



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EX & CYCLE SCHEDULES

Southeast Volusia Schedule Effective: February 2019

| 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 Classic 8:00am * + | BodyPump 8:30am - + | |
| 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 11:00am * | | Enhance Fitness 11:00am * | | Enhance Fitness 11:00am * | | |
| | | Dance PD 1:15pm | | | | |
| | | Kids Yoga (Ages 5 - 12) 4:30pm | | | | |
| Kids Jazz/Hip-Hop (Ages 5-12) 5:00pm | Kids Ballet/Tap (Ages 4-10) 5:00pm | Yoga 5:30pm * + | Fit Kids (Ages 5 - 12) 4:30 pm * - + | | | |
| BodyPump 6:15pm - + | Zumba 6:30pm * - + | | BodyPump 6:15pm - + | | | |

Cycling

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|-----------------------------|-------------------------------|---------------------------------------|-------------------------------|-----------------------------|--------|
| Angela 5:45am * - + | | Angela 5:45am * - + | | Angela 5:45am * - + | Angela 8:45am * - | |
| Stephanie 4:30pm * - + | | | | Laura 4:30pm * - + | | |
| 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. |
| Kids Ballet/Tap | Paid | Ages 4-12 | Ballet is a classical form of dance focusing on elegant and graceful movements, proper positioning and the building and maintenance of a strong physique. Tap dancing allows students to learn the art of making music with their feet through the rhythmic movement of the choreography. Jazz Dancing is an upbeat style of dancing that uses techniques from a variety of dance styles. Students develop dance skills in stretching, jumping, turning, floor movement, basic ballet, tumbling and creative dance. Dancers in Level 1 and 2 will also be exposed to other forms of dance including some jazz, lyrical, tumbling and creative dance. Dress Code: Any color dance leotard or dance outfit, dance tights, pink ballet shoes, tan tap shoes. Registration required. |
| Kids Jazz/Hip-Hop | Paid | Ages 5-12 | Hip Hop is a fun and urban dance class is high energy and fast paced offering a strong emphasis on attitude! Dress code: Any color dance leotard or dance outfit or loose-fitting clothes (no jeans), jazz shoes/sneaker or regular tennis shoes, knee-pads are recommended. Registration required. |
| 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 | Ages 5-12 | The Y's Fit Kids program is designed to promote sport skills, strength conditioning through a fun and challenging circuit training. (Ages 5-12) |
| Kids Yoga | Basic | Ages 5-12 | Meditation, breathing practices, relaxation, poses, games/activities and stress management. (Ages 5-12) |
| 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. |
| 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. |