



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EX & CYCLE SCHEDULES

Port Orange Schedule

STUDIO A						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step (Advanced) Kim 8:00am - +	Les Mills BodyCombat Stephanie N 8:00am * - +	Step (Advanced) Kim 8:00am - +	Les Mills BodyCombat Stephanie N 8:00am * - +	Step (Advanced) Stephanie M 8:00am - +	Les Mills BodyCombat Matt 8:00am - +	
Zumba Gladys 9:15am * -	Les Mills BodyPump Stephanie N 9:15am * - +	Zumba Gladys 9:15am * -	Les Mills BodyPump Desiree 9:15am * - +	Zumba Jacqui 9:15am * -	Les Mills BodyPump Rotation 9:15am * - +	
Yoga Jill 10:30am * -	Les Mills BodyFlow Stephanie N 10:30am * - +	Yoga Emily 10:30am * -	Les Mills BodyFlow Daija 10:30am * - +	Yoga Emily 10:30am * -	Zumba China 10:30am * - +	
Silver Fit Coleen 11:45am *		Silver Fit Coleen 11:45am *		Silver Fit Coleen 11:45am *		
	Line Dancing 1:00pm					
	Ballroom Dancing 2:00pm					
Les Mills BodyPump Jason 5:30pm * - +	Zumba Crickette 5:30pm * - +	Les Mills BodyPump Heidi 5:30pm * - +	Zumba China 5:30pm * - +	Les Mills BodyPump Heidi 5:30pm * - +		
Les Mills BodyCombat Sheryl 6:45pm - +	Karate 6:45pm	Les Mills BodyCombat Matt 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 | vfyymca.org



GROUP EX & CYCLE SCHEDULES

STUDIO B						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cycle Karen 5:15am		Cycle Karen 5:15am			
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 - +	
Cycle Annette 9:00am	Cardio Fit Priscilla 9:15am *-	Cycle Emily 9:00am	Cardio Fit Priscilla 9:15am *-	Cycle Annette 9:00am	Les Mills Core Matt 9:15am - +	
Cardio Strength Josie 10:15am * -		Cardio Strength Josie 10:15am * -			Les Mills Sprint (30 min) Rotation 10:00am+	
Pilates Stretch & Balance Josie 11:15am * -		Pilates Stretch & Balance Josie 11:15am * -			Les Mills BodyFlow Sheryl 11:15am * - +	
Cycle Emily 5:30pm	Les Mills Sprint Sheryl 5:30pm+	Cycle Alphonso 5:30pm	Les Mills Sprint Matt 5:30pm+	Zumba Crickette 5:45pm * - +		
Step (Beginner) Jim 6:45pm * - +		Step (Beginner) Jim 6:45pm * - +				

- **Distance:** must maintain a minimum of 6 feet distance
- **Equipment:** must disinfect equipment before and after use
- **Cleanliness:** wash hands before and after working out with soap and water for at least 20 seconds

*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