



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

TITUSVILLE YMCA

Group Exercise Schedule – Fall 2020

Effective September 8 – December 23, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>Group Cycle</u> 6-7am Emily			<u>Group Cycle</u> 6-7am Emily	
<u>Mind, Body, Kickbox</u> 8:15-9:00am Mariah *Class in gym	<u>Cycle 'N Core</u> 8:30-9:30am Jacquelyn	<u>Cardio Circuit</u> 8:15-9:00am Mariah *Class in gym	<u>Pump 'N Ride</u> 8:30-9:30am Jacquelyn	<u>Cardio Ball</u> 8:15-9:00am Mariah *starting 9/18 *Class in gym	<u>Pump 'N Ride</u> 8:15-9:15am Varies
<u>Body Sculpting</u> 9:15-10:15am Karen		<u>Body Sculpting</u> 9:15-10:15am Karen		<u>Body Sculpting</u> 9:15-10:15am Karen	
<u>SilverSneakers Classic</u> 9:30-10:15am Jacquelyn/Holly *Class in gym		<u>Balance & Fall Prevention</u> 9:30-10:15am Heidi/Marcus *Class in gym		<u>SilverSneakers BOOM™ MOVE</u> 9:30-10:00am Mikaela *Class in gym	
	<u>SilverSneakers EnerChi</u> 10:30-11:00am Holly *Class in gym	<u>Cycle Express</u> 12:15-12:45pm Mikaela		<u>Cycle Express</u> 12:15-12:45pm Mikaela	
<u>Walk Club</u> 4:15-5:20pm Patti *Ending October 12	<u>Cycle Express</u> 4:30-5:00pm Heather/Deb	<u>Walk Club</u> 4:15-5:20pm Patti *Ending October 14	<u>HIIT</u> 4:30-5:00pm Mikaela		
<u>Cardio Circuit</u> 4:20-4:50pm Patti/ Jacquelyn *Starting October 19		<u>Cardio Circuit</u> 4:20-4:50pm Mikaela *Starting October 21			
<u>HIIT</u> 5:00-6:00pm Debi	<u>Fitness Fusion</u> 5:10-5:55pm Debi		<u>Cycle Express</u> 5:15-5:45pm Debi		
<u>Cycle Light</u> 6:15-6:45pm Shannon			<u>Zumba</u> 6:00-6:45pm BJ *Class in gym		

Walk Club is free for all Y members. Non-members are charged for a class.
 30 minute classes are charged as 1/2 of a class, all other durations are charged as a full class.

NO CLASSES ON THE FOLLOWING DATES

Monday, September 7 – Labor Day
November 25-28 – Thanksgiving
Thursday, October 29, No classes in the gym– Community Blood Bank Blood Drive

A MINIMUM OF 3 PARTICIPANTS REQUIRED FOR A CLASS TO BE HELD

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Classes in any intensity category can be modified for individuals of all fitness levels

LOW INTENSITY

Balance & Fall Prevention – Stability starts here as you develop muscles that are vital for balance and to protect against falls. This class will help to reduce injuries, increase flexibility, strengthen muscles, and improve posture.

Cycle Light – New to cycling, just starting out with getting more physically active, or looking for a lower intensity cycling class? This is a great class for beginners to get comfortable on the bikes and learn the movements and skills to advance to other cycling classes, or for individuals that just want to get a great workout on the bike!

SilverSneakers EnerChi – EnerChi is comprised of easy-to-learn, modified tai chi forms aimed at improving well-being. Low-impact movements are practiced in a slow, flowing sequence to progress strength, balance and focus. Chair support is offered to facilitate standing stability and seated exercise options.

SilverSneakers Classic – Increase muscular strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Walk Club – Take your fitness outdoors with Walk Club. Meet with a group at the YMCA, or other predetermined location, every Monday and Wednesday to go out for a walk!

MEDIUM INTENSITY

Body Sculpting – Strengthen and tone during a full body workout using free weights, resistance bands, body bars, stability balls, medicine balls, and your own body weight.

Cardio Ball – Get your heart rate pumping with a mix of exercises using a step bench, stability ball, weights, and mat.

Cardio Circuit – Get your heart rate pumping with this fun, energizing aerobics class combined with resistance training.

Cycle `N Core – During this energizing workout, you start with an intense group cycle to improve cardiovascular fitness and leg strength, and finish with abs and lower back exercises to give you a rock solid core.

Cycle Express – A 30 minute bike ride to get a great workout with all of the same exciting aspects of "Group Cycle."

Fitness Fusion – Get your heart pumping to improve cardiovascular fitness and also strengthen and tone with a full body workout.

Mind, Body, Kickbox – Have fun, work up a sweat, and relieve some stress with a combination of kickboxing, pilates and dance moves.

Pump `N Ride – Get the best of both worlds! A mix of "Group Cycle" and "Body Sculpting," which provides a great cardiovascular workout and full body toning and strengthening.

SilverSneakers BOOM™ MOVE – This fun, dance-inspired workout improves your cardio fitness with easy-to-follow moves set to energizing music.

Zumba – Latin inspired dance-fitness class that incorporates international music and dance movements. Zumba creates a party like atmosphere that provides a non-intimidating opportunity for non-dancers, new exercisers or those looking for a change of pace.

HIGH INTENSITY

Group Cycle – Ride through mixed terrains (hills, flats, mountain peaks, time trials, and interval training) on an indoor bike. The instructor leads you through a heart pumping, high energy workout, allowing you to control the intensity of your ride.

HIIT (High Intensity Interval Training) – Push your limits with this high intensity class with varying workouts focusing on strength and cardiovascular conditioning.