



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# TITUSVILLE YMCA

## Group Exercise Schedule – March 2021

Effective March 1– April 3, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>***NEW***</b> <u>Body Sculpting</u> 6:00-6:45am Heather		
<u>Mind, Body, Kickbox</u> 8:15-9:00am Mariah *Class in gym	<u>Cycle Circuit</u> 8:30-9:30am Jacquelyn	<u>Cardio Circuit</u> 8:15-9:00am Mariah *Class in gym	<u>Cycle Circuit</u> 8:30-9:30am Jacquelyn	<u>Stretch &amp; Strength</u> 8:15-9:00am Mariah *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 &amp; 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	<u>Cycle Express</u> 12:15-12:45pm Mikaela		<u>Cycle Express</u> 12:15-12:45pm Mikaela	
				<u>Full-Body Stretch</u> 1-1:30pm Heidi	
<u>Strength &amp; Core</u> 4:20-4:50pm Patti/Jacquelyn	<u>Cycle Circuit</u> 4:30-5:00pm Heather/Deb	<u>Cardio Circuit</u> 4:20-4:50pm Mikaela	<u>Pilates</u> 4:30-5:00pm Debi	<u>Cycle Circuit</u> 4:30-5:00pm Heather/Deb	
<u>HIIT</u> 5:00-6:00pm Debi	<u>Fitness Fusion</u> 5:15-6:15pm Debi		<u>Cycle Express</u> 5:15-5:45pm Debi		
		<u>Zumba</u> 6:15-7:15pm BJ			

**Due to the mandatory order from the Secretary of Health,**  
**MASKS ARE REQUIRED AT ALL TIMES, IN ALL AREAS, AND DURING ALL ACTIVITIES!**  
 This includes wearing masks during exercise and group exercise classes.  
 Instructors will be modifying classes as necessary.

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

# TITUSVILLE YMCA

## Group Exercise – March 2021

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.

**Full-Body Stretch** - Relieve stress and tension with a full-body stretch that can be done from a mat on the floor or a chair.

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

**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.

### 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 Circuit** - During this energizing workout, you start with an intense group cycle to improve cardiovascular fitness and leg strength, and finish with circuit style arm, abs and leg exercises.

**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.

**Strength & Core** - Strengthen your muscles with a mixture of full body exercises using free weights, resistance bands, medicine balls and more. Finish off the class with ab building exercises to strengthen your core.

**Stretch & Strength** - Improve your strength and flexibility using free weights, stability balls, and a mat.

**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

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