

# 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 <b>BODYPUMP</b> Amelia		5:45 am <b>BODYPUMP</b> Karen		5:45am <b>BODYFLOW</b> Karen	8:15 am <b>BODYPUMP</b> Rotating Instructor
8:15 am <b>BODYPUMP</b> Rena	8:15 am <b>BODYPUMP</b> Fabienne	8:15 am <b>TABATA</b> Kalie	8:15 am <b>BOOTCAMP</b> Nina	8:15 am # <b>BODYFLOW</b> Amy	9/21 <b>BODYPUMP 111 LAUNCH</b> Carol, Fabienne, Karen
9:25 am <b>STEP REMIX</b> Andrea S.	9:25 am <b>BODY COMBAT</b> Fabienne	9:25 am <b>BODYPUMP</b> Rena	9:25 am <b>SOUL BODY BARRE UNHITCHED</b> Rena	<i>New</i> 9:25 am # <b>TABATA</b> Andrea S.	
10:40 am <b>SF: STRENGTH</b> Rena	10:40 am <b>SF: CHAIR YOGA</b> Vanessa	10:40 am <b>SF: CARDIO</b> Jenny C.	10:40 am <b>SF: BALANCE &amp; More</b> Rena	10:40 am <b>SF: STRENGTH</b> Jenny C.	9:30 am <b>Rotating Class/ Instructor</b>
12:00 pm <b>BODY PUMP