

EXERCISING TOGETHER

The Bear | Levin | Studer Family YMCA



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING

Greenhut Multipurpose Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am BODYPUMP Mary Alice	5:45 am P90X Live Andrea	5:45 am BODYPUMP Karen	5:45 am FIT FUSION Morgan	5:45 am POWER CHALLENGE Karen	8:00 am BODYPUMP Rotating Instructor
8:15 am # R.I.P.P.E.D. Amy	8:15 am BODYPUMP Rena	8:15 am FIT FUSION Rotating Instructors	8:15 am TONING Ashlee	8:15 am # BODYFLOW Amy	9:15 am ROTATING Rotating Instructor
9:25 am BODYPUMP Fabienne	9:25 am BODY COMBAT Fabienne	9:25 am BODYPUMP Amy	9:25 am SOUL BODY BARRE UNHITCHED Rena	9:25 am STEP REMIX Brittany	12/1 FIT FUSION Karen
10:40 am SF: STRENGTH Rena	10:40 am SF: CHAIR YOGA Arlene	10:40 am SF: CARDIO Arlene	10:40 am SF: BALANCE Joan	10:40 am SF: STRENGTH Nina	12/8 BODY COMBAT Fabienne
12:00 pm H.I.I.T Fabienne	12:00 pm FUSION FLOW Ayonna	12:00 pm BODYPUMP Rotating Instructors	12:00 pm KETTLEBELL AMPD Nina	12:00 pm BOOT CAMP Nina	12/15 BODY FLOW Amy C
4:30 pm KETTLEBELL EXP Nina	New Class Coming Soon	4:30 pm Core and More Nina	# 4:30 pm BODYPUMP EXP Carol		12/22 P90X LIVE Andrea C
5:15 pm BODYPUMP Carol	# 5:15 pm CARDIO KICKBOXING Ashlee	5:15 pm BODYPUMP Karen	5:15 pm R.I.P.P.E.D. Carol	5:15 pm BODYPUMP Amy	12/29 ZUMBA NEW YEAR'S DANCE PARTY Linda/ Ayonna
# 6:25 pm R.I.P.P.E.D. Tami	6:25 pm BODYPUMP Tami	6:25 pm GET STARTED Andrea R.	# 6:25 pm DANCE FUSION Ayonna		

Pen Air Multipurpose Room

8:00 am YOGALATES Marcy	# 8:15 am ZUMBA Amber	8:00 am PILATES Renee	# 8:15 am ZUMBA Lizzie	8:00 am PILATES Renee	# 8:30 am BEGINNER YOGA Rotating Instructors
# 9:15 am SOUL BODY BARRE Rena	# 9:30 am BEGINNER YOGA Donna	9:15 am VINYASA FLOW Maleesa (75 min)	9:30 am MINDFUL FLOW Jennifer G.	# 9:25 am ZUMBA Amber	9:45 am VINYASA FLOW Shahana (75 mins)
10:30 am BODYFLOW Fabienne		10:45 am RESTORATIVE YOGA Donna	10:40 am VINYASA FLOW Shahana (75 min)	10:40 am TAI CHI Joan	
12:10 pm MINDFUL FLOW Jennifer G.	Coming Soon Zen Express	12:10 pm YIN YOGA Donna	Coming Soon Zen Express	# 12:10 pm SLOW FLOW Kristy	
4:30 pm RESTORATIVE YOGA Donna	4:30 pm BODYFLOW Karen	4:30 pm OPEN LEVEL FLOW (1st Wed. Yin) Angela	# 4:30 pm YOGALATES Tammy C.	# 4:30pm ZUMBA Linda	
5:45 pm MINDFUL FLOW Maleesa	# 5:45 pm STRETCH & STRENGTHEN Catherine	5:45 pm YOGALATES Marcy	5:45 pm OPEN LEVEL FLOW Rick	# 5:45 pm STRETCH & STRENGTHEN Catherine	
7:00 pm VINYASA FLOW Jennifer G.	7:00 pm KARATE Lord Martial Arts	7:00 pm RESTORATIVE YOGA Donna	7:00 pm KARATE Lord Martial Arts		DECEMBER 2018

