



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EX & SPIN SCHEDULES

Schedule Effective: April 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Body Conditioning</b> Roth 6:00am - +	<b>Pilates</b> Felicia 6:00am - +	<b>S.W.A.T. (1hr 30min)</b> Alessandra 6:00am	<b>Pilates</b> Felicia 6:00am - +			
<b>LES MILLS BODYPUMP</b> Sara 8:00am - +	<b>Strength</b> Angie 8:00am - +	<b>LES MILLS BODYPUMP</b> Sara 8:00am - +	<b>Hi-Lo Cardio</b> Angie 8:00am - +	<b>Pilates</b> Angie 8:00am - +	<b>LES MILLS BODYPUMP</b> Sara/Mary 8:00am - +	
<b>Core Conditioning (45 min)</b> Angie 9:40am * - +	<b>Step Aerobics</b> Angie 9:00am - +	<b>Yoga</b> Felicia 9:40am - +	<b>Strength</b> Angie 9:00am - +	<b>Cardio Strength</b> Felicia 9:00am - +	<b>Cardio Strength</b> Barbara 9:15 am - +	
<b>Circuit (45 min)</b> Nikki 10:40am * -	<b>Circuit (45 min)</b> Nikki 10:10am * -	<b>Cardio (45 min)</b> Nikki 10:40am -	<b>Circuit (45 min)</b> Nikki 10:10am * -	<b>Circuit (45 min)</b> Nikki 10:40am * -	<b>Yoga</b> Kat 10:30-+ 1st & 3rd Saturday	
	<b>Yoga</b> Mignon 11:05am * - +		<b>Yoga</b> Mignon 11:05am * - +		<b>LES MILLS BODYFLOW</b> Mary 10:30-+ 2nd & 4th Saturday	
<b>Active Adult (45 min)</b> Pam 11:30am * -		<b>Active Adult (45 min)</b> Pam 11:30am * -		<b>Active Adult - Dance (45 min)</b> Pam 11:30am * -		
<b>Stretching Techniques (30 min)</b> Pam 12:30am * -		<b>Stretching Techniques (30 min)</b> Pam 12:30am * -	<b>Chair Yoga (45 min)</b> Mignon 12:20pm *			
			<b>Dance for PD</b> Gabriella 1:15pm			<b>LES MILLS BODYFLOW</b> Debra 2:30pm - +
<b>Cardio Dance</b> Nikki 5:00pm - +	<b>LES MILLS BODYPUMP</b> Mary 5:00pm - +	<b>Cardio Dance</b> Nikki 5:00pm - +	<b>LES MILLS BODYPUMP</b> Sarah 5:00pm - +			
<b>LES MILLS BODYCOMBAT</b> Sheryl 6:00pm - +	<b>***Karate</b> Tom 6:00pm	<b>Pilates</b> Lisa 6:00pm	<b>LES MILLS BODYFLOW</b> Michelle 6:00 pm * - +	<b>***Karate</b> Tom 6:00pm		
<b>LES MILLS BODYFLOW</b> Sheryl 7:00pm * - +		<b>Yoga</b> Kat 7:00pm * - +				

Cycling						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Angie</b> 8:30am - +	<b>Mary</b> 8:00am - +	<b>Alessandra (S.W.A.T.) (1hr 30min)</b> 6:00 am - +	<b>Mary (Intro To Cycle) (30 min)</b> 8:00am * -	<b>Rotation</b> 6:00am - +	<b>Barbara</b> 8:00am - +	
		<b>Angie</b> 8:30am - +		<b>Felicia</b> 8am-+	<b>Glenn</b> 9:15am - +	<b>Debra</b> 1:15pm - +
<b>Kim (45 min)</b> 6:00pm - +	<b>Debra</b> 5:00pm - +	<b>Kim (45 min)</b> 6:00pm - +	<b>Jan</b> 6:00pm - +	<b>Kim (45 min)</b> 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, Step-up	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>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>Intro to Cycle</b>	Health Seeker, Step-up	Intro to Spin is a 30 minute version of the traditional 60 minute cycling class. This class has a slightly slower pace than the traditional class, while still providing a high energy challenging work-out. This class is excellent for individuals who have never attempted a cycling class and want to see what it is all about!
<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>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>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>Body Conditioning</b>	Health Seeker Step-up, Athlete	Full body compound movements with a barbell (Deadlifts, Rows, Shoulder presses, etc.). Followed by core exercises. Minimal rest time between sets for muscular endurance and calorie burning. <b>Modifications shown.</b>
<b>Yoga</b>	Health Seeker	Participants focus on slow stretches, flexibility, deep breathing and precise alignment of the poses.
<b>Stretching Techniques</b>	Health Seeker, Step-up	Pain free stretching techniques. Improve your range of motion, pain management, and body alignment through proper stretching.