



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EX & CYCLE SCHEDULES

Port Orange Schedule Effective: August 2018

STUDIO A						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Les Mills BodyPump (60 min)</b> Priscilla 6:30am * - +	<b>Les Mills BodyPump</b> Vanessa 7:00am * - +	<b>Les Mills BodyPump (60 min)</b> Priscilla 6:30am * - +	<b>Les Mills BodyPump</b> Stephanie N. 7:00am * - +			
<b>Step (Advanced)</b> Kim B. 8:00am - +	<b>Les Mills BodyCombat (60 min)</b> Stephanie N. 8:00am * - +	<b>Step (Advanced)</b> Kim B. 8:00am - +	<b>Les Mills BodyCombat (60 min)</b> Stephanie N. 8:00am * - +	<b>Step (Advanced)</b> Jen/Stephanie 8:00am - +	<b>Les Mills BodyCombat (60 min)</b> Matt 8:00am - +	
<b>Zumba</b> Gladys 9:15am * -	<b>Les Mills BodyPump (60 min)</b> Stephanie N. 9:15am * - +	<b>Zumba</b> China 9:15am * -	<b>Les Mills BodyPump (60 min)</b> Desiree 9:15am * - +	<b>Zumba</b> China 9:15am * -	<b>Les Mills BodyPump (60 min)</b> Rotation 9:15am * - +	
<b>Yoga (childcare)</b> Chrissy 10:15am * -	<b>Les Mills BodyFlow</b> Stephanie N. 10:30am * - +	<b>Yoga (childcare)</b> Emily 10:15am * -	<b>Les Mills BodyFlow</b> Jill 10:30am * - +	<b>Yoga (childcare)</b> Emily 10:15am * -	<b>Les Mills CXWORX (30 min)</b> Matt 10:30am * - +	
<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>Silver Sneakers Classic</b> Darci 11:45am *		<b>Silver Sneakers Classic</b> Coleen 11:45am *		<b>Silver Sneakers Classic</b> Coleen 11:45am *		
	<b>Line Dancing</b> 1:00pm			<b>PWR PD</b> 2:00pm *		
	<b>Ballroom Dancing</b> 2:00pm					
<b>Kid's Yoga</b> Chrissy 4:30pm	<b>Les Mills BodyPump (25 min)</b> Terri 4:30pm - +	<b>Kid's Yoga</b> Chrissy 4:30pm	<b>Les Mills BodyPump (25 min)</b> Terri 4:30pm - +			
<b>Les Mills BodyPump (60 min)</b> Jason 5:30pm * - +	<b>Les Mills CXWORX (30 min)</b> Heather 5:00pm - +	<b>Les Mills BodyPump (60 min)</b> Heidi 5:30pm - +	<b>Les Mills CXWORX (30 min)</b> Matt 5:00pm - +	<b>Les Mills BodyPump (60 min)</b> Heidi 5:30pm - +		
<b>Les Mills BodyCombat (60 min)</b> Heather 6:45pm * - +	<b>Zumba</b> Crickette 5:45pm * - +	<b>Les Mills BodyCombat (60 min)</b> Matt 6:45pm * - +	<b>Zumba</b> China 5:45pm * - +	<b>Les Mills BodyCombat (60 min)</b> Sheryl 6:45pm * - +		
	<b>HIIT</b> 6:30pm <b>(Functional Training)</b>		<b>HIIT</b> 6:30pm <b>(Functional Training)</b>			
	<b>Karate</b> 6:45pm		<b>Karate</b> 6:45pm			

### \*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.

#### Color Code Key:

Basic Plus Premium Paid Program

PORT ORANGE FAMILY YMCA

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



# GROUP EX & CYCLE SCHEDULES

STUDIO B						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Cardio Strength</b> Priscilla 6:30am * - +		<b>Cardio Strength</b> Priscilla 6:30am * - +			
<b>Yoga</b> Judy 7:30am * - +	<b>Yoga</b> Jill 8:00am * -	<b>Yoga</b> Judy 7:30am * - +	<b>Yoga</b> Jill 8:00am * -	<b>Yoga</b> Judy 7:30am * - +	<b>Step (Advanced)</b> Jen/Stephanie 8:00am * - +	
<b>Cardio Dance</b> Mary 9:00am *	<b>Cardio Fit</b> Priscilla 9:00am *	<b>Zumba (Beginner)</b> Gladys 9:00am *	<b>Cardio Fit</b> Jill 9:00am *	<b>Zumba (Beginner)</b> Jacqui 9:00am *	<b>Les Mills CXWORX (30 min)</b> Kathy 9:15am - +	
<b>Cardio Strength</b> Josie 10:15am * -	<b>Silver Sneakers Circuit</b> Sandra 10:00am *	<b>Cardio Strength</b> Josie 10:15am * -	<b>Silver Sneakers Circuit</b> Darci 10:00am *	<b>FitTots (Ages 2-4)</b> Darci 10:15am	<b>Zumba</b> Gladys 10:00am * - +	
<b>Pilates Stretch &amp; Balance</b> Josie 11:30am * -	<b>Chair Yoga</b> Chrissy 11:00am *	<b>Pilates Stretch &amp; Balance</b> Josie 11:30am * -	<b>Chair Yoga</b> Chrissy 11:00am *			
<b>Dance for PD</b> Gabriela 1:15pm *						
	<b>Kids in Motion (Ages 5-12)</b> Chrissy 4:30pm		<b>Kids in Motion (Ages 5-12)</b> Chrissy 4:30pm			
	<b>Step (Advanced)</b> Stephanie M. 5:30pm * - +		<b>Step (Advanced)</b> Stephanie M. 5:30pm * - +	<b>Zumba</b> Crickette 5:45pm * - +		
<b>Step (Beginner)</b> Jim 6:45pm * - +	<b>Yoga (60 min)</b> Chrissy 6:45pm * - +	<b>Step (Beginner)</b> Jim 6:45pm * - +	<b>Yoga (60 min)</b> Chrissy 6:45pm * - +			

## Cycling

(Sign-up sheet will be available 1 hour before class)

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

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