



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EX & CYCLE SCHEDULES

Southeast Volusia Schedule Effective: January 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Events
	Sculpt, Strength, Stretch 6:00am *-					
Silver Fitness 8:00am Starting Jan 18			Silver Fitness 8:00am Starting Jan 14			
Aerobics (Gymnasium) 9:00am *-		Aerobics (Gymnasium) 8:00am *-		Aerobics (Gymnasium) 9:00am *-	Les Mills BodyPump 8:30am - +	
Les Mills BodyPump 9:00am - +	Yoga 9:00am * - +	Pilates 9:00am * - +	Yoga 9:00am * - +	Core Friday 9:00am *		
		Tabata (Gymnasium) 9:00am - +				
Enhance Fitness 10:00am *	Zumba 10:00am * - +	Enhance Fitness 10:00am *	Zumba 10:00am * - +	Enhance Fitness 10:00am *		
Les Mills BodyCombat 5:30pm	Bounce & Barre 5:30pm - +	Tabata Fusion 5:30pm - +				
Les Mills BodyPump 6:30pm - +	Zumba 6:30pm * - +		Les Mills BodyPump 6:15pm - +			

## Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Events
Angela 5:45am * - +		Angela 5:45am * - +		Angela 5:45am * - +		
Jenn 5:30pm * - +	Shawna 5:30pm - +	Shawna 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
<b>Aerobics</b>	<b>Basic</b>	<b>Health Seeker, Step-up</b>	<b>A low impact high intensity cardiovascular class that includes conditioning and flexibility component.</b>
<b>Bounce &amp; Barre</b>	<b>Basic</b>	<b>Health Seeker, Step-Up, Athlete</b>	<b>This Full Body workout will move you beyond your comfort zone and into an area of intense bodily awareness. We move through cardio-intensive physical conditioning and muscle-sculpting isometric exercises. These classes combine the Fun and energetic moves of Bouncing on a Fitness Trampoline with the concentrated, intentional moves of a world class dancer at the Barre! The results will be a beautifully strong, resilient, Mind and Body. You will experience a whole new level of fitness while you Lengthen, Strengthen, Bounce, and Shake things up! Great for both men and women!</b>
<b>Les Mills BodyCombat™</b>	<b>Plus</b>	<b>Step-up, Athlete</b>	<b>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>
<b>Les Mills BodyPump™</b>	<b>Plus</b>	<b>Health Seeker Step-up, Athlete</b>	<b>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>
<b>Muscular Monday/Core Friday</b>	<b>Basic</b>	<b>Health Seeker Step-up, Athlete</b>	<b>This class is 30 minutes filled with multiple variations of squats, lunges, planks, crunches, leg-lifts, and other Pilates-style strengthening moves intended to tone your glutes and abs.</b>
<b>Sculpt, Strength, Stretch</b>	<b>Basic</b>	<b>Health Seeker, Step-up</b>	<b>Sculpt, Strength, Stretch is for everybody...from the seasoned athlete to those just getting started on their physical fitness journey. This is a Fun Fast-Paced class that challenges your body in various ways utilizing multiple formats and equipment. Sure to boost your Mood and Metabolism!</b>
<b>Cycling</b>	<b>Basic</b>	<b>Step-up, Athlete</b>	<b>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>
<b>Enhance Fitness</b>	<b>Plus</b>	<b>Health seeker</b>	<b>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.</b>
<b>Pilates</b>	<b>Basic</b>	<b>Health Seeker, Step-Up</b>	<b>A unique system of stretching and strengthening exercises designed to improve core muscle strength, flexibility, balance, posture, and overall well-being.</b>
<b>Silver Fitness</b>	<b>Basic</b>	<b>Health Seeker</b>	<b>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>
<b>Tabata/Circuit Tabata</b>	<b>Basic</b>	<b>Step-up, Athlete</b>	<b>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.</b>
<b>Tabata Fusion</b>	<b>Basic</b>	<b>Step-up, Athlete</b>	<b>High intensity interval training/Dance fitness designed to get your heart rate up in that very hard anaerobic zone for short periods of time.</b>
<b>Yoga</b>	<b>Basic</b>	<b>Health Seeker, Step-Up, Athlete</b>	<b>Participants focus on slow stretches, flexibility and deep breathing. Precise alignment of the poses is taught.</b>
<b>Zumba</b>	<b>Basic</b>	<b>Health Seeker, Step-Up, Athlete</b>	<b>Cut loose to the hottest new workout with fun moves and shakin' tunes. Free Yourself.</b>