



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EX & SPIN SCHEDULES

Schedule Effective: February 2018

Studio A						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYPUMP</b> Priscilla 6:30am * - + (60min)	<b>LES MILLS BODYPUMP</b> Mary 7:00am * - +	<b>LES MILLS BODYPUMP</b> Priscilla 6:30am * - + (60min)	<b>LES MILLS BODYPUMP</b> Stephanie N. 7:00am * - +	<b>LES MILLS BODYPUMP</b> Mary 6:30am * - + (60min)		
<b>Step (Advanced)</b> Kim B. 8:00am - +	<b>LES MILLS BODYCOMBAT</b> Stephanie N. 8:00am * - + (60min)	<b>Step (Advanced)</b> Kim B. 8:00am - +	<b>LES MILLS BODYCOMBAT</b> Stephanie N. (60min)	<b>Step (Advanced)</b> Stephanie M. 8:00am - +	<b>LES MILLS BODYCOMBAT</b> Matt 8:00am - + (60min)	
<b>ZUMBA</b> Gladys 9:15am * -	<b>LES MILLS BODYPUMP</b> Stephanie N. 9:15am * - + (60min)	<b>ZUMBA</b> China 9:15am * - +	<b>LES MILLS BODYPUMP</b> Desiree 9:15am * - + (60min)	<b>ZUMBA</b> China 9:15am * -	<b>LES MILLS BODYPUMP</b> Rotation 9:15am * - + (60min)	
<b>Yoga</b> Chrissy 10:00am * - (Childcare)	<b>LES MILLS BODYFLOW</b> Stephanie N. 10:30am * - +	<b>Yoga</b> Emily 10:00am * - (Childcare)	<b>LES MILLS BODYFLOW</b> Jill 10:30am * - +	<b>Yoga</b> Emily 10:00am * - (Childcare)	<b>LES MILLS CXWORX</b> Matt 10:30am * - + (30min)	
<b>Active Adult</b> Coleen 10:30am *	<b>Pilates</b> Stephanie N. 11:30am * -	<b>Active Adult</b> Coleen 10:30am *	<b>Pilates</b> Jill 11:30am * -	<b>Active Adult</b> Coleen 10:30am *	<b>LES MILLS BODYFLOW</b> Sheryl 11:15am * - +	
<b>SilverSneakers</b> <b>Classic</b> Darci 11:45am *		<b>SilverSneakers</b> <b>Classic</b> Coleen 11:45am *		<b>SilverSneakers</b> <b>Classic</b> Coleen 11:45am *		
	** <b>Line Dancing</b> 1:00pm					
	** <b>Ballroom Dancing</b> 2:00pm			<b>PWR PD</b> Gabriela 2:00pm *		
<b>Kids Yoga</b> Chrissy 4:30pm	<b>LES MILLS BODYPUMP EXPRESS</b> Terri 4:30pm * - + (25min)	<b>Kids Yoga</b> Chrissy 4:30pm	<b>LES MILLS BODYPUMP EXPRESS</b> Terri 4:30pm * - + (25min)			
	<b>LES MILLS CXWORX</b> Heather 5:00pm * - + (30min)		<b>LES MILLS CXWORX</b> Matt 5:00pm * - + (30min)			
<b>LES MILLS BODYPUMP</b> Jason 5:30pm * - + (60min)	<b>ZUMBA</b> Crickette 5:45pm * - +	<b>LES MILLS BODYPUMP</b> Heidi 5:30pm * - + (60min)	<b>ZUMBA</b> China 5:45pm * - +	<b>LES MILLS BODYPUMP</b> Heidi 5:30pm * - + (60min)		
<b>LES MILLS BODYCOMBAT</b> Heather	** <b>Karate</b> Mike	<b>LES MILLS BODYCOMBAT</b> Matt	** <b>Karate</b> Mike	<b>LES MILLS BODYCOMBAT</b> Sheryl		

