



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EX & CYCLE SCHEDULES

Southeast Volusia Schedule Effective: July 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver Sneakers Classic 8:00am	Silver Sneakers Cardio 8:00am * +	Silver Sneakers Yoga 8:00am * -	Silver Sneakers Cardio 8:00am * +	Silver Sneakers Cardio 8:00am * +	BodyPump 8:30pm - +	
Enhance Fitness 9:00am *	Yoga 9:00am * - +	Aerobics (Gymnasium) 8:00am * -	Yoga 9:00am * - +	Enhance Fitness 9:00am *		
Aerobics (Gymnasium) 9:00am * -	BodyCombat (Gymnasium) 9:00am - +	Enhance Fitness 9:00am *	BodyCombat (Gymnasium) 9:00am - +	Aerobics (Gymnasium) 9:00am * -		
Pilates 10:00am * +	Zumba 10:00am * - +	Tabata (Gymnasium) 9:00am * -	Zumba 10:00am * - +	Pilates 10:00am * +		
		Yogalates 10:00am * +				
Enhance Fitness 11:15am *		Enhance Fitness 11:15am *		Enhance Fitness 11:15am *		
		Dance PD 1:15pm				
		Kids Yoga (Ages 5 - 12) 4:30pm				
	Fit Kids (Ages 5 - 12) 5:00pm * - +	Yoga 5:30pm * +				
BodyPump 6:30pm - +	Zumba 6:30pm * - +	Strong 6:30pm * -	BodyPump 6:15pm - +			

Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Angela 5:45am * - +		Angela 5:45am * - +		Angela 5:45am * - +	Kim 9:45am * -	
Bree 4:15pm * - +				Bree 4:15pm * - +		
Intro /Inter Spin Jenn 6:00pm * - +	Shawna 5:30pm - +	Shawna 5:30pm - +	Sprint Stephanie 5:30pm - +			

*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

SOUTHEAST VOLUSIA FAMILY YMCA

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Class Name	Membership Tier	Designation	Class Description
Aerobics	Basic	Health Seeker, Step-up	A low impact high intensity cardiovascular class that includes conditioning and flexibility component.
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
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!
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 Parkinson's Disease	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.
Enhance Fitness	Plus	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.
Fit Kids	Basic		The Y's Fit Kids program is designed to promote sport skills, strength conditioning through a fun and challenging circuit training. (Ages 5-12) Registration required.
Kids Yoga	Paid		Meditation, breathing practices, relaxation, poses, games/activities and stress management. (Ages 5-12) Registration required.
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® Yoga	Basic	Health Seeker, Step-Up	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. Increase strength and flexibility while allowing ample time to rest and integrate.
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® 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.
Sprint	Plus	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. A high intensity, low impact workout, it's scientifically proven to return rapid results.
Strong By Zumba	Basic	Health Seeker, Step-Up, Athlete	STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every move is driven by the music, helping you make it to that last rep, and maybe even five more.
Tabata	Basic	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.
Yoga	Basic	Health Seeker, Step-Up, Athlete	Participants focus on slow stretches, flexibility and deep breathing. Precise alignment of the poses is taught.
Zumba	Basic	Health Seeker, Step-Up, Athlete	Cut loose to the hottest new workout with fun moves and shakin' tunes. Free yourself.