



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EX & CYCLE SCHEDULES

Port Orange Schedule Effective: April 2019

STUDIO A						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills BodyPump (60 min) Priscilla 6:30am * - +	Les Mills BodyPump Vanessa 7:00am * - +	Les Mills BodyPump (60 min) Priscilla 6:30am * - +	Les Mills BodyPump Shelby 7:00am * - +			
Step (Advanced) Kim 8:00am - - +	Les Mills BodyCombat (60 min) Stephanie 8:00am * - +	Step (Advanced) Jen 8:00am - - +	Les Mills BodyCombat (60 min) Stephanie 8:00am * - +	Step (Advanced) Jen 8:00am - - +	Les Mills BodyCombat (60 min) Matt 8:00am - - +	
Zumba Gladys 9:15am * -	Les Mills BodyPump (60 min) Stephanie 9:15am * - +	Zumba Michele 9:15am * -	Les Mills BodyPump (60 min) Desiree 9:15am * - +	Zumba Michele 9:15am * -	Les Mills BodyPump (60 min) Rotation 9:15am * - +	
Yoga (childcare) Chrissy 10:15am * -	Les Mills BodyFlow Stephanie 10:30am * - +	Yoga (childcare) Emily 10:15am * -	Les Mills BodyFlow Jill 10:30am * - +	Yoga (childcare) Emily 10:15am * -	Zumba Gladys 10:30am * - +	
Active Adult Coleen 10:30am *	Chair Yoga Chrissy 11:30am *	Active Adult Coleen 10:30am *	Chair Yoga Chrissy 11:30am *	Active Adult Coleen 10:30am *		
Silver Sneakers Classic Darci 11:45am *		Silver Sneakers Classic Coleen 11:45am *		Silver Sneakers Classic Coleen 11:45am *		
	Line Dancing 1:00pm			PWR PD 2:00pm *		
	Ballroom Dancing 2:00pm					
	Les Mills BodyPump (25 min) Stephanie 4:30pm - - +		Les Mills BodyPump (25 min) Heather 4:30pm - - +			
Les Mills BodyPump (60 min) Jason 5:30pm * - +	Les Mills CXWORX (30 min) Stephanie 5:00pm - - +	Les Mills BodyPump (60 min) Heidi 5:30pm - - +	Les Mills CXWORX (30 min) Matt 5:00pm - - +	Les Mills BodyPump (60 min) Heidi 5:30pm - - +		
Les Mills BodyCombat (60 min) Heather 6:45pm * - +	Zumba Crickette 5:45pm * - +	Les Mills BodyCombat (60 min) Matt 6:45pm * - +	Zumba Sandra 5:45pm * - +	Les Mills BodyCombat (60 min) Sheryl 6:45pm * - +		
	HIIT 6:30pm (Functional Training Room)		HIIT 6:30pm (Functional Training Room)			
	Karate 6:45pm		Karate 6:45pm			

*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

PORT ORANGE FAMILY YMCA

4701 City Center Parkway, Port Orange, FL 32129
P 386.760.9622 | F 386.788.7579 | vfymca.org



GROUP EX & CYCLE SCHEDULES

STUDIO B

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cardio Strength Priscilla 6:30am * - +		Cardio Strength Priscilla 6:30am * - +			
Yoga Judy 7:30am * - +	Yoga Jill 8:00am * -	Yoga Judy 7:30am * - +	Yoga Jill 8:00am * -	Yoga Judy 7:30am * - +	Step (Advanced) Jen 8:00am * - +	
Cardio Dance Mary 9:00am *	Cardio Fit Priscilla 9:00am *	Zumba (Beginner) Gladys 9:00am *	Cardio Fit Sandra 9:00am *	Zumba (Beginner) Jacqui 9:00am *	Les Mills CXWORX (30 min) Kathy 9:15am - +	
Cardio Strength Josie 10:15am * -	Silver Sneakers Circuit Heather 10:00am *	Cardio Strength Josie 10:15am * -	Silver Sneakers Circuit Sandra 10:00am *	FitTots (Ages 2-4) Darci 10:15am	Les Mills CXWORX (30 min) Matt 10:30am * - +	
Pilates Stretch & Balance Josie 11:30am * -	Pilates Stephanie 11:30am * -	Pilates Stretch & Balance Josie 11:30am * -	Pilates Jill 11:30am * -		Les Mills BodyFlow Sheryl 11:15am * - +	
Dance for PD 1:15pm *	Adaptive Yoga Brooks Rehab 1pm - 3pm					Cardio Dance Maria 3:15pm *
	Step (Advanced) Jen 5:30pm * - +		Step (Advanced) Jen 5:30pm * - +	Zumba Crickette 5:45pm * - +		
	Yoga (60 min) Jen 6:35pm * - +		Yoga (60 min) Jen 6:35pm * - +			
Step (Beginner) Jim 6:45pm * - +		Step (Beginner) Jim 6:45pm * - +				

Cycling

(Sign-up sheet will be available 1 hour before class)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Karen 5:15am		Karen 5:15am			
Jason 9:00am	Annette 9:15am	Emily 9:00am	Stephanie N. 9:15am	Annette 9:00am	Nicole (60 min) 8:30am	
Les Mills Sprint (30 min) Sarah 10:00am - +		Les Mills Sprint (30 min) Stephanie N. 10:00am		Les Mills Sprint (30 min) Jason 10:00am	Les Mills Sprint (30 min) Rotation 9:45am	
Emily 6:00pm	Les Mills Sprint (30 min) Sheryl 5:45pm	Alphonso 6:00pm	Les Mills Sprint (30 min) Matt 5:45pm			Jan 2:00pm

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