



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EX & SPIN SCHEDULES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Flexibility Wes 8:15 AM * - +	Tai Chi Morris 7:45 AM * - +	Flexibility Wes 8:15 AM * - +	Tai Chi Morris 7:45 AM * - +	Flexibility Wes 8:15 AM * - +	Yoga Lindsey 8:05 AM * - +	
<b>LES MILLS BODYCOMBAT</b> Melissa 9:00 AM - +	Step Wes 9:00 AM* - +	<b>LES MILLS BODYCOMBAT</b> Melissa 9:00 AM - +		<b>LES MILLS BODYCOMBAT</b> Stacey 9:00 AM - +	<b>LES MILLS BODYPUMP</b> Tracy 9:15 AM - +	
Silver Sneakers Classic Wes Pine Ridge 9:45 AM*	Silver Sneakers Classic Rosemary Villa Grande 9:15 *	Silver Sneakers Classic Wes Pine Ridge 9:45 AM *	Step Wes 9:00 AM* - +	Silver Sneakers Classic Rosemary Pine Ridge 9:45 AM*		
<b>LES MILLS BODYPUMP</b> Jan 10:15 AM * - +	Yoga Valerie 10:15 AM * - +	<b>ZUMBA FITNESS</b> Jessica 10:15 AM * - +	Silver Sneakers Classic Rosemary Villa Grande 9:15 *	<b>LES MILLS BODYPUMP</b> Jan 10:15 AM *	<b>ZUMBA FITNESS</b> Jessica 11:00 AM * - +	
Silver Sneakers Classic Wes 11:30 AM *	Enhance Fitness Kookie 12:00 PM * - +	Silver Sneakers Classic Cindy 11:30 AM *	Yoga Valerie 10:15 AM * - +	Silver Sneakers Classic Wes 11:30 AM *	Tae Kwon Do Master Wil 1:00PM * - + Ages 6 and up	Enhance Fitness Wes 2:00 PM * - +
Silver Sneakers Cardio Fit Cindy 12:30 PM *	Intro to Yoga Rosemary 1:00PM *	Silver Sneakers Cardio Fit Cindy 12:30 PM *	Enhance Fitness Cindy 12:00 PM * - +	Silver Sneakers Cardio Fit Kookie 12:30 PM *		<b>ZUMBA FITNESS</b> Melanie / Jessica 3:30 PM * - +
Tae Kwon Do Master Wil 4:00PM * - + Ages 6 and up		Tae Kwon Do Master Wil 4:00PM * - + Ages 6 and up	Intro to Yoga Rosemary 1:00PM *			
Yoga Valerie 4:50 PM * - +	<b>Tumbling</b> Willow 4:00PM * - +		<b>ZUMBA FITNESS</b> Lourdes 4:45 PM * - +	<b>ZUMBA FITNESS</b> Melanie / Denise 4:45 PM * - +		
	<b>Cheerleading</b> Willow 5:00PM * - +	<b>LES MILLS BODYPUMP</b> Tracey/ Susan 5:00 PM - +			<b>Villa Grande on Saxon</b> 450 Alessandra Circle Orange City FL 32763 386.774.1234	
<b>LES MILLS BODYPUMP</b> Madison 6:00 PM - +	<b>ZUMBA FITNESS</b> Lourdes 6:00 PM * - +	<b>ZUMBA FITNESS</b> Sarah 6:40 PM - +			<b>Pine Ridge Fellowship Church</b> 1045 E Normandy Blvd Deltona, FL 32725 386.259.9240	
<b>ZUMBA FITNESS</b> 7:15 PM * - + Melanie	Tae Kwon Do Master Wil 7:00PM * - + Ages 6 and up		Tae Kwon Do Master Wil 7:00PM * - + Ages 6 and up	Yoga Lindsey 7:00 PM * - +		

**Paid Program– See Member Services**

## Cycling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jan 9:00 AM * - +	Amber 9:00 AM * - +	Jan 9:00 AM * - +	Amber 9:00 AM * - +	Jan 9:00 AM * - +		
Tiffany 6:00 PM * - +	Michelle 6:00 PM * - +	Tiffany 6:00 PM *	Michelle 6:00 PM * - +			

### \* 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.

### FOUR TOWNES FAMILY YMCA

280 Wolf Pack Run, Deltona, FL 32725 | P 386.532.9622 | F 386.532.8185 | vfyymca.org

**TOGETHER WE CAN BUILD A BETTER US**

Class Name	Designation	Class Description
<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>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>Cheerleading</b>	Health Seeker Step-up, Athlete	Cheerleading at the Y allows children to cheer for their team and build their own spirit and self-confidence. Participants will not only learn the basics of cheerleading, but also the importance of working together on a team, who they are and what they can achieve. <b>Registration Required.</b>
<b>Cycling (Spin)</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>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>Registration Required.</b>
<b>Flexibility</b>	Health Seeker, Step Up, Athlete	A class designed to increase flexibility and mobility. All fitness levels welcome.
<b>Intro to 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>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>Registration Required.</b>
<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® Cardio Fit</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>Tae Kwon Do</b>	Health Seeker, Step Up, Athlete	At the Y, our martial arts program offers more than self-defense. Beyond the basics of Tae Kwon Do, you will learn about respect & good sportsmanship while building self-confidence. A true family program that build's a healthy sprit, mind & body for all. <b>Registration Required.</b>
<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>Registration Required.</b>
<b>Tumbling</b>	Health Seeker, Step Up, Athlete	At the Y, kids in our tumbling program will not only learn how to flip and do the splits, but they will also beam with confidence and make new friends along the way, all under the guidance of our trained gymnastics instructors. <b>Registration Required.</b>
<b>Yoga</b>	Health Seeker	Participants focus on slow stretches, flexibility, deep breathing and precise alignment of the poses.
<b>Zumba</b>	Health Seeker, Step Up, Athlete	Dance to a fusion of Latin and International music! A dynamic, exiting, effective fitness class maximizing caloric output, fat burning and total body toning. Dance your way into fitness!

## Hours of Operation

**Monday - Thursday: 5:00am - 9:00pm**

**Friday: 5:00am - 8:00pm**

**Saturday: 8:00am - 5:00pm\*\***

**Sunday: 1:00pm - 5:00pm**

**\*\* See Member Services**