



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 |
| <b>Step (Advanced)</b><br>Kim<br>8:00am - +         | <b>Les Mills BodyCombat</b><br>Stephanie N<br>8:00am * - + | <b>Step (Advanced)</b><br>Kim<br>8:00am - +        | <b>Les Mills BodyCombat</b><br>Stephanie N<br>8:00am * - + | <b>Step (Advanced)</b><br>Stephanie M<br>8:00am - + | <b>Les Mills BodyCombat</b><br>Matt<br>8:00am - +     |        |
| <b>Zumba</b><br>Gladys<br>9:15am * -                | <b>Les Mills BodyPump</b><br>Stephanie N<br>9:15am * - +   | <b>Zumba</b><br>Gladys<br>9:15am * -               | <b>Les Mills BodyPump</b><br>Desiree<br>9:15am * - +       | <b>Zumba</b><br>Jacqui<br>9:15am * -                | <b>Les Mills BodyPump</b><br>Rotation<br>9:15am * - + |        |
| <b>Yoga</b><br>Jill<br>10:30am * -                  | <b>Les Mills BodyFlow</b><br>Stephanie N<br>10:30am * - +  | <b>Yoga</b><br>Emily<br>10:30am * -                | <b>Les Mills BodyFlow</b><br>Stephanie N<br>10:30am * - +  | <b>Yoga</b><br>Emily<br>10:30am * -                 | <b>Zumba</b><br>China<br>10:30am * - +                |        |
| <b>Silver Fit</b><br>Coleen<br>11:45am *            |  | <b>Silver Fit</b><br>Coleen<br>11:45am *           |  | <b>Silver Fit</b><br>Coleen<br>11:45am *            |   |        |
|   | <b>Line Dancing</b><br>1:00pm                              |  |  |   |   |        |
|   | <b>Ballroom Dancing</b><br>2:00pm                          |  |  |   |   |        |
| <b>Les Mills BodyPump</b><br>Jason<br>5:30pm * - +  | <b>Zumba</b><br>Crickette<br>5:30pm * - +                  | <b>Les Mills BodyPump</b><br>Heidi<br>5:30pm * - + | <b>Zumba</b><br>China<br>5:30pm * - +                      | <b>Les Mills BodyPump</b><br>Heidi<br>5:30pm * - +  |   |        |
| <b>Les Mills BodyCombat</b><br>Sheryl<br>6:45pm - + | <b>Karate</b><br>6:45pm                                    | <b>Les Mills BodyCombat</b><br>Matt<br>6:45pm - +  | <b>Karate</b><br>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 |
|  | <b>Cycle</b><br>Karen<br>5:15am                     |  | <b>Cycle</b><br>Karen<br>5:15am             |   |  |        |
| <b>Yoga</b><br>Judy<br>7:30am * - +                          | <b>Yoga</b><br>Jill<br>8:00am * -                   | <b>Yoga</b><br>Judy<br>7:30am * - +                          | <b>Yoga</b><br>Jill<br>8:00am * -           | <b>Yoga</b><br>Judy<br>7:30am * - +       | <b>Step (Advanced)</b><br>Jen B<br>8:00am - +        |        |
| <b>Cycle</b><br>Annette<br>9:00am                            | <b>Cardio Fit</b><br>Priscilla<br>9:15am *-         | <b>Cycle</b><br>Emily<br>9:00am                              | <b>Cardio Fit</b><br>Priscilla<br>9:15am *- | <b>Cycle</b><br>Annette<br>9:00am         | <b>Les Mills Core</b><br>Matt<br>9:15am - +          |        |
| <b>Cardio Strength</b><br>Josie<br>10:15am * -               |   | <b>Cardio Strength</b><br>Josie<br>10:15am * -               |   |   |  |        |
| <b>Pilates Stretch &amp; Balance</b><br>Josie<br>11:15am * - |   | <b>Pilates Stretch &amp; Balance</b><br>Josie<br>11:15am * - |   |   | <b>Les Mills BodyFlow</b><br>Sheryl<br>11:15am * - + |        |
| <b>Cycle</b><br>Jen M<br>5:30pm                              | <b>Les Mills Sprint</b><br>Sheryl<br>5:30pm-+       | <b>Cycle</b><br>Alphonso<br>5:30pm                           | <b>Les Mills Sprint</b><br>Matt<br>5:30pm-+ | <b>Zumba</b><br>Crickette<br>5:45pm * - + |  |        |
| <b>Step (Beginner)</b><br>Jim<br>6:45pm * - +                | <b>Les Mills BodyFlow</b><br>Sheryl<br>6:00pm * - + | <b>Step (Beginner)</b><br>Jim<br>6:45pm * - +                | <b>Les Mills Core</b><br>Matt<br>6:00pm - + |   |  |        |

- **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

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