



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EX & CYCLE SCHEDULES

Four Townes Schedule April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Flexibility</b> Wes 8:15am * - +	<b>Tai Chi</b> Morris 7:45am * - +	<b>Flexibility</b> Andrea 8:15am * - +	<b>Tai Chi</b> Morris 7:45am * - +	<b>Flexibility</b> Wes 8:15am * - +	<b>Yoga</b> Claudia 8:00am * - +	
<b>BodyCombat</b> Melissa 9:00am - +	<b>Step</b> Wes 9:00am * - +	<b>BodyCombat</b> Melissa 9:00am - +	<b>Step</b> Wes 9:00am * - +	<b>BodyCombat</b> Stacey 9:00am - +	<b>BodyPump</b> Tracy 9:15am - +	
<b>Silver Sneakers Classic</b> Sherry Pine Ridge 10:15am *	<b>Silver Sneakers Classic</b> Rosemary Villa Grande 9:15am *	<b>Silver Sneakers Classic</b> Sherry Pine Ridge 10:15am *	<b>Silver Sneakers Classic</b> Rosemary Villa Grande 9:15am *	<b>Silver Sneakers Classic</b> Sherry Pine Ridge 10:15am *	<b>Core(30 min)</b> Susan/Tracy 10:25am * - +	
<b>BodyPump</b> Jan 10:10am * - +	<b>Yoga</b> Valerie 10:40am * - +		<b>Yoga</b> Valerie 10:40am * - +	<b>BodyPump</b> Jan 10:15am *	<b>Zumba</b> Susan/Jeanette 11:00am * - +	
<b>Silver Sneakers Classic</b> Wes 11:30am *	<b>Low Impact Fitness</b> Andrea 12:00pm * - +	<b>Silver Sneakers Classic</b> Cindy 11:30am *	<b>Low Impact Fitness</b> Cindy 12:00pm * - +	<b>Silver Sneakers Classic</b> Wes 11:30am *		
<b>Silver Sneakers Cardio Fit</b> Cindy 12:30pm *	<b>Intro to Yoga</b> Rosemary 1:00pm *	<b>Silver Sneakers Cardio Fit</b> Cindy 12:30pm *	<b>Intro to Yoga</b> Rosemary 1:00pm *	<b>Silver Sneakers Cardio Fit</b> Cindy 12:30pm *	<b>Tae Kwon Do</b> Master Will 2:00pm * - + Ages 6 & up	
						<b>Low Impact Fitness</b> Wes 2:00pm * - +
<b>Tae Kwon Do</b> Master Will 4:00pm * - + Ages 6 & up		<b>Tae Kwon Do</b> Master Will 4:00pm * - + Ages 6 & up				
<b>Yoga</b> Valerie 5:00pm * - +	<b>Core(30 min)</b> Susan 5:30pm * - +	<b>BodyPump</b> Tracy/Susan 5:10pm * - +	<b>Zumba</b> Annalie 4:45pm * - +	<b>Zumba</b> Melanie/Annalie 4:45pm * - +		
<b>BodyPump</b> Laura 6:00pm * - +	<b>Zumba</b> Patti 6:00pm * - +	<b>Zumba</b> Annalie 6:40pm * - +				
<b>Zumba</b> Melanie 7:15pm * - +	<b>Tae Kwon Do</b> Master Will 7:00pm * - + Ages 6 & up		<b>Tae Kwon Do</b> Master Will 7:00pm * - + Ages 6 & up			

## Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Jan</b> 9:00am * - +	<b>Amber</b> 9:00am * - +	<b>Jan</b> 9:00am * - +	<b>Amber</b> 9:00am * - +	<b>Jan</b> 9:00am * - +	<b>Becky</b> 8:00am * - +	
<b>Becky</b> 6:00pm * - +	<b>Michelle</b> 6:00pm * - +	<b>Marta</b> 6:00pm * - +	<b>Michelle</b> 6:00pm * - +			

### \*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

FOUR TOWNES FAMILY YMCA

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Class Name	Membership Tier	Designation	Class Description
<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>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>Cheerleading</b>	<b>Paid</b>	Health Seeker, Step-Up, Athlete	Cheerleading at the Y allows children to cheer for their team and build their own spirit and self-confidence. Participants will not only learn the basics of cheerleading, but also the importance of working together on a team, who they are and what they can achieve. <b>Registration Required.</b>
<b>Cycling (Spin)</b>	<b>Basic</b>	Health Seeker, 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>Low Impact Fitness</b>	<b>Basic</b>	Health seeker	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>Flexibility</b>	<b>Basic</b>	Health Seeker, Step-Up, Athlete	A class designed to increase flexibility and mobility. All fitness levels welcome.
<b>Intro to 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 orders to increase strength and flexibility while allowing ample time to rest and integrate.
<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>Registration Required.</b>
<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>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>Tae Kwon Do</b>	<b>Paid</b>	Health Seeker, Step-up, Athlete	At the Y, our martial arts program offers more than self-defense. Beyond the basics of Tae Kwon Do, you will learn about respect & good sportsmanship while building self- confidence. A true family program that build's a healthy sprit, mind & body for all. <b>Registration Required.</b>
<b>Tai Chi</b>	<b>Paid</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>Registration Required.</b>
<b>Tumbling</b>	<b>Paid</b>	Health Seeker, Step-Up, Athlete	At the Y, kids in our tumbling program will not only learn how to flip and do the splits, but they will also beam with confidence and make new friends along the way, all under the guidance of our trained gymnastics instructors. <b>Registration Required.</b>
<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.
<b>Zumba</b>	<b>Basic</b>	Health Seeker, Step-Up, Athlete	Dance to a fusion of Latin and International music! A dynamic, exiting, effective fitness class maximizing caloric output, fat burning and total body toning. Dance your way into fitness!

## Hours of Operation

**Monday - Thursday:** 5:00am - 9:00pm

**Friday:** 5:00am - 8:00pm

**Saturday:** 8:00am - 5:00pm

**Sunday:** 1:00pm – 5:00pm

Villa Grande on Saxon

450 Alessandra Circle

Orange City FL 32763

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Pine Ridge Fellowship Church

1045 E Normandy Blvd

Deltona, FL 32725

386.259.9240