



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

TITUSVILLE YMCA

Group Exercise Schedule - Winter 2020

Effective January 2 - March 28, 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<u>Group Cycle</u> 6:00-7:00am Emily			<u>Group Cycle</u> 6:00-7:00am Emily	
	<u>Step `N Sculpt</u> 8:15-9:00am Mariah	<u>Cycle `N Core</u> 8:30-9:30am Jacquelyn	<u>Cardio Ball</u> 8:15-9:00am Jacquelyn *class in gym	<u>Pump `N Ride</u> 8:30-9:30am Jacquelyn	<u>Mind, Body, Kickbox</u> 8:15-9:00am Mariah *class in gym	<u>Pump `N Ride</u> 8:00-9:00am Varies
	<u>Body Sculpting</u> 9:15-10:15am Karen <u>SilverSneakers Classic</u> 9:15-10:00am Jacquelyn/Holly *class in gym	<u>Balance & Fall Prevention</u> 9:15-10:00am Heidi/Marcus *class in gym	<u>Body Sculpting</u> 9:15-10:15am Karen	<u>SilverSneakers Classic</u> 9:15-10:00am Holly/Kim *class in gym	<u>Body Sculpting</u> 9:15-10:15am Karen	
			<u>Cycle Express</u> 12:15-12:45pm Mikaela		<u>Circuit Training</u> 12:15-12:45pm Mikaela	
			<u>SilverSneakers BOOM™ MOVE</u> 1:15-1:45pm Mikaela *class in gym			
	<u>Circuit Training</u> 4:20-4:50pm Jacquelyn/Patti	<u>Cycle Express</u> 4:30-5:00pm Heather/Deb	<u>Step `N Sculpt</u> 4:30-5:15pm Mikaela	<u>Pilates</u> 4:25-4:55pm Debi/Jacquelyn	<u>HIIT</u> 4:20-4:50pm Mikaela	
	<u>HIIT</u> 5:00-6:00pm Debi			<u>Cycle Express</u> 5:05-5:35pm Debi	<u>Cycle Express</u> 5:00-5:30pm Deb/Heather	
	<u>Beginner Cycle</u> 6:15-6:45pm Shannon	<u>Fitness Fusion</u> 5:15-6:15pm Debi	<u>Zumba @ ECLC</u> 5:15-6:15pm BJ	<u>Bootcamp</u> 5:45-6:30pm Katey	<u>Pound</u> 5:45-6:30pm Brittanie	
			<u>HIIT</u> 6-7pm Tiffany			
<u>Zumba @ ECLC</u> 6:30-7:30pm BJ			<u>Aquatic Conditioning @ THS Pool</u> 6-6:45pm Jena			

30 minute classes are charged as 1/2 of a class, all other durations are charged as a full class

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

TITUSVILLE YMCA

Group Exercise – Winter 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.

Beginner Cycle – New to cycling or just starting out with getting more physically active? 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, all while getting a great workout.

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.

MEDIUM INTENSITY

Aquatic Conditioning – In this class you will get your heart pumping while water jogging, treading, swimming, and jumping and tone up using the resistance of the water and kickboards. There will also be some bonus dry land strength and core work.

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.

Bootcamp – A full body workout combining calisthenics, aerobic conditioning, and weight training. Movements can be modified to suit all fitness levels.

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

Circuit Training – Have fun rotating through stations of cardio and strengthening exercises. All exercises can be modified for any fitness level, making this class perfect for those new to exercise, as well as for participants looking for an intense workout.

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.

Pound – Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

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.

Step 'N Sculpt – Get your heart pumping and tone up your body with this mixture of step aerobics and total-body strengthening.

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.