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Haferkamp Spinning Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Spinning Coming in January	5:45 am SPINNING Marcy	5:45 am SPINNING Emily	5:45 am SPINNING Karen	5:45am SPINNING Terrance	
8:30 am SPINNING Kristene	8:30 am CYCLE CIRCUIT Ashlee	8:30 am SPINNING Kristene	8:30 am CYCLE CIRCUIT Kristene	8:30 am SPINNING Brittany	8:15 am SPINNING Marcy/Suzanne
					9:15 am SPINNING Marcy/Suzanne
11:30 am XPRESS SPIN Kristene		11:30 am XPRESS SPIN Kristene			
				12:10 pm SPINNING Andrea	
4:45 pm SPINNING Emily	4:45 pm SPINNING Andrea R.	4:45 pm SPINNING Marcy	4:45 pm SPINNING Cheryl		
5:45 pm SPINNING Marcy	5:45 pm CYCLE CIRCUIT Tammy C.	5:45 pm SPINNING Cheryl	5:45 pm SPINNING Anne		

Bubba Watson Foundation Basketball Courts

Boot Camp Coming in January		Boot Camp Coming in January			
	10:00 am-12:00 pm PICKLE BALL		10:00 am-12:00 pm PICKLE BALL		10:00am-12:00 pm PICKLE BALL
5:30 pm TONING Tammy M.	5:30 pm BOOT CAMP Amy	5:30-9:15 pm PICKLE BALL	5:30 pm BOOT CAMP Ashlee		
		5:30-9:15 pm VOLLEYBALL			December 2018

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BODYPUMP is a 60-minute addictive workout challenges all of your major muscle groups by using the best weight room exercises such as squats, presses, lifts and curls. The key to BODYPUMP is the REP EFFECT, a breakthrough in fitness training focusing on high repetition movements with low weight loads building lean muscle, strength, and endurance.

LesMills Smart Start– Beginner level participate in first four tracks. Then try again on another day.

BODYCOMBAT– This interval training program is fiercely energetic and is inspired by mixed martial arts! Body Combat draws from karate, kung fu, boxing, taekwondo and muay thai to name a few. Supported by driving music, you will strike, punch, kick and kata your way through a lot of calories to superior cardio fitness.

Fusion Flow is a Pilates and Yoga inspired workout that builds flexibility and strength and leaves you feeling centered and calm. A carefully structured series of stretches, moves and poses to music that brings the body into a state of harmony and balance.

BEGINNER YOGA– Suitable for all fitness levels. Incorporates deep stretching, strength and balance while learning basic yoga poses, sequencing them together to create slow, strong and mindful flows.

CARDIO CIRCUIT – is a total body workout designed for all levels of fitness! Using cardio techniques to improve cardiovascular health, endurance, and build strength, circuit training allows you to fit a variety of exercises into your workout-meaning a full body challenge and no boredom. Come get moving!

Core and More – This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. The instructor may include a variety of equipment in this great workout.

DANCE FUSION– A combination of dance styles ranging from Hip Hop to Latin. A true Fitness Party

FUSION FIT – Challenge your body in a variety of ways including strength, balance, core and endurance with moves from HIIT, Tabata, resistance, Pilates and intervals using resistance tubes, hand weights and a variety of equipment. **This class varies with instructor.**

Get Started– Get a little extra coaching, plus some inspiration, in an easy-to-follow class that includes a little cardio, a little strength, a little stretch and a lot of support. No prior experience needed.

KETTLEBELL AMPD takes heart-pumping music and your favorite kettlebell moves and combines them into 60 minutes of calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio. Each song concentrates on a main area, while still maintaining a whole-body routine.

MINDFUL FLOW – This form of yoga concerned chiefly with the regulation of breathing by exercises consisting of various postures designed to maintain healthy functioning of the body and to induce mental calm; a mindful flow with an emphasis on alignment.

OPEN LEVEL FLOW is accessible to most people who have done a yoga class before, to those who practice on a regular basis. The practice promotes flexibility, balance, proper alignment, strength and relaxation by coordinating breathing with movement through various poses and meditation.

PILATES emphasizes core training through a series of mat exercises on the floor that emphasize proper breathing techniques. Members gain increased flexibility and strength in abs, hips and low back. **(45 min)**

PIYO is a combination of Pilates and yoga inspired moves; set to today's hits for serious fat burning, strength-ening, and toning.

POWER CHALLENGE Total body workout with functional core movements and basic strength training. The moves are simple, engaging, basic, and progressive. Suitable for beginner to experienced.

R.I.P.P.E.D. is a "plateau proof fitness formula" that helps you to create continuity, consistency and challenge in each and every R.I.P.P.E.D. class. It is plateau proof, because each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format.

