



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXERCISING TOGETHER

PULLUM BRANCH

TIME	MON	TUE	WED	THU	FRI	SAT
6am	SPINNING Stacey H.	SPINNING/PIYO Joscelyn	SPINNING Stacey H	SPINNING Ellen	YOGA Stephanie	
7am	EXTREME SCULPTING Heike	CORE-CENTRIC Stephanie	BODY PUMP Autumn	CORE-CENTRIC Stephanie	BODY COMBAT Autumn	
8am	SPINNING Ellen	PILATES PLUS Debi	BODY BLAST Kim	REVOLVING DOOR Debi	SPINNING Rachel	8:30 SPINNING - Rachel
9am	BODY PUMP Kim	STEP/CORE & MORE Hyon	ZUMBA Kim	STEP/CORE & MORE Hyon	BODY PUMP Kim	9:30 BODY COMBAT or ZUMBA INSTRUCTOR & CLASS ROTATION
10am	CARDIO/BODY SCULPT Hyon	BODY COMBAT Anastasia	CARDIO/BODY SCULPT Hyon	BODY COMBAT Autumn	CARDIO/BODY SCULPT Hyon	10:30 BODY PUMP INSTRUCTOR ROTATION
11am	YOGA Hyon	BODY PUMP Autumn	YOGA Hyon	BODY PUMP Anastasia	YOGA Hyon	11:30YOGA Stephanie
12pm	SENIOR FITNESS Autumn	BEGINNER CHAIR YOGA Autumn	SENIOR FITNESS Autumn	BEGINNER CHAIR YOGA Autumn	SENIOR FITNESS Heike	12:30pm FIT KIDS Stephanie
3:30pm		FIT KIDS Anastasia		FIT KIDS Stephanie		
4:30pm	PIYO Joscelyn	HIIT Heike	ZUMBA/ CXWORX Autumn	CORE DE FORCE Stephanie		
5:30pm	SPINNING Cheryl	SPINNING Ellen	CORE YOGA & FLOW/ GENTLE YOGA Amber	SPINNING Joe		
6:30pm	BODY PUMP Anastasia	BODY COMBAT/ CXWORX Autumn	BODY PUMP Anastasia	BODY COMBAT Anastasia		
7:30pm	YOGA Stephanie	YOGA Stephanie	YOGA Amber	YOGA Amber		

BOLD INDICATES NEW MEMBER CLASSES. THESE ARE DESIGNATED CLASSES TO WELCOME NEW MEMBERS.

**CHECK OUT OUR NEW 30 MINUTE CLASSES! ANY CLASS WITH A / IS A 30 MINUTE FORMAT. YOU CAN COME FOR BOTH OR JUST ONE.

Effective January 1, 2019



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- BODY BLAST:** Break through those plateaus with a workout that keeps your body guessing. Each class is different with a mix of cardio/strength training utilizing a variety of equipment. Core segments added for optimum results.
- BEGINNER CHAIR YOGA:** Provides a unique opportunity to find deeper well-being through exploration of gently postures, breath work, meditation and deep relaxation.
- BODY COMBAT:** A les mills program that is fiercely energetic and inspired by karate, kung fu, boxing, taekwondo & muay thai. You will kick, punch, strike and kata your way through calories to superior cardio fitness
- BODY PUMP:** A les mills program that is a barbell workout that uses light to moderate weights with lots of repetition. This is a total body workout for anyone looking to get lean, toned and fit fast.
- CARDIO/BODY SCULPT:** A combination of cardiovascular and strength training. Cardio includes floor aerobics such as jumping jacks, jump rope. Strength training uses free weights and body weight.
- CORE-CENTRIC:** Finally a class that focuses on your core. All strength exercises that sculpt your back and abdominal muscles. Modifications demonstrated.
- CORE & MORE:** class focuses on sculpting the core muscles with an emphasis on strength training plus stretching and toning.
- Core De Force:** This class is a exhilarating boxing, kick-boxing, and Muay Thai combination mixed with fat blasting cardio and bodyweight moves to help you zero in on stubborn belly fat and carve allover definition.
- Core Yoga and Flow:** This class will begin with a heat building flow series, followed strength building exercises to build upper body and core strength, and end with a fun and challenging asana practice. This class will include inversions and arm balancing postures. It is not recommended for persons with neck or wrist injuries, although modifications will gladly be offered.
- CXWORX:** This Les Mills program will challenge your balance, coordination and functional strength with this 30 minute blast to the abs. This workout is designed to tighten your mid-section in the shortest amount of time.
- Extreme Sculpting:** Challenge yourself for maximum results! Sculpt and define every muscle group with a variety of weights and equipment. Controlled movements lead to peak definition, increased strength and visible results.
- FIT KIDS AEROBICS/BOOTCAMP/FLEX & STRETCH—KIDS,** are all classes for ages 5-12, regardless of fitness level. These classes are for kids only (no adults) and are offered by age group. They are free for members and kids in the Y after-school program. The 5-8 year old children will participate during the first half of class, and the 9-12 year old children will participate during the last half of the class.

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- HIIT:** This class incorporates quick, intense bursts of exercise, followed by short, sometime active, recovery periods. This type of training burn more fat in less time.
- PILATES PLUS:** The foundations of this class is Pilates but includes more. Many props are incorporated including gliding discs, foam rollers, balance discs, tubing and weights. See how this dynamic and progressive method of training enhances strength, flexibility, balance and spinal alignment. Suitable for all levels.
- PIYO:** This class will lift, redefine and tighten the entire backside of your body. This core workout will strengthen your core at every angle.
- REVOLVING DOOR:** Never get bored as this class evolves monthly. Enhance your body' fitness through stretching, isometric training or low impact movement. This class is the perfect compliment to your current workout program. Suitable for all levels.
- SENIOR FITNESS:** Uses a variety of exercises and small equipment to increase muscular strength, range of motion and flexibility for active older adults. A chair is provided if needed.
- SPIN:** An indoor cycling class and a no-impact activity that imitates outdoor cycling. Bikes can be reserved up to two days before the class online @ ymcanwfl.org/branch-schedules
- For your first class, please arrive 5-10 minutes early so that the instructor can adjust your bike correctly. **Do not enter or set up a bike after a class has started.**
- STEP/ CORE & MORE:** Half step class half core and strength
- YOGA:** Promotes flexibility, balance, proper alignment, strength and relaxation by coordinating breathing with movement through various poses. Bring your own mat or use ours
- GENTLE YOGA:**
A restful, calming class including breathing, gentle flowing movements, and stretching. This is a perfect beginning yoga class that is also appropriate for those who prefer a softer, gentler approach to yoga. A great way to wind down and relieve stress after a long work day or cool down and stretch after your workout!
- ZUMBA,** a "fitness dance party," uses Latin music and dance steps for a fun total body workout. Routines are introduced in segments and repeated.