



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# TITUSVILLE YMCA

## Group Exercise Schedule - Summer 2020

Effective July 6 - September 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>Group Cycle</u> 6:10-7:10am Emily			<u>Group Cycle</u> 6:10-7:10am Emily	
<u>Mind, Body, Kickbox</u> 8:15-9:00am Mariah	<u>Cycle 'N Core</u> 8:30-9:30am Jacquelyn	<u>Cardio Circuit</u> 8:15-9:00am Mariah	<u>Pump 'N Ride</u> 8:30-9:30am Jacquelyn		<u>Pump 'N Ride</u> 8:15-9:15am Varies
<u>SilverSneakers Classic</u> 9:15-10:00am Jacquelyn/Holly/ Kim		<u>Balance &amp; Fall Prevention</u> 9:15-10:00am Heidi/Marcus		<u>SilverSneakers BOOM™ MOVE</u> 9:15-9:45am Mikaela	
<u>Body Sculpting</u> 10:15-11:15am Karen	<u>SilverSneakers EnerChi</u> 10:30-11:00am Holly	<u>Body Sculpting</u> 10:15-11:15am Karen			
		<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 *meeting at Y unless otherwise announced on Facebook	<u>Cycle Express</u> 4:30-5:00pm Heather/Deb	<u>Walk Club</u> 4:15-5:20pm Patti *meeting at Y unless otherwise announced on Facebook	<u>HIIT</u> 4:30-5:00pm Jacquelyn/ Mikaela		
<u>HIIT</u> 5:00-6:00pm Debi	<u>Pilates</u> 5:15-5:45pm Debi *outside on the lawn - bring your own mat or towel		<u>Cycle Express</u> 5:15-5:45pm Debi	<u>Cycle Light</u> 5:00-5:30pm Deb/Shannon	
<u>Cycle Light</u> 6:15-6:45pm Shannon	<u>Fitness Fusion</u> 6:00-6:45pm Debi				

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

Saturday, July 25 - YMCA All-Star Auction (virtual auction fundraiser)  
 Thursday, August 27 after 9:30am - Community Blood Bank Blood Drive

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

# TITUSVILLE YMCA

## Group Exercise – Summer 2020

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.

**Pilates** - A stress relieving, low impact mat workout with a strong focus on core conditioning, while improving muscular strength, flexibility, balance, and posture.

**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 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.

### 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.