

EXERCISING TOGETHER

The Bear | Levin | Studer Family YMCA



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Greenhut Multipurpose Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am BODYPUMP Rotating Instructors		5:45 am BODYPUMP Karen	5:45 am TOTAL BODY Jenny C.	5:45 am BODYFLOW Karen	New Start Time 8:15 am BODYPUMP Rotating Instructor
	8:15 am BODYPUMP Rena	8:15 am TABATA Ayonna	NEW 8:15 am BOOTCAMP Nina	8:15 am # BODYFLOW Amy	New Start Time 9:30 am Rotating Class/ Instructor
9:25 am BODYPUMP Spring	9:25 am BODY COMBAT Fabienne	9:25 am BODYPUMP Rotating Instructor	9:25 am SOUL BODY BARRE UNHITCHED Rena	9:25 am # CARDIO KICKBOXING Ashlee	6/1 COMBAT/RUMBLE Mix Carol
10:40 am SF: STRENGTH Rena	10:40 am SF: CHAIR YOGA Ayonna	10:40 am SF: CARDIO Jenny C.	10:40 am SF: BALANCE & MORE Rena	10:40 am SF: STRENGTH Melanie P.	6/8 BODYCOMBAT Fabienne
12:00 pm BODY PUMP Fabienne	12:00 pm FUSION FLOW Ayonna	12:00 PM AMRAP Fabienne	12:00 pm KETTLEBELL AMPD Nina	12:00 pm BOOTCAMP Nina	6/15 BODYCOMBAT 80 LAUNCH BODY COMBAT TEAM
4:30 pm KETTLEBELL EXP Nina		4:30 pm # CORE AND MORE Nina			6/22 BODY COMBAT Fabienne
5:15 pm BODYPUMP Carol	5:15 pm # CARDIO KICKBOXING Ashlee	5:15 pm BODYPUMP Karen	5:15 pm # BODYCOMBAT Carol	5:15 pm BODYPUMP Amelia	6/29 BODYCOMBAT Carol
6:25 pm # R.I.P.P.E.D. Tami	6:25 pm BODYPUMP Tami	6:25 pm # BODYCOMBAT Jamie	6:25 pm DANCE FUSION Ayonna		

Pen Air Multipurpose Room

8:00 am YOGALATES Marcy	8:15 am # ZUMBA Spring	8:00 am PILATES Renee	8:15 am # ZUMBA Lizzie	8:00 am PILATES Renee	8:30 am BALLET BARRE Catherine
9:15 am SOUL BODY BARRE Rena	9:30 am # BEGINNER YOGA Donna	9:15 am VINYASA FLOW Shahana (75 min)		9:25 am # ZUMBA Spring	9:45 am VINYASA FLOW Shahana (75 min)
10:45 am PILATES W/ PROPS Fabienne		10:45 am RESTORATIVE YOGA Donna			
New 12:10 pm YOGA FLOW Arlene		12:10 pm YIN YOGA Donna		12:10 pm YOGA FLOW Kristy	
4:30 pm RESTORATIVE YOGA Donna	4:30 pm # BODYFLOW Karen	4:30 pm # YOGA FLOW (1st Wed. Yin) Angela	4:30 pm YOGALATES Tammy C.	4:30pm # ZUMBA Linda	
5:45 pm YOGA FLOW Maleesa	5:45 pm BALLET BARRE Catherine	5:45 pm # YOGALATES Marcy	5:45 pm YOGA FLOW Sean	5:45 pm BARRE CONDITIONING Catherine	
7:00 pm BEGINNER YOGA Maleesa (4th Mon. MFR)	7:00 pm KARATE Lord Martial Arts		7:00 pm KARATE Lord Martial Arts		

