



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EX & CYCLE SCHEDULES

DeLand Schedule Effective: February 2019

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

## Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Renee</b> 5:45am * - +		<b>Marta</b> 5:45am * -			
<b>Allen</b> 9:00am * - +	<b>Allen</b> 9:00am * - +	<b>Morris</b> 9:00am * - +	<b>Allen</b> 9:00am * - +	<b>Morris</b> 9:00am * - +	<b>Laura</b> 9:30am * -	
	<b>Silver Cycling</b> Jean 10:00am - +		<b>Silver Cycling</b> Jean 10:00am - +			
<b>Marta</b> 5:30pm * - +		<b>Tanja</b> 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
<b>Active Adult</b>	<b>Basic</b>	Healthy Seeker	A low Impact Cardio Class that includes strength training, abdominal and back exercises, and extended stretching.
<b>Aikido</b>	<b>Paid Program</b>	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.
<b>BodyCombat™</b>	<b>Plus</b>	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
<b>BodyFlow™</b>	<b>Plus</b>	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
<b>BodyPump™</b>	<b>Plus</b>	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!
<b>CXWORX</b>	<b>Plus</b>	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.
<b>Cardio Dance</b>	<b>Basic</b>	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.
<b>Cardio Strength</b>	<b>Basic</b>	Health Seeker Step-up, Athlete	A complete cardiovascular and strengthening workout. A variety of equipment may be used to achieve maximum results. Modifications shown
<b>Chair Yoga</b>	<b>Basic</b>	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.
<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>Tai Chi and Qigong for Parkinson's Disease</b>	<b>Basic</b>	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
<b>Low Impact Fitness</b>	<b>Basic</b>	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.
<b>Hi-Lo Cardio</b>	<b>Basic</b>	Health Seeker, Step-up	Get a complete cardiovascular workout and blast calories with a variety of heart rate raising movements.
<b>Karate</b>	<b>Paid Program</b>	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.
<b>Moving For Better Balance</b>	<b>Plus</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>Pilates</b>	<b>Basic</b>	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.
<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 MSROM Muscular Strength Range of Movement</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>SilverSneakers® Circuit</b>	<b>Basic</b>	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.
<b>SilverSneakers® Cardio</b>	<b>Basic</b>	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.
<b>Step Aerobics</b>	<b>Basic</b>	Health Seeker, Step-up	Cardiovascular workout using the step and including a conditioning and flexibility component.
<b>Tumbling</b>	<b>Basic</b>	Kids Program	Tumbling is a gymnastics sporting discipline which combine skills of artistic gymnastics with those of trampolining.
<b>Tai Chi</b>	<b>Paid Program</b>	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.
<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.