



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EX & CYCLE SCHEDULES

DeLand Schedule Effective: January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Interval Challenge Laura 5:45am - +	BodyCombat Stacy 8:10am - +	BodyPump Laura 5:45am - +	CXWORX Kristen 8:10am +	Interval Challenge Laura 5:45am - +		
Tai Chi Morris 7:30am* - +		Tai Chi Morris 7:30am* - +	BodyCombat Jean 8:45am * - +	Zumba Adrienne 8:00am - +	BodyPump Marta/Susan 8:15am - +	
BodyPump Tracy 8:45am * - +	Yoga Sandy 9:10am * - +	Multi-Step Sandy 9:10am - +		Multi-Step Kathy 9:10am - +	Yoga Sandy 9:30am - +	
Active Adult Cindy 10:15am * -	Step Sandy 10:10am - +	Active Adult Tracy 10:15am * -	Step Kathy 10:10am - +	Active Adult Cindy 10:15am * -	Zumba Rotation 10:30am * - + F	
Silver Sneakers @MSROM Jean 11:15am *	ABS Diana 11:15am * -	Silver Sneakers @MSROM Jean 11:15am *	ABS Diana 11:15am * -	Silver Sneakers Jean 11:15am *		
	Pilates Gretchka 12:30pm * - +	Tai Chi and Qigong for PD Morris 12:30pm *	BodyFlow Paige 12:30pm * - +			
BodyCombat Stacy 4:00pm * - +	Low Impact Fitness Andrea 1:45pm *		Low Impact Fitness Andrea 1:45pm *			
CXWORX Susan 5:00pm - +	BodyPump Jean 4:00pm * - +	Fun Fit Kids Terra/Andrea 3:15pm & 4:15pm	BodyPump Jean 4:00pm * - +	Y Kids Dance Terra 5:00pm		BodyPump Rotation 3:15pm - +
Zumba Jen 5:40pm * - +	BodyPump Marta 5:20pm * - +	Zumba Rotation 5:30pm * - + F	BodyPump Marta 5:20pm * - +			
BodyFlow Paige 6:45pm * - +	Zumba Kristee 6:30pm * - +	CXWORX Kristen 6:30pm +	Zumba Jen 6:30pm * - +	Yoga Valerie 6:30pm * - +		
Aikido Gail 8-9 pm - +	Goju Martial Arts Ryan 7:30pm - +	Aikido Gail 8-9 pm - +	Goju Martial Arts Ryan 7:30pm - +			

Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Renee 5:45am * - +		Marta 5:45am * -			
Allen 9:00am * - +	Allen 9:00am * - +	Morris 9:00am * - +	Allen 9:00am * - +	Morris 9:00am * - +	Laura 9:30am * -	
	Silver Cycling Jean 10:00am - +		Silver Cycling Jean 10:00am - +			
Marta 5:30pm * - +		Tanja 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

DELAND FAMILY YMCA

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Class Name	Membership Tier	Designation	Class Description
Active Adult	Basic	Healthy Seeker	A low Impact Cardio Class that includes strength training, abdominal and back exercises, and extended stretching.
Aikido	Paid Program	Step Up, Athlete	A martial art that promotes harmony and non-aggression by developing an awareness of oneself, an awareness of others and a way of interacting in harmony.
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
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
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!
CXWORX	Plus	Step-up, Athlete	CXWORX is an intense 30-minute core-training workout designed to tighten and tone your midsection in the shortest amount of time possible. The class utilizes your body weight, free weights, and resistance tubing to challenge your balance, coordination and improve your functional strength.
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.
Tai Chi and Qigong for Parkinson's Disease	Basic	Health Seeker	Participants will improve overall flexibility and strength, balance, reduce risk of falls, improve postural control and reduce stress associated with managing PD symptoms
Low Impact Fitness	Basic	Health seeker	Low Impact Fitness is an 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.
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.
Moving For Better Balance	Plus	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.
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.
Pole Walking	Basic	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.
SilverSneakers® Classic MSROM Muscular Strength Range of Movement	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.
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.
Tai Chi	Paid Program	Health Seeker, Step-up	Tai Chi helps promote balance, flexibility, stamina and endurance. The health benefits range from lower blood pressure to memory enhancement, detoxification and joint health.
Yoga	Basic	Health Seeker, Step-Up, Athlete	Participants focus on slow stretches, flexibility and deep breathing. Precise alignment of the poses is taught.