GENTLE FLOW/ RESTORATIVE YOGA We seek to relax the body and mind through the use of gentle postures and yoga props allowing the nervous system to reset. Great for all levels.

SOULBODY BARRE is a one hour, mindfully intense class broken down into 9 blocks of dynamic exercises using small isometric movements that work deep into the muscle, seamlessly transitioning to deep stretches to balance the body.

SOULBODY BARRE UNHITCHED is a one hour, mindfully intense class broken down into 9 blocks of dynamic exercises using small isometric movements that work deep into the muscle, seamlessly transitioning to deep stretches to balance the body. All done without the fixed barre, using a body bar and ball.

SENIOR FIT exercise classes designed for seniors, and any individuals with limited mobility issues; that include strength training, yoga, balance, flexibility, and cardio. These classes are seated and modified if need be. Classes are important for seniors who are trying to achieve optimal health benefits.

SLOW FLOW YOGA is accessible to all levels. The class offers modifications of greater or lesser difficulty so participants can select the option that works best for them.

STEP REMIX– A great cardio workout that mixes classic step fitness with resistance and core moves that makes this class not just a real calorie blaster but FUN too.

STRENGTH AND STRETCH– strength and core conditioning class that integrates lengthening and strengthening exercise for a total body workout.

TAI CHI– a non competitive, self paced system of gentle exercise and stretching. Each posture flows into the next without pause ensuring the body is in constant motion.

VINYASA FLOW – Vinyasa is a multivalent Sanskrit term with various layers of subtle meaning. Vinyasa Flow commonly refers to a style of yoga which incorporates breath synchronized movement, along with other ancient techniques, such as bandhas, breath, and dristi or focal points. We strongly recommend this class only for experienced practitioners.

YIN YOGA is a quiet and simple practice, but not necessarily an easy practice. Yin yoga works deeply into our body. It targets our deepest tissues of the body, our connective tissues — ligaments, joints, bones, and the deep fascia networks of the body — rather than the muscles.

YOGALATES is a fusion of Yoga and Pilates, focusing on gaining deep muscle strength and flexibility from the inside out. This class will improve your performance in everything you do, strengthening and lengthening those deep muscles and improving your core strength and balance.

ZUMBA "fitness dance party," uses Latin music and dance steps for a fun total body workout. Routines are introduced in segments and repeated.

FIT KIDS and ZUMBA KIDS– Teaches kids basic principles of personal fitness using movement, music and FUN!

! Indicates class suitable for ages 13 and up

Indicates class suitable for children age 10-12 with adult supervision

@ Indicates an express format class of :30 minutes

**** Indicates additional fee– please see Welcome Center for details**

Download our app today to stay up to the minute on announcements, events, and schedules. Search YMCA of Northwest Florida in your app store.

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BOOTCAMP is like “recess for grown-ups” and combines a variety of exercises and drills to develop strength, speed, balance and agility while promoting teamwork. Class may be held outside, weather permitting.

***CYCLE CIRCUIT** is an intense exercise program featuring dynamic exercises like plyometrics, weights, and spinning bikes. **(75 min)**

SPINNING is an indoor cycling class that imitates riding outside on a real bike. Members ride as a group but decide their own intensity by choosing settings on their individual bike. Please bring a water bottle and towel to class. For your first class, please arrive 10 minutes early so the instructor can help you set up your bike. **(45 min)***

TABATA – Offers a series of movements alternating between strength and cardio that are timed work/rest intervals.

TONING – A body toning workout focusing on body weight and dumbbell exercises, designed to tone your muscles, and increase muscle endurance. Benefits include better posture, and even better balance as well as nicely defined muscle tone.

***XPRESS SPINNING** is the same great workout you will get in the regular spinning class, but only takes 30 minutes. Great for those who are newer to Spinning and regular Spinners.



**** Please be sure to reserve your bike for Spinning by calling the Welcome Center at 438-4406, option 2, or by stopping by in person. Bikes may be reserved the day before or day of class. If you can't make it to class, but have reserved a bike, please call and cancel so a person on the waiting list can be notified. Reservations will be release 2 minutes before the start of class. Thank you for your considerate cooperation.**

Have you downloaded our app yet? It's easy to do. Just go to your app store on your phone, enter YMCA of Northwest Florida in the search box and click GET. It's that easy to stay up to the minute with classes, changes, and notifications. Help us save the environment and Go Green—download the app today.

Don't forget to follow us on social media for special announcements and events.