



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EX & SPIN SCHEDULES

Schedule effective: 8/3/2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Interval Challenge Laura 5:45AM - +	Body Combat Stacy 8:10AM - +	Body Pump Laura 5:45AM - +		Interval Challenge Laura 5:45AM - +		
Tai Chi Morris 7:30 AM* - +		Tai Chi Morris 7:30 AM* - +	BodyCombat Jean 8:45AM - +	Zumba Adrienne 8:00AM - +	BodyPump Marta 8:15AM - +	
BodyPump Tracy 8:45AM * - +	YOGA Sandy 9:10AM * - +	Multi-Step Sandy 9:10AM - +		Multi-Step Kathy 9:10AM - +	Yoga Sandy 9:30AM - +	
Active Adult Cindy 10:15 * -	Step Sandy 10:10AM - +	Active Adult Tracy 10:15AM * -	Step Kathy 10:10AM - +	Active Adult Cindy 10:15AM * -	Zumba Rotation 10:30AM * - + F	
SilverSneakers®MSROM Jean 11:15AM *	Abs Diana 11:10AM * -	SilverSneakers®MSROM Jean 11:15AM *	Abs Diana 11:10AM * -	SilverSneakers Jean 11:15AM *	Goju Martial Arts Ryan 11:30AM- 1:00PM - +	
Moving for Better Balance Morris 12:15PM * - +	BodyFlow Jen 12:30PM * - +	Dance for PD Jen 12:30 PM *	BodyFlow Jen 12:30PM * - +	Moving for Better Balance Morris 12:15PM * - +		
Enhance Fitness Kookie 1:30PM *	BodyPump Jean 4:00 PM * - +	Enhance Fitness Rotation 1:30PM *	BodyPump Jean 4:00 PM * - +	Enhance Fitness Cindy 1:30PM *		
Body Combat Stacy 4:00PM - +	BodyPump Marta 5:20 PM * - +	Tumbling Intermediate Brenda/Diana 3:00PM	BodyPump Marta 5:20 PM * - +	Tumbling Beginner Brenda/Diana 3:00PM		BodyPump Rotation 3:15PM - +
CXWORX Susan 5:00PM - +	Boot Camp Nick 6:00PM - +	Tumbling Advanced Brenda/Diana 4:00PM	Boot Camp Nick 6:00PM - +	Tumbling Intermediate Brenda/Diana 4:00PM		
Zumba Jen 5:40PM* - +	Zumba Kristee 6:30PM * - +	Zumba Rotation 5:30PM * - + F	Zumba Jen 6:30PM * - +	Tumbling Advanced Brenda/Diana 5:00PM		
BodyFlow Paige 6:45PM * - +		CXWORX Susan 6:30PM +	Goju Martial Arts - + Ryan 7:30PM	Yoga Valerie 6:30PM * - +		

## Cycling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Renee 5:45AM * - +		Marta 5:45AM * - +		Laura 9:30AM * - +	
Allen 9:00AM * - +	Allen 9:00 AM * - +	Morris 9:00AM * - +	Allen 9:00AM * - +	Morris 9:00AM * - +		
	Silver Cycling Jean 10:00 AM +		Silver Cycling Jean 10:00 AM +			
Marta 5:30PM * - +		Deneise 5:30 PM * - +				

