



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# TITUSVILLE YMCA SPRING 2019 GROUP EXERCISE SCHEDULE Effective April 1 - June 9, 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 *class in gym	<u>Pump `N Ride</u> 8:30-9:30am Jacquelyn	<u>Cardio Combo</u> 8:15-9:00am Mikaela/ Jacquelyn *class in gym	<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 &amp; Fall</u> <u>Prevention</u> 9:15-10:00am Heidi/Marcus *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>Cycle Express</u> 12:15-12:45pm Mikaela		<u>Fit `N 30</u> 12:15-12:45pm Mikaela	
	<u>*Walk Club</u> 4:30-5:15pm Patti	<u>Cycle Express</u> 4:30-5:00pm Heather	<u>*Walk Club</u> 4:30-5:15pm Patti	<u>Pilates</u> 4:30-5:00pm 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 1</u> 4:45-5:15pm Tiffany *class in gym			
	<u>HIIT 2</u> 5:20-5:50pm Tiffany	<u>Cycle Express</u> 5:15-5:45pm Debi	<u>Tabata 2</u> 5:20-5:50pm Tiffany *class may change mid-May	<u>Fitness Fusion</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>Zumba</u> <u>@ ECLC</u> 5:15-6:15pm BJ			
		<u>Aquatic</u> <u>Conditioning</u> 6:30-7:15pm Jena *starting April 9 @ HS Pool	<u>Pound</u> 6-7pm Brittanie	<u>Aquatic</u> <u>Conditioning</u> 6:30-7:15pm Jena *starting April 11 @ HS Pool		

\*Walk Club is free for all YMCA members to participate in

\*\*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**

**NO CLASSES ON THE FOLLOWING DATES**

**Friday & Saturday, March 19 & 20 - Good Friday & Easter Weekend  
 Monday, May 27 - Memorial Day**

# 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.

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

### 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.

**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.

**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.

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

**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.

**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 quick break, then on to the next set.