EXERCISING TOGETHER

The Bear | Levin | Studer Family YMCA



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Haferkamp Spinning Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am SPINNING Anne	5:45 am SPINNING Marcy	5:45 am SPINNING Emily	5:45 am SPINNING Karen		
8:30 am SPINNING Ashlee	8:30 am CYCLE CIRCUIT Kristene	8:30 am SPINNING Kristene	8:30 am CYCLE CIRCUIT Kristene		8:15 am SPINNING Rotating Instructors
					9:15 am SPINNING Rotating Instructors
11:45 am SPINNING Cheryl					
				12:10 pm SPINNING Cheryl	
4:45 pm SPINNING Emily	4:45 pm SPINNING Annie	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 Annie		

Bubba Watson Foundation Basketball Courts

	5:45 am BOOT CAMP Giorgio		5:45 am BOOT CAMP Giorgio		
	9:30 am WALKING CLUB FRONT PORCH				
	9:30 am Zumba Kids Spring		9:30 am Kids Fitness Aubrey		
			10:00 am-12:00 pm PICKLE BALL		10:00am-12:00 pm PICKLE BALL
5:30 pm TONING Tammy M.	10:00 am-12:00 pm PICKLE BALL	5:30-9:15 pm PICKLE BALL	5:30 pm BOOT CAMP Ashlee		
	5:30 pm BOOT CAMP Giorgio	5:30-9:15 pm VOLLEYBALL			

EXERCISING TOGETHER



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Bear | Levin | Studer Family YMCA

**** All classes and instructors subject to change without notice due to instructor availability**

Cardiovascular— caters to heart health through fun and invigorating movements.

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.

STEP REMIX is 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.

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

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

Functional Fitness—incorporates both heart pumping cardio and muscle focused strength training into a well rounded workout.

AMRAP(As Many Rounds as Possible)- Maximize efficiency and effectiveness. Complete as many rounds as possible of 5-7 pre-set total body exercises. After warm-up workout time last 12-20 minutes.

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.

Total Body

is a strength training class that targets the major muscle groups using a variety of equipment and body weight. Total body also incorporates bursts of cardio to keep your heart rate up.

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.

TABATA – Offers a series of movements alternating between strength and cardio that are timed work/rest intervals. By definition performed in 6-8 rounds of 20 second intervals.

SENIOR FIT CLASSES designed for seniors, and any individuals with limited mobility issues.

SF: CARDIO- using low-impact movements that focus specifically on building cardio endurance.

SF: BALANCE involves exercise to build strength in the core and lower body for improved stability and balance.

SF: CHAIR YOGA/YOGA relaxing stretches through various yoga poses in a seated or standing position.

SF: STRENGTH Focuses on building and maintaining muscle tone for improved bone density.

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

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

Barre/ Pilates - classes designed with low-impact movements that strengthens the entire body

BALLET BARRE is a class that uses postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training combined with high reps of varied range-of-motion movements

BARRE CONDITIONING - is a combination ballet inspired floor exercise and strengthening work at the barre

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 that brings the body into a state of harmony and balance.

PILATES/ PILATES with PROPS—Pilates is a full body-conditioning program that improves strength, flexibility, balance, control and muscular symmetry.

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.

YOGA/FLEXIBILITY

BEGINNER YOGA Incorporates flexibility, strength and balance while learning basic yoga poses, sequencing them together to create slow, strong and mindful flows.

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.

YOGA FLOW is accessible to all levels. The practice promotes flexibility, balance, proper alignment, strength and relaxation by coordinating breathing with movement through various poses and meditation. The class offers modifications of greater or lesser difficulty so participants can select the option that works best for them.

INTRO TO VINYASA—a slower paced class to introduce the basic alignments and foundations of Vinyasa Flow.

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.

TAI CHI is a non competitive, self paced system of gentle exercise and stretching. Each posture flows into the next with-

EXERCISING TOGETHER



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**** All classes and instructors subject to change without notice due to instructor availability**

STRENGTH TRAINING uses resistance training equipment to perform exercises to strengthen and tone specified muscle groups

CORE AND MORE 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.

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.

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.

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.

CYCLE/SPINNING

**** Reservations are required. Reserve your bike online at: www.ymcanwfl.org/branch-schedules**

***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)***

***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.

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.