



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EX & CYCLE SCHEDULES

## March 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>Flexibility</b> Tina 8:15am * - +		<b>Flexibility</b> Tina 8:15am * - +		
<b>Les Mills BodyCombat</b> Melissa 9:00am - +	<b>Cardio</b> Sherry 9:00am * - +	<b>Les Mills BodyCombat</b> Melissa 9:00am - +	<b>Cardio</b> Kristen 9:00am * - +	<b>Les Mills BodyCombat</b> Morgan 9:00am - +	<b>Les Mills BodyPump</b> Tracy 9:00am - +	
<b>Les Mills BodyPump</b> Jan 10:15am - +		<b>SilverSneakers Classic @ Pine Ridge</b> Sherry 9:45am * - +		<b>Les Mills BodyPump</b> Jan 10:15am - +	<b>Core (30 min)</b> Susan/Tracy 10:15am * - +	
<b>SilverSneakers Classic @ Pine Ridge</b> Sherry 9:45am * - +		<b>Yoga</b> Tina 10:30am *	<b>Yoga</b> Tina 10:30am *			
<b>Silver Fitness Level 1</b> Cindy 11:30am * - +		<b>Silver Fitness Level 1</b> Cindy 11:30am * - +		<b>Silver Fitness Level 1</b> Cindy 11:30am * - +	<b>Zumba</b> Susan/Jeanette 11:00am * - +	
<b>Silver Fitness Level 2</b> Cindy 12:30pm * - +	<b>Intro to Yoga</b> Rosemary 1:00pm *	<b>Silver Fitness Level 2</b> Cindy 12:30pm * - +	<b>Intro to Yoga</b> Rosemary 1:00pm *	<b>Silver Fitness Level 2</b> Cindy 12:30pm * - +	<b>Dance Appeal</b> 12:15pm	
<b>Dance Appeal</b> 4:15pm	<b>Dance Appeal</b> 4:15pm	<b>Dance Appeal</b> 4:15pm	<b>Dance Appeal</b> 4:15pm	<b>Dance Appeal</b> 4:15pm		
<b>Zumba</b> Lourdes/Jeanette 5:15pm * - +	<b>Zumba</b> Patti/Mallorie 5:15pm * - +	<b>Zumba</b> Lourdes 5:15pm * - +	<b>Zumba</b> Mallorie 5:15pm * - +			
<b>Les Mills BodyPump</b> Laura 6:15pm - +	<b>Family Fit Class (Outdoor)</b> Melissa 5:30pm - +	<b>Les Mills BodyPump</b> Susan/Tracy 6:15pm - +	<b>Family Fit Class (Outdoor)</b> Melissa 5:30pm - +			
	<b>Tae Kwon Do</b> 7:00pm		<b>Tae Kwon Do</b> 7:00pm			

### Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Jan</b> 9:00am * - +	<b>Amber</b> 9:00am * - +	<b>Jan</b> 9:00am * - +	<b>Amber</b> 9:00am * - +	<b>Jan</b> 9:00am * - +		
	<b>Michelle</b> 6:00pm * - +		<b>Michelle</b> 6:00pm * - +			

#### \*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

FOUR TOWNES FAMILY YMCA

280 Wolf Pack Run, Deltona, FL 32725

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Class Name	Membership Tier	Designation	Class Description
<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>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>Cycling (Spin)</b>	<b>Plus</b>	Health Seeker, 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>Flexibility</b>	<b>Plus</b>	Health Seeker, Step-Up, Athlete	A class designed to increase flexibility and mobility. All fitness levels welcome.
<b>Intro to Yoga</b>	<b>Plus</b>	Health Seeker, Step-up	Chair Yoga is practiced primarily sitting in a chair with options to stand or come to the mat. It is a great way to learn time-effective postures to do from a desk, car, or any other time you're sitting. It's also a great class for people with physical challenges as well as pregnant women. Heavy emphasis on breathing techniques and relaxation is practiced in orders to increase strength and flexibility while allowing ample time to rest and integrate.
<b>Silver Fitness Level 1</b>	<b>Plus</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>Silver Fitness Level 2</b>	<b>Plus</b>	Step-up, Athlete	Get up and go with an aerobics class for you – safe, heart -healthy, and gentle on the joints. The workout includes easy to follow low-impact movement and upper body strength, abdominal conditioning, stretching, and relaxation exercises designed to energize your active lifestyle.
<b>Cardio</b>	<b>Plus</b>	Health Seeker, Step-up	Cardiovascular workout including a conditioning and flexibility component.
<b>Yoga</b>	<b>Plus</b>	Health Seeker, Step-Up, Athlete	Participants focus on slow stretches, flexibility and deep breathing. Precise alignment of the poses is taught.
<b>Zumba</b>	<b>Plus</b>	Health Seeker, Step-Up, Athlete	Dance to a fusion of Latin and International music! A dynamic, exiting, effective fitness class maximizing caloric output, fat burning and total body toning. Dance your way into fitness!
<b>Core</b>	<b>Plus</b>	Step-up, Athlete	A 30-minute core-training workout designed to tighten and tone your midsection. The class utilizes your body weight, free weights, and resistance tubing to challenge your balance, coordination and improve your functional strength.
<b>Family Fit Class (Outdoor)</b>	<b>Plus</b>	Health Seeker Step-up, Athlete	Includes a fairly intense mix of aerobic, strength training and speed elements within each class. A type of interval training with bursts of intense activity alternated with intervals of lighter activity.
<b>Silver Sneakers Classic @ Pine Ridge</b>	<b>Classic</b>	Health Seeker, Step-up	

## Hours of Operation

**Monday - Thursday:** 5:00am - 8:00pm

**Friday:** 5:00am - 7:00pm

**Saturday:** 8:00am - 2:00pm

Pine Ridge Fellowship Church

1045 E Normandy Blvd

Deltona, FL 32725

386.259.9240