/Steph M. 8:00am * - + | |
|  ZUMBA Gladys 9:00am * - |  CardioFit Priscilla 9:00am* (45 min) |  LES MILLS BODYFLOW Stephanie N. 9:15am * - + (45 min) |  CardioFit Danna 9:00am* (45 min) | FitTots (Ages 2-4) Darci 9:15am (45min) |  LES MILLS CXWORX Kathy 9:15am * - + (30 min) | |
|  LES MILLS BODYFLOW Heather 10:15am * - + |  Circuit Danna 10:00am* (45 min) | Cardio Strength Josie 10:15am * - |  Circuit Danna 10:00 * (45 min) |  LES MILLS BODYFLOW Stephanie N. 10:15am * - + |  ZUMBA Gladys 10:00am * - + | |
| | Chair Yoga Danna 11:00am * (45 min) | | Chair Yoga Danna 11:00am* (45 min) | | | |
| Yoga Chrissy 11:30am * | | Pilates (Beginner) Josie 11:30am * - | | Yoga Emily 11:30am * | | |
| | Pole Walking Jill 12:00pm (Sunshine Mall) | | Pole Walking Jill 12:00pm (Sunshine Mall) | | | |
| Dance for PD Gabriela 1:15pm * | | | | | | |
| **Y Dance Pre-Dance 3:45-4:45pm Ballet/Tap I/II 4:45-5:45pm Hip Hop 5:45-6:45pm | Kids in Motion (Ages 5-12) Chrissy 4:30pm | **Y Dance Acrobatics 3:30-4:30pm Ballet/Tap/Jazz 4:30-6:00pm | Kids in Motion (Ages 5-12) Chrissy 4:30pm | | | |
| | Step (Advanced) Stephanie M. 5:30pm * - + | | Step (Advanced) Stephanie M. 5:30pm * - + |  ZUMBA Crickette 5:45pm * - + | | |
| Step (Beginner) Jim 6:45pm * - | | Step (Beginner) Jim 6:45pm * - | | | | |
| | Yoga Kim W. 7:00pm * - + (75min) | | Yoga Kim W. 7:00pm * - + (75min) | | | |

Cycle Studio

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------|--------------------------|----------------------------------|--------------------------|-------------------------------------|-------------------------------------|----------------------|
| | Karen 5:15am | | Karen 5:15am | | | |
| Jason 9:00am | Annette 9:00am | Emily 9:00am | Annette 9:00am | Annette 9:00am | Mary 8:00am (90min) | |
| Michael 10:15am (45min) | | Bob 10:15am (45min) | | Andrea 10:15am (45min) | Heather 9:45am (30min) | |
| Andrea 5:30pm | Christy 6:00pm | Alphonso 6:00pm | Christy 6:00pm | | | Jan 2:00pm |