



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EX & CYCLE SCHEDULES

Ormond Beach Schedule Effective: August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Body Conditioning</b> Roth 6:00am - +	<b>Pilates + Yoga</b> Mary 6:30am - +	<b>S.W.A.T. (1hr 30min)</b> Alessandra 6:00am	<b>Pilates + Yoga</b> Mary 6:30am - +			
<b>Bodypump</b> Sara 8:00am - +	<b>Strength</b> Angie 8:00am - +	<b>Bodypump</b> Sara 8:00am - +	<b>Hi-Lo Cardio</b> Angie 8:00am - +	<b>Pilates</b> Angie 8:00am - +	<b>Bodypump</b> Sara/Mary 8:00am - +	
<b>Core Conditioning (45 min)</b> Angie 9:40am * - +	<b>Step Aerobics</b> Angie 9:00am - +	<b>Stretching Techniques (30 min)</b> Pam 9:40am * -	<b>Strength</b> Angie 9:00am - +	<b>Cardio Strength</b> Angie/Roth 9:00am - +	<b>Cardio Strength</b> Barbara 9:15 am - +	
<b>Silver Sneakers Circuit (45 min)</b> Pam 10:40am * -	<b>Silver Sneakers Circuit (45 min)</b> Pam 10:10am * -	<b>Silver Sneakers Cardio (45 min)</b> Pam 10:40am -	<b>Silver Sneakers Circuit (45 min)</b> Pam 10:10am * -	<b>Silver Sneakers Circuit (45 min)</b> Pam 10:40am * -	<b>Yoga</b> Kat 10:30-+ 1st & 3rd Saturday	
<b>Active Adult (45 min)</b> Pam 11:30am * -	<b>Yoga</b> Cynthia 11:05am * - +	<b>Active Adult (45 min)</b> Pam 11:30am * -	<b>Stretching Techniques (30 min)</b> Pam 11:05am * -	<b>Active Adult - Dance (45 min)</b> Pam 11:30am * -	<b>Bodyflow</b> Mary 10:30-+ 2nd & 4th Saturday	
<b>Stretching Techniques (30 min)</b> Pam 12:30pm * -		<b>Stretching Techniques (30 min)</b> Pam 12:30pm * -				
			<b>Dance for PD</b> Gabriella 1:15pm			<b>Bodyflow</b> Debra 2:30pm - +
<b>Line Dance</b> Esther 5:00pm * - +	<b>Bodypump</b> Mary 5:00pm - +	<b>Zumba</b> Mary 5:00pm - +	<b>Bodypump</b> Sarah 5:00pm - +	<b>Line Dance</b> Esther 5:00pm * - +		
<b>Bodycombat</b> Sheryl 6:00pm - +	<b>Karate</b> Tom 6:00pm	<b>Pilates</b> Lisa 6:00pm	<b>Bodyflow</b> Michelle 6:00 pm * - +	<b>Karate</b> Tom 6:00pm		
<b>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>Barbara</b> 8:00am - +	
		<b>Angie</b> 8:30am - +	<b>Les Mills - Sprint (30 min)</b> Sheryl 5:15pm * - +	<b>Mary</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.

Color Code Key:

Basic Plus Premium Paid Program

ORMOND BEACH FAMILY YMCA

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Class Name	Membership Tier	Designation	Class Description
 ACTIVE ADULT	Basic	Health Seeker	A low Impact Cardio Class that includes strength training, abdominal and back exercises, and extended stretching.
 LESMILLS BODYCOMBAT	Plus	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. Modifications shown
 LESMILLS BODYFLOW	Plus	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. Modifications shown
 LESMILLS BODYPUMP	Plus	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!
 LESMILLS SPRINT	Plus	Health Seeker, Step-up, Athlete	Sprint is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.
 CORE CONDITIONING	Basic	Health Seeker, Step-up, Athlete	This class focuses on strengthening the core through abdominal exercises.
 CARDIO DANCE	Basic	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.
 CARDIO STRENGTH	Basic	Health Seeker, Step-up, Athlete	A complete cardiovascular and strengthening workout. A variety of equipment may be used to achieve maximum results. Modifications shown
 CHAIR YOGA	Basic	Health Seeker, Step-Up	Chair Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement.
 CYCLING	Basic	Step-up, Athlete	Cycling is a stationary indoor 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.
 DANCE FOR PARKINSONS	Basic	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.
 INTRO TO CYCLE	Basic	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!
 HI-LO CARDIO	Basic	Health Seeker, Step-up	Get a complete cardiovascular workout and blast calories with a variety of heart rate raising movements.
 KARATE	Paid Program	Health Seeker, Step-up, Athlete	This is a Mike Foster International Yoshukai Association sanctioned class. There is an additional fee associated with this class for all participants; please check the registration form at Membership.
 PILATES	Basic	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.
 SILVERSNEAKERS CLASSIC	Basic	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 CIRCUIT	Basic	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.
 SILVERSNEAKERS CARDIO	Basic	Step-up, Athlete	Get up and go with an aerobic 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.
 STEP AEROBICS	Basic	Health Seeker, Step-up	Cardiovascular workout using the step and including a conditioning and flexibility component.
 CARDIO STRENGTH	Basic	Health Seeker, Step-Up	This class focuses on the form of strength exercises which will help to define and tone your body using weights.
 BODY CONDITIONING	Basic	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. Modifications shown.
 YOGA	Basic	Health Seeker, Step-Up, Athlete	Participants focus on slow stretches, flexibility and deep breathing. Precise alignment of the poses is taught.