



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EX & SPIN SCHEDULES

Schedule Effective: March 2017

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   | Sunday   |
|--|--|---|--|--|--|--|
| <b>Body Conditioning</b><br>Roth<br>6:00am - +             | <b>Pilates</b><br>Felicia<br>6:00am - +                                | <b>S.W.A.T. (1hr 30min)</b><br>Alessandra<br>6:00am | <b>Pilates</b><br>Felicia<br>6:00am - +                                |  |  |  |
| <b>LES MILLS BODYPUMP</b><br>Sara<br>8:00am - +            | <b>Strength</b><br>Angie<br>8:00am - +                                 | <b>LES MILLS BODYPUMP</b><br>Sara<br>8:00am - +     | <b>Hi-Lo Cardio</b><br>Angie<br>8:00am - +                             | <b>Pilates</b><br>Angie<br>8:00am - +                | <b>LES MILLS BODYPUMP</b><br>Sara/Michelle<br>8:00am - +                                       |  |
| <b>Core Conditioning (45 min)</b><br>Angie<br>9:40am * - + | <b>Step Aerobics</b><br>Angie<br>9:00am - +                            | <b>Yoga</b><br>Felicia<br>9:40am - +                | <b>Strength</b><br>Angie<br>9:00am - +                                 | <b>Cardio Strength</b><br>Felicia<br>9:00am - +      | <b>Cardio Strength</b><br>Barbara<br>9:15 am - +   |  |
| <b>Circuit (45 min)</b><br>Nikki<br>10:40am * -            | <b>Circuit (45 min)</b><br>Nikki<br>10:10am * -                        | <b>Cardio (45 min)</b><br>Nikki<br>10:40am -        | <b>Circuit (45 min)</b><br>Nikki<br>10:10am * -                        | <b>Circuit (45 min)</b><br>Nikki<br>10:40am * -      | <b>Yoga</b><br>Kat<br>10:30-+<br>1 <sup>st</sup> & 3 <sup>rd</sup> Saturday                    |  |
|  | <b>Yoga</b><br>Mignon<br>11:05am * - +                                 |   | <b>Yoga</b><br>Mignon<br>11:05am * - +                                 |  | <b>LES MILLS BODYFLOW</b><br>Michelle<br>10:30-+<br>2 <sup>nd</sup> & 4 <sup>th</sup> Saturday |  |
| <b>Classic (45 min)</b><br>Rotation<br>11:30am * -         | <b>Moving for Better Balance</b><br>Andrew<br>12:15pm *<br>(1/12-4/13) | <b>Classic (45 min)</b><br>Pam<br>11:30am * -       | <b>Moving for Better Balance</b><br>Andrew<br>12:15pm *<br>(1/12-4/13) | <b>Chair Yoga (45 min)</b><br>Felicia<br>11:30am * - |  |  |
| <b>Tai Chi</b><br>Andrew<br>12:30pm *                      |  | <b>Tai Chi</b><br>Andrew<br>12:30pm *               |  | <b>Active Adult (45 min)</b><br>Felicia<br>12:30pm * |  |  |
|  |  |   | <b>Dance for PD</b><br>Gabriella<br>1:15pm                             |  |  | <b>LES MILLS BODYFLOW</b><br>Debra<br>2:30pm - + |
| <b>Cardio Dance</b><br>Nikki<br>5:00pm - +                 | <b>LES MILLS BODYPUMP</b><br>Michelle<br>5:00pm - +                    | <b>Cardio Dance</b><br>Nikki<br>5:00pm - +          | <b>LES MILLS BODYPUMP</b><br>Sarah<br>5:00pm - +                       |  |  |  |
| <b>LES MILLS BODYCOMBAT</b><br>Sheryl<br>6:00pm - +        | <b>***Karate</b><br>Tom<br>6:00pm                                      | <b>Pilates</b><br>Lisa<br>6:00pm                    | <b>LES MILLS BODYFLOW</b><br>Michelle<br>6:00 pm * - +                 | <b>***Karate</b><br>Tom<br>6:00pm                    |  |  |
| <b>LES MILLS BODYFLOW</b><br>Sheryl<br>7:00pm * - +        |  | <b>Yoga</b><br>Kat<br>7:00pm * - +                  |  |  |  |  |

## Cycling

| Monday                            | Tuesday                      | Wednesday   | Thursday                     | Friday                            | Saturday                     | Sunday                     |
|-----------------------------------|------------------------------|---|------------------------------|-----------------------------------|------------------------------|----------------------------|
| <b>Angie</b><br>8:30am - +        | <b>Felicia</b><br>9:15am - + | <b>Alessandra (S.W.A.T.) (1hr 30min)</b><br>6:00 am - + | <b>Felicia</b><br>9:15am - + | <b>Rotation</b><br>6:00am - +     | <b>Barbara</b><br>8:00am - + |                            |
|                                   |                              | <b>Angie</b><br>8:30am - +                              |                              | <b>Rotation</b><br>9:15am - +     | <b>Glenn</b><br>9:15am - +   | <b>Debra</b><br>1:15pm - + |
| <b>Kim (45 min)</b><br>6:00pm - + | <b>Debra</b><br>5:00pm - +   | <b>Kim (45 min)</b><br>6:00pm - +                       | <b>Shawnda</b><br>6:00pm - + | <b>Kim (45 min)</b><br>6:00pm - + |                              |                            |

### \* 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.

### ORMOND BEACH FAMILY YMCA

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**TOGETHER WE CAN BUILD A BETTER US**

| Class Name                           | Designation                         | Class Description   |
|--------------------------------------|-------------------------------------|---|
| <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<br>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<br>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<br>Step-up, Athlete   | This class focuses on strengthening the core through abdominal exercises.   |
| <b>Cardio Dance</b>                  | Health Seeker<br>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<br>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,<br>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,<br>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,<br>Step-up           | Get a complete cardiovascular workout and blast calories with a variety of heart rate raising movements.  |
| <b>Karate</b>                        | Health Seeker,<br>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,<br>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,<br>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,<br>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,<br>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,<br>Step-up           | Cardiovascular workout using the step and including a conditioning and flexibility component.   |
| <b>Strength</b>                      | Health Seeker,<br>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,<br>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.   |