



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EX & SPIN SCHEDULES

Schedule Effective: January 2018

Studio A						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYPUMP Priscilla 6:30am * - + (60min)	LES MILLS BODYPUMP Mary 7:00am * - +	LES MILLS BODYPUMP Priscilla 6:30am * - + (60min)	LES MILLS BODYPUMP Stephanie N. 7:00am * - +	LES MILLS BODYPUMP Mary 6:30am * - + (60min)		
Step (Advanced) Kim B. 8:00am - +	LES MILLS BODYCOMBAT Stephanie N. 8:00am * - + (60min)	Step (Advanced) Kim B. 8:00am - +	LES MILLS BODYCOMBAT Stephanie N. 8:00am * - + (60min)	Step (Advanced) Stephanie M. 8:00am - +	LES MILLS BODYCOMBAT Matt 8:00am - + (60min)	
ZUMBA ® Gladys 9:00am * -	LES MILLS BODYPUMP Stephanie N. 9:15am * - + (60min)	ZUMBA ® China 9:00am * - +	LES MILLS BODYPUMP Desiree 9:15am * - + (60min)	ZUMBA ® China 9:00am * -	LES MILLS BODYPUMP Rotation 9:15am * - + (60min)	
Yoga Chrissy 10:00am * -	LES MILLS BODYFLOW Stephanie N. 10:30am * - +	Yoga Emily 10:00am * -	LES MILLS BODYFLOW Heather 10:30am * - +	Yoga Emily 10:00am * -	LES MILLS CXWORX Matt 10:30am * - + (30min)	
Active Adult Coleen 11:00am *	Pilates Stephanie N. 11:30am * -	Active Adult Coleen 11:00am *	Pilates Jill 11:30am * -	Active Adult Coleen 11:00am *	LES MILLS BODYFLOW Sheryl 11:15am * - +	
SilverSneakers ® Classic Darci 12:00pm *		SilverSneakers ® Classic Coleen 12:00pm *		SilverSneakers ® Classic Coleen 12:00pm *		
	** Line Dancing 1:00pm					
	** Ballroom Dancing 2:00pm			PWR PD Gabriela 2:00pm *		
Kids Yoga Chrissy 4:30pm	LES MILLS BODYPUMP EXPRESS Terri 4:30pm * - + (25min)	Kids Yoga Chrissy 4:30pm	LES MILLS BODYPUMP EXPRESS Terri 4:30pm * - + (25min)			
	LES MILLS CXWORX Heather 5:00pm * - + (30min)		LES MILLS CXWORX Matt 5:00pm * - + (30min)			
LES MILLS BODYPUMP Jason 5:30pm * - + (60min)	ZUMBA ® Crickette 5:45pm * - +	LES MILLS BODYPUMP Heidi 5:30pm * - + (60min)	ZUMBA ® China 5:45pm * - +	LES MILLS BODYPUMP Heidi 5:30pm * - + (60min)		
LES MILLS BODYCOMBAT Heather 6:45pm * - + (60min)	** Karate Mike 6:45pm	LES MILLS BODYCOMBAT Matt 6:45pm * - + (60min)	** Karate Mike 6:45pm	LES MILLS BODYCOMBAT Sheryl 6:45pm * - + (60min)		

*** 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







4701 City Center Parkway, Port Orange, FL 32129 | P 386.760.9622 | F 386.788.7579 | vfmca.org

TOGETHER WE CAN BUILD A BETTER US

Studio B

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

Cycle Studio

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