



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EX & CYCLE SCHEDULES

August 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Les Mills BodyCombat</b> Tracy 8:05am - +	<b>Les Mills BodyPump</b> Laura 5:45am * - +				
<b>Les Mills BodyPump</b> Tracy 8:45am * - +		<b>Step Cardio HIIT 30'</b> Sandy 9:00am - +	<b>Les Mills BodyCombat</b> Jean 8:45am - +	<b>Les Mills BodyPump Express</b> Jean 8:00am * - +	<b>Les Mills BodyPump</b> Marta 8:15am - +	
	<b>Step</b> Sandy 9:10am * - +	<b>Strength and Toning 30'</b> Sandy 9:35am - +		<b>Multi-Step</b> Kathy 9:00am - +	<b>Wellbeing/Stretching</b> Sandy 9:35am - +	
<b>Active Adult</b> Tracy 10:15am * - +	<b>Wellbeing/Stretching</b> Sandy 10:10am - +	<b>Active Adult</b> Sandy 10:15am * -	<b>Step</b> Kathy 10:00am - +	<b>Active Adult</b> Rotation 10:15am * -	<b>Zumba</b> Rotation 10:40am * - +	
<b>Silver Sneakers @MSROM</b> Jean 11:15am * - +		<b>Silver Sneakers @MSROM</b> Jean 11:15am * - +		<b>Silver Sneakers @MSROM</b> Jean 11:15am * - +		
			<b>Les Mills BodyFlow</b> Paige 12:30pm * - +			
<b>Les Mills BodyCombat</b> Morgan 4:00pm - +						
<b>Les Mills CXWORX</b> Susan 5:00pm - +						
<b>Zumba</b> Jen 5:40pm * - +	<b>Les Mills BodyPump</b> Marta 5:20pm * - +	<b>Zumba</b> Rotation 5:30pm * - + F	<b>Les Mills BodyPump</b> Marta 5:20pm - +			
<b>Les Mills BodyFlow</b> Paige 6:45pm * - +	<b>Zumba</b> Kristee 6:30pm * - +		<b>Zumba</b> Jen 6:30pm * - +			
<b>Aikido</b> Gail 7pm * - +	<b>American Goju</b> Ryan 7pm * - +	<b>Aikido</b> Gail 7pm * - +	<b>American Goju</b> Ryan 7pm * - +			

Cycling						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>Laura</b> 5:45am * - +			
<b>Tanja</b> 9:00am * - +	<b>Allen</b> 9:00am * - +	<b>Deneise</b> 9:00am * - +	<b>Allen</b> 9:00am * - +	<b>Tanja</b> 9:00am * - +	<b>Laura</b> 9:00am * -	
	<b>Jean Silver Cycling</b> 10:15 * - +		<b>Jean Silver Cycling</b> 10:15 * - +			
<b>Marta</b> 5:30pm * - +		<b>Marta</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

761 E. International Speedway Blvd., DeLand, FL 32724

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>Les Mills Express</b>	<b>Plus</b>	Health Seeker Step-up, Athlete	Les Mill Express is a 45 minute class which targets every muscle group in your body. Set to awesome music in a fun environment you will be challenged to meet your fitness goals at any level. Everyone leaves feeling empowered and successful
<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>Butts and Guts 30'</b>	<b>Basic</b>	Health Seeker Step-up, Athlete	Butts & Guts targets the common problem areas, incorporating a mixture of abdominal workouts, lunges, stretches and exercises for the legs, thigh's, buttocks and stomach. A conditioning class focusing on re-shaping the lower body. This is a low impact class, with an element of cardiovascular work and suitable for all levels of fitness.
<b>Step Cardio HIIT</b>	<b>Basic</b>	Health Seeker Step-up, Athlete	Combines the two best things to do for fitness: High Intensity Interval Training (HIIT) and Group Ex. Step is excellent for cardio fitness and coordination (mind body connection.)
<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>Strength and Toning 30'</b>	<b>Basic</b>	Step-Up, Athlete	Maintaining strength throughout life is of vital importance for optimum health. Improve posture and increase strength and endurance with an age appropriate but intense strength and toning class.
<b>HIIT 30'</b>	<b>Basic</b>	Step - up, Athlete	HIIT or <i>high-intensity interval training</i> , is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.
<b>HIIT Cycle 30'</b>	<b>Basic</b>	Health Seeker, Step-up, Athlete	The 30-minute cycling workout allows anyone to push their physical and mental limits in a safe environment. It features bursts of intensity to work you as hard as possible, followed by periods of rest, allowing you to prepare for the next effort.
<b>Get Strong Together</b>	<b>Basic</b>	Health Seeker, Step-Up	Through exercise, you and your child will stretch, improve aerobic exercise, learn body awareness, and develop coordination and rhythm. You and your child will work together to get fit and have fun.
<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>Step Aerobics</b>	<b>Basic</b>	Health Seeker, Step-up	Cardiovascular workout using the step and including a conditioning and flexibility component.
<b>Sweat &amp; Stretch</b>	<b>Basic</b>	Health Seeker, Step-Up, Athlete	Get coached for 30 minutes and get your sweat on by using cardio equipment. Then let's stretch out those tight muscles to improve your flexibility.
<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>Wellbeing/ Stretching Yoga</b>	<b>Basic</b>	Health Seeker, Step-Up, Athlete	Let the worries grind melt away while improving flexibility, strength, balance, and achieving overall relaxation.
<b>Zumba</b>	<b>Basic</b>	Health Seeker, Step-up, Athlete	Zumba is a fitness program that combines Latin and international music with dance moves.