**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**

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**TOGETHER WE CAN BUILD A BETTER US**

## Studio B

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Cardio Strength</b> <i>Priscilla</i> 6:30am * - +		<b>Cardio Strength</b> <i>Priscilla</i> 6:30am * - +			
<b>Yoga</b> <i>Judy</i> 7:30am * - +	<b>Yoga</b> <i>Jill</i> 8:00am * -	<b>Yoga</b> <i>Judy</i> 7:30am * - +	<b>Yoga</b> <i>Jill</i> 8:00am * -	<b>Yoga</b> <i>Judy</i> 7:30am * - +	<b>Step (Advanced)</b> <i>Rotation</i> 8:00am * - +	
<b>Cardio Dance</b> <i>Mary</i> 9:00am *	 <b>CardioFit</b> <i>Priscilla</i> 9:00am*	 <i>Gladys</i> 9:00am *	 <b>CardioFit</b> <i>Heather</i> 9:00am*	 <i>Michelle</i> 9:00am *	 <i>Kathy</i> 9:15am * - + (30 min)	
<b>Cardio Strength</b> <i>Josie</i> 10:15am * -	 <b>Circuit</b> <i>Sandra</i> 10:00am*	<b>Cardio Strength</b> <i>Josie</i> 10:15am * -	 <b>Circuit</b> <i>Darci</i> 10:00 *	<b>FitTots (Ages 2-4)</b> <i>Darci</i> 10:15am	 <i>Gladys</i> 10:00am * - +	
<b>Pilates Stretch &amp; Balance</b> <i>Josie</i> 11:30am * -	<b>Chair Yoga</b> <i>Chrissy</i> 11:00am *	<b>Pilates Stretch &amp; Balance</b> <i>Josie</i> 11:30am * -	<b>Chair Yoga</b> <i>Chrissy</i> 11:00am*			
<b>Dance for PD</b> <i>Gabriela</i> 1:15pm *						
<b>**Y Dance Pre-Dance</b> 3:45-4:45pm <b>Ballet/Tap I/II</b> 4:45-5:45pm <b>Hip Hop</b> 5:45-6:45pm		<b>**Y Dance Acrobatics</b> 3:30-4:30pm <b>Ballet/Tap/Jazz</b> 4:30-6:00pm				
	<b>Kids in Motion (Ages 5-12)</b> <i>Chrissy</i> 4:30pm		<b>Kids in Motion (Ages 5-12)</b> <i>Chrissy</i> 4:30pm			
	<b>Step (Advanced)</b> <i>Stephanie M.</i> 5:30pm * - +		<b>Step (Advanced)</b> <i>Stephanie M.</i> 5:30pm * - +	 <i>Crickette</i> 5:45pm * - +		
<b>Step (Beginner)</b> <i>Jim</i> 6:45pm * -	<b>Yoga</b> <i>Kim W.</i> 6:45pm * - + (60min)	<b>Step (Beginner)</b> <i>Jim</i> 6:45pm * -	<b>Yoga</b> <i>Kim W.</i> 6:45pm * - + (60min)			

**Cycle Sign-up sheet will be available 1 hour before class**

## Cycle Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<i>Karen</i> 5:15am		<i>Karen</i> 5:15am			
<i>Jason</i> 9:00am	<i>Annette</i> 9:15am	<i>Emily</i> 9:00am	<i>Stephanie N.</i> 9:15am	<i>Annette</i> 9:00am	<i>Mary</i> 8:30am (60min)	
 <i>Heather</i> 10:00am (30min)		 <i>Stephanie N.</i> 10:00am (30min)		 <i>Jason</i> 10:00am (30min)	 <i>Rotation</i> 9:45am (30min)	
<i>Andrea</i> 6:00pm	 <i>Sheryl</i> 5:45pm (30min)	<i>Alphonso</i> 6:00pm	 <i>Matt</i> 5:45pm (30min)			<i>Jan</i> 2:00pm