



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EX & CYCLE SCHEDULES

Holly Hill Schedule Effective: January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Y-Zone 1 Hour</b> Heath 6:00am		<b>Y-Zone 1 Hour</b> Heath 6:00am		<b>Y-Zone 1 Hour</b> Liz 9:00am	
	<b>Silver Sneakers Classic (45 min)</b> Nikki 9:00am * -	<b>Cardio Strengthening (45 min)</b> Nikki 9:00am *	<b>Silver Sneakers Classic (45 min)</b> Nikki 9:00am * -			
<b>Sculpt &amp; Tone (45 min)</b> Nikki 9:30am *		<b>Line Dance (45 Min)</b> Eddra 9:45am - +		<b>Sculpt &amp; Tone (45 min)</b> Nikki 9:30am *		
<b>Line Dance</b> Eddra 10:30am - +	<b>Balance of Movement</b> Joann 10:00am		<b>Balance of Movement</b> Joann 10:00am	<b>Line Dance</b> Eddra 10:30am - +		
	<b>Chair Yoga</b> Linda 11am - 12pm* +		<b>Yoga</b> Linda 11am - 12pm* +			
<b>Line Dance</b> Eddra 5:15pm - +						
	<b>Zumba China 5:30pm</b>	<b>Mindful Yoga</b> Teresa 5:30pm*	<b>Cardio Dance</b> Mary 5:30pm			
<b>Yoga Intermediate</b> Linda 6:30pm	<b>Y-Zone 1 Hour</b> Maggie 6:00pm	<b>Line Dance</b> Eddra 6:30pm - +	<b>Y-Zone 1 Hour</b> Liz 6:00pm			

Cycling						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Maggie</b> 6:00pm - +		<b>John</b> 6:00pm - +			<b>Jan</b> 9:15am - +	

### \*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

HOLLY HILL FAMILY YMCA  
1046 Daytona Avenue, Holly Hill, FL 32117  
P 386.253.5675 | F 386.255.5426 | vfyymca.org

Class Name	Membership Tier	Designation	Class Description
<b>Cardio Strength</b>	<b>Basic</b>	Health Seeker, Step-up, Athlete	A complete fun cardiovascular and strengthening workout. A variety of equipment may be used to achieve maximum results. <b>Modifications shown.</b>
<b>Chair Yoga</b>	<b>Basic</b>	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. Heavy emphasis on breathing techniques and relaxation is practiced in order to increase strength and flexibility while allowing ample time to rest and integrate.
<b>Cycling</b>	<b>Basic</b>	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.
<b>Martial Arts</b>	<b>Basic</b>	Health Seeker, Step-Up, Athlete	At the Y participants in our martial arts programs will learn about self-defense, focusing and goal setting. Beyond the basics, participants will also learn about respect and good sportsmanship, all the while building their self-confidence.
<b>Moving for Better Balance</b>	<b>Basic</b>	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.
<b>Pole Walking</b>	<b>Basic</b>	Health Seeker, Step-Up	Pole walking is designed to strengthen and tone your whole body, naturally correct body posture, lessen impact to lower joints and increase cardio. A limited number of poles are available for use during the class. This class requires attendance at a Pole Walking Clinic prior to participation. Please check with your local YMCA for the date of the next clinic
<b>SilverSneakers® Classic</b>	<b>Basic</b>	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.
<b>Y-Zone</b>	<b>Premium</b>	Step-up, Athlete	This hour-long interval fitness class includes resistance training, cardio, agility, suspension training, and high-energy exercises for your entire body.
<b>Yoga</b>	<b>Basic</b>	Health Seeker, Step-Up, Athlete	Participants focus on slow stretches, flexibility and deep breathing. Precise alignment of the poses is taught.