



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EX & SPIN SCHEDULES

Schedule effective: June 2017

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|--|
| 8:00am Silver Sneakers Classic *_- | 8:00am Silver Sneakers Cardio*- | 8:00am Silver Sneakers Yoga *_- | 8:00am Silver Sneakers Cardio*- | 8:00am Silver Sneakers Classic *_- | 8:30am BodyPump-+ |
| 9:00am Enhance Fitness* | 9:00am Yoga*-+ | 9:00am Enhance Fitness* | 9:00am Yoga*-+ | 9:00am Enhance Fitness* | |
| 9:00am Aerobics*- (Gymnasium) | 9:00am BodyCombat-+ (Gymnasium) | 9:00am Tabata -+ (Gymnasium) | 9:00am BodyCombat-+ (Gymnasium) | 9:00am Aerobics*- (Gymnasium) | |
| 10:00am Pilates*-+ | 10:00am Zumba*-+ | 10:00am Yogalates*-+ | 10:00am Zumba*-+ | 10:00am Pilates*-+ | |
| 11:15am Enhance Fitness* | | 11:15am Enhance Fitness* | | 11:15am Enhance Fitness* | Events |
| | | 1:15pm Dance PD | | | June 24th Ormond Beach Triathlon |
| | | 4:30pm Kids Yoga (Ages 5-12) | | | |
| | 5:15pm Dancing Kids (Ages 8-12) | | | | |
| 5:15pm Pilates*-+ | | 5:30pm Yoga*-+ | | | |
| 6:30pm BodyPump-+ | 6:30pm Zumba*-+ | 6:30pm Zumba*-+ | 6:45pm BodyPump-+ | | |

CYCLING SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|----------------------------|----------------------------|-------------------------|----------------------------|-------------------------|
| 5:45am Angela*-+ | | 5:45am Angela*-+ | | 5:45am Angela*-+ | 9:45am Kim*-+ |
| 4:15pm Bree*-+ | | | | 4:15pm Bree*-+ | Sunday |
| | 5:30pm Shawna*-+ | 5:30pm Shawna*-+ | 5:30pm Kim*-+ | | |

**Shaded areas indicate classes requiring registration and/or additional costs.

* 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.

SOUTHEAST VOLUSIA FAMILY YMCA

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TOGETHER WE CAN BUILD A BETTER US

| Class Name | Designation | Class Description |
|--|--|---|
| SilverSneakers® Classic | 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. |
| SilverSneakers® Cardio | Health Seeker | 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. |
| SilverSneakers® Chair Yoga | Health Seeker | 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. |
| Enhance Fitness | 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. Registration required |
| Moving for Better Balance Tai Chi | 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. Registration required |
| Dance for Parkinson's Disease | 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. Registration required |
| Aerobics | Health Seeker Step-up | A low impact high intensity cardiovascular class that includes conditioning and flexibility component. |
| Zumba | Health Seeker Step-up, Athlete | Cut loose to the hottest new workout with fun moves and shakin' tunes. Free yourself. |
| Cycling | 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. |
| Pilates | Health Seeker, Step-Up, Athlete | A unique system of stretching and strengthening exercises designed to improve core muscle strength, flexibility, balance, posture, and overall well-being. |
| Yoga | Health Seeker, Step- up, Athlete | Participants focus on slow stretches, flexibility, deep breathing and precise alignment of the poses. |
| BodyCombat™ | 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. |
| BodyPump™ | 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! |
| Tabata | Step-up, Athlete | High intensity interval training designed to get your heart rate up in that very hard anaerobic zone for short periods of time. Follows a specific format: 20 seconds of a very high intensity exercise and 10 seconds of rest. |
| Y-Dance | Ages 4-10 | Youth will learn more than technique & form to develop their skills in ballet and/or jazz. Registration required |
| Dancing Kids | Ages 8-12 | Dancing Kids classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Dancing Kids because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Registration required |
| Kids Yoga | Ages 5-12 | Meditation, breathing practices, relaxation, poses, games/activities and stress management. Registration required |