



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EX & CYCLE SCHEDULES

Ormond Beach Schedule: Effective March 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Pilates + Yoga Jennifer 6:00am - +		Strength and Flow Georgia 6:00am - +			
BODYPUMP Sheryl 8:00am - +	Full Body Blast Angie 8:00am - +	Power Strength Mike 8:00am - +	Hi-Lo Cardio Angie 8:00am - +	Pilates Angie 8:00am - +	Full Body Blast Todd 8:00am - +	
		Tabata Sculpt (30 min) Mike 9:00am * -	Full Body Blast Angie 9:00am - +	HIIT Boot Camp (30 min) Mike 9:15am * - +		
Core Conditioning Angie 9:40am * - +						
Senior Fit (45 Min) Jessie 10:40am * -	Yoga Cynthia 11:05am * - +	Senior Fit (45 Min) Jennifer 10:40am * -	Yoga Jennifer 11:05am * - +	Active Adult (45 Min) Jessie 10:40am * -	Pilates + Yoga Georgia 10:30am - +	
Active Adult (45 Min) Jennifer 11:30am * -		Active Adult (45 Min) Jennifer 11:30am * -		Stretching Techniques (45 Min) Georgia 11:30am * --		
Stretching Techniques (45 Min) Jennifer 12:30pm * -		Stretching Techniques (45 Min) Jennifer 12:30pm * -		Zumba Nancy 12:30pm * -		
Zumba Patrice 5:00pm - +	BODYPUMP Sarah 5:00pm - +	Zumba Patrice 5:00pm - +	BODYPUMP Sarah 5:00pm - +			
Cardio Strength Tabata Patrice 6:00pm - +	Karate Tom 6:00 pm * - +	Pilates Lisa 6:00pm * - +	Boot Camp (Indoor/Outdoor) Mike 6:00 pm - +	Karate Tom 6:00 pm * - +		
Yoga Georgia 7:00pm - +						

Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Angie 8:30am - +		Angie 8:30am - +			Todd 9:15am - +	
Kim (45 min) 6:00pm - +	Todd 6:00pm - +	Kim (45 min) 6:00pm - +	Todd 6:00pm - +	Kim (45 min) 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

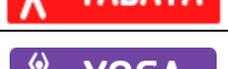
» The Athlete exercises consistently four to five times per week on their own. YMCA staff is available to help and work individually with the Step-Up and Athlete if required.

Color Code Key:

Basic
 Plus
 Premium
 Paid Program

ORMOND BEACH FAMILY YMCA

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	Membership Tier	Designation	Class Description
 ACTIVE ADULT	Basic	Health Seeker, Step-up	A low-impact exercise class that includes cardio, full body strength training and mobility work. All levels are welcome to take this class.
 LES MILLS 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!
 CHAIR YOGA	Basic	Health Seeker, Step-Up	Participants focus on slow stretches, flexibility and deep breathing while seated in a chair.
 CYCLING	Basic	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.
 HIIT CIRCUIT	Basic	Health Seeker, Step-up	30-minute High-Intensity Interval Training (HIIT) workout. A mix of bodyweight and free weight exercises performed in quick circuits, designed to achieve fast results for calorie burning, anaerobic endurance, and muscular endurance.
 FULL BODY BLAST	Basic	Step-up, Athlete	A complete cardiovascular and strengthening workout. A variety of equipment may be used to achieve maximum results. Modifications shown.
 HI-LO CARDIO	Basic	Health Seeker	Get a complete cardiovascular workout and blast calories with a variety of heart rate raising movements.
 KARATE	Paid Program	Health Seeker, Step-up, Athlete	This is a Mike Foster International Yoshukai Association sanctioned class. There is an additional fee associated with this class for all participants; please check the registration form at Membership.
 PILATES	Basic	Health Seeker, Step-Up	A unique system of stretching and strengthening exercises designed to improve core muscle strength, flexibility, balance, posture, and overall well-being.
 SENIOR FIT	Basic	Health Seeker, Step-Up	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper and lower body strength work with hand-held weights, elastic tubing with handles and a ball. A chair is offered for support, stretching and relaxation exercises.
 STEP AEROBICS	Basic	Health Seeker, Step-up	Cardiovascular workout using the step, including a conditioning and flexibility component.
 STRENGTH AND FLOW	Basic	Health Seeker, Step-up	A mix of strength training and yoga. Strength and Flow has a strong focus on core strength, while also working on lower and upper body strength training.
 STRETCHING TECHNIQUES	Basic	Health Seeker, Step-up	Participants focus on slow stretches, flexibility and deep breathing.
 TABATA	Basic	Health Seeker, Step-up, Athlete	A high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds, with a brief rest of 10 seconds in between.
 YOGA	Basic	Health Seeker, Step-up, Athlete	Postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated.
 ZUMBA	Basic	Health Seeker, Step-up, Athlete	A variety of dance forms offered in an instructional and energetic way makes this class the place to try if you are looking for fitness and fun.