\*\*Paid Program - Register at Member Services

### \* 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.

## DELAND FAMILY YMCA

761 E International Speedway Boulevard, DeLand, FL 32724 | P 386.736.6000 | F 386.736.9622 | vfmca.org

**TOGETHER WE CAN BUILD A BETTER US**

<b>Class Name</b>	<b>Designation</b>	<b>Class Description</b>
<b>Active Adult</b>	Healthy Seeker	A low Impact Cardio Class that includes strength training, abdominal and back exercises, and extended stretching.
<b>BodyCombat™</b>	Step-up, Athlete	BodyCombat™ is the empowering cardio workout where you are totally unleashed. This energetic program is inspired by martial arts and is supported by driving music and powerful instructors. Strike, kick, punch and kata your way through calories to superior cardio fitness.
<b>BodyFlow™</b>	Health Seeker Step-up, Athlete	BodyFlow™ is the yoga, Pilates, Tai Chi workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration, and a carefully structured series of stretches, moves, and poses to music create a holistic workout that brings the body into a state of harmony and balance. <b>Modifications shown.</b>
<b>BodyPump™</b>	Health Seeker Step-up, Athlete	BodyPump™ is the original barbell class that strengthens your entire body. It will challenge all your major muscle groups by using weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors inspire you to get the results you came for! <b>Modifications shown.</b>
<b>Core Conditioning</b>	Health Seeker Step-up, Athlete	This class focuses on strengthening the core through abdominal exercises.
<b>Cardio Dance</b>	Health Seeker Step-up, Athlete	A variety of dance forms offered in an instructional and energetic way makes this class the place to try if you are looking for fitness and fun.
<b>Cardio Strength</b>	Health Seeker Step-up, Athlete	A complete fun cardiovascular and strengthening workout. A variety of equipment may be used to achieve maximum results. <b>Modifications shown.</b>
<b>Chair Yoga</b>	Health Seeker, Step-Up	Chair Yoga is practiced primarily sitting in a chair with options to stand or come to the mat. It is a great way to learn time-effective postures to do from a desk, car, or any other time you're sitting. It's also a great class for people with physical challenges as well as pregnant women. Heavy emphasis on breathing techniques and relaxation is practiced in orders to increase strength and flexibility while allowing ample time to rest and integrate.
<b>Cycling</b>	Healthy Seeker, Step-up, Athlete	Cycling is a stationary cycling program personalized for participants of any age or fitness ability. The bike allows participants to control their exertion level while still enjoying the motivation of a group setting.
<b>Dance for Parkinson's Disease</b>	Health Seeker	Dance for Parkinson's Disease is a class which uses movement and music in ways that are enjoyable, stimulating and creative, as well as therapeutic. No dance experience is required.
<b>Enhance Fitness</b>	Health seeker	Enhanced Fitness is a 16-week evidence based exercise program meant to benefit anyone with arthritis. All participants will work to improve muscle strength, range of motion, and joint health using light wrist and ankle weights, stretching, and other equipment and exercises.
<b>Hi-Lo Cardio</b>	Health Seeker, Step-up	Get a complete cardiovascular workout and blast calories with a variety of heart rate raising movements.
<b>Karate</b>	Health Seeker, Step-up, Athlete	At the Y participants in our martial arts programs will learn about self-defense, focusing and goal setting. Beyond the basics, participants will also learn about respect and good sportsmanship, all the while building their self-confidence.
<b>Moving for Better Balance</b>	Health Seeker	This is a fall prevention program that uses the principles and movements of Tai Chi in helping older adults improve their balance and increase their confidence in doing everyday activities.
<b>Pilates</b>	Health Seeker, Step-Up	A unique system of stretching and strengthening exercises designed to improve core muscle strength, flexibility, balance, posture, and overall well-being.
<b>Pole Walking</b>	Health Seeker, Step-up	Pole walking is designed to strengthen and tone your whole body, naturally correct body posture, lessen impact to lower joints and increase cardio. A limited number of poles are available for use during the class. This class requires attendance at a Pole Walking Clinic prior to participation. Please check with your local YMCA for the date of the next clinic.
<b>SilverSneakers® Classic</b>	Health Seeker	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.
<b>SilverSneakers® Circuit</b>	Health Seeker, Step-Up	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.
<b>SilverSneakers® Cardio</b>	Step-up, Athlete	Get up and go with an aerobics class for you – safe, heart -healthy, and gentle on the joints. The workout includes easy to follow low-impact movement and upper body strength, abdominal conditioning, stretching, and relaxation exercises designed to energize your active lifestyle.
<b>Step Aerobics</b>	Health Seeker, Step-up	Cardiovascular workout using the step and including a conditioning and flexibility component.
<b>Strength</b>	Health Seeker, Step-Up	This class focuses on the form of strength exercises which will help to define and tone your body using weights.
<b>Tai Chi</b>	Health Seeker, Step-up	Tai Chi helps promote balance, flexibility, stamina and endurance. The health benefits range from lower blood pressure to memory enhancement, detoxification and joint health.
<b>Yoga</b>	Health Seeker	Participants focus on slow stretches, flexibility, deep breathing and precise alignment of the poses.