



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EX & CYCLE SCHEDULES

January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Les Mills BodyCombat Tracy 8:05am - +					
Les Mills BodyPump Tracy 8:45am * - +		Step Cardio HIIT 30' Sandy 9:00am - +	Les Mills BodyCombat Jean 8:45am - +	Les Mills BodyPump Express Jean 8:00am * - +	Les Mills BodyPump Marta 8:15am - +	
	Step Sandy 9:10am * - +	Strength and Toning 30' Sandy 9:35am - +		Multi-Step Kathy 9:00am - +	Wellbeing/Stretching Sandy 9:35am - +	
Active Adult Tracy 10:15am * - +	Wellbeing/Stretching Sandy 10:10am - +	Active Adult Sandy 10:15am * -	Step Kathy 10:00am - +	Active Adult Bebe 10:15am * -	Zumba Rotation 10:40am * - +	
Silver Fitness Jean 11:15am * - +		Silver Fitness Jean 11:15am * - +		Silver Fitness Jean 11:15am * - +		
Les Mills BodyCombat Morgan 4:00pm - +		Tumbling Brenda/Diana 4:15pm * - +		Tumbling Brenda/Diana 4:15pm * - +		
Core Susan 5:00pm - +				Advanced Tumbling Brenda/Diana 5:15pm * - +		
Zumba Jen 5:40pm * - +	Les Mills BodyPump Marta 5:20pm * - +	Zumba Rotation 5:30pm * - + F	Les Mills BodyPump Marta 5:20pm - +			
Les Mills BodyFlow Paige 6:45pm * - +			Zumba Jen 6:30pm * - +			
	American Goju Ryan 7pm * - +		American Goju Ryan 7pm * - +			

Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Laura 5:45am * - +		Laura 5:45am * - +		
Tanja 9:00am * - +		Tanja 9:00am * - +		Tanja 9:00am * - +	Laura 9:00am * -	
	Jean Silver Cycling 10:15 * - +		Jean Silver Cycling 10:15 * - +			
Marta 5:30pm * - +		Marta 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
P 386.736.6000 | F 386.736.9622 | vfyymca.org

Class Name	Membership Tier	Designation	Class Description
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
BodyFlow™	Plus	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
Les Mills Express	Plus	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
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!
CXWORX	Plus	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.
Step Cardio HIIT	Plus	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.)
Cycling	Plus	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.
Strength and Toning 30'	Plus	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.
HIIT 30'	Plus	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.
Silver Fitness	Plus	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.
Step Aerobics	Plus	Health Seeker, Step-up	Cardiovascular workout using the step and including a conditioning and flexibility component.
Wellbeing/ Stretching	Plus	Health Seeker, Step-Up, Athlete	Let the worries grind melt away while improving flexibility, strength, balance, and achieving overall relaxation.
Zumba	Plus	Health Seeker, Step-up, Athlete	Zumba is a fitness program that combines Latin and international music with dance moves.