



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

TITUSVILLE YMCA WINTER 2019 GROUP EXERCISE SCHEDULE Effective January 2 - March 31, 2019

| 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>Cardio Combo</u> 8:15-9:00am Mikaela/ Jacquelyn | <u>Cycle 'N Core</u> 8:30-9:30am Jacquelyn | <u>Cardio Combo</u> 8:15-9:00am Jacquelyn/ Mikaela | <u>Pump 'N Ride</u> 8:30-9:30am Jacquelyn | <u>Cardio Combo</u> 8:15-9:00am Mikaela/ Jacquelyn | <u>Pump 'N Ride</u> 8:00-8:50am Varies |
| | <u>Body Sculpting</u> 9:15-10:15am Karen <u>SilverSneakers</u> <u>Classic</u> 9:15-10:00am Jacquelyn/Holly/ Mikaela *class in gym | <u>Balance & Fall</u> <u>Prevention</u> 9:15-10:00am Heidi *class in gym | <u>Body Sculpting</u> 9:15-10:15am Karen | <u>SilverSneakers</u> <u>Classic</u> 9:15-10:00am Holly/Kim *class in gym | <u>Body Sculpting</u> 9:15-10:15am Karen | |
| | <u>Fit 'N 30</u> 12:15-12:45pm Mikaela | | | | <u>Fit 'N 30</u> 12:15-12:45pm Mikaela | |
| | <u>Step 'N Sculpt</u> 4:30-5:15pm Jacquelyn | <u>Cycle Express</u> 4:30-5:00pm Heather | <u>Step 'N Sculpt</u> 4:30-5:15pm Patti | <u>Pilates</u> 4:30-5:00pm Jacquelyn/Debi | <u>Cycle Express</u> 4:30-5:00pm Heather/Deb | |
| | <u>HIIT 1</u> 4:45-5:15pm Tiffany *class in gym | | <u>Tabata</u> 4:45-5:45pm Tiffany *class starts in gym | | | |
| | <u>HIIT 2</u> 5:20-5:50pm Tiffany | <u>Cycle Express</u> 5:15-5:45pm Debi | <u>Zumba</u> <u>@ ECLC</u> 5:15-6:15pm BJ | <u>Cardio Sculpt</u> 5:05-6:05pm Debi | | |
| <u>Zumba</u> <u>@ ECLC</u> 6:30-7:30pm BJ | <u>Pilates</u> 6:00-6:45pm Debi/Regina | <u>Cardio Pump</u> 6-6:45pm Mikaela | <u>Pound</u> 6-7pm Brittanie | | | |

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 2019

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.

SilverSneakers Classic - Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support.

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 Combo - A mix of cardiorespiratory exercises, including step, kickboxing, cardio ball and more, that challenge the heart, lungs, and lower body. Strengthening of the abdomen, buttocks, and legs follows the aerobic workout.

Cardio Pump - A mix of cardio and resistance exercises. Perfect for beginners or anyone looking to get in a good workout.

Cardio Sculpt - Get your heart pumping to improve cardiovascular fitness and also strengthen and tone with a full body 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."

Fit `N 30 - A 30 minute lunch time workout with a mix of cardio and resistance exercises to wipe away mid-day stress.

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

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.

Step `N Sculpt - Get your heart pumping and tone up your body with this mixture of high-energy 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.

Tabata - Push your limits with this high intensity interval training (HIIT) session consisting of 20 seconds of near max effort followed by 10 seconds of rest. This pattern is continued for 4 minutes, followed by a slightly longer break, then on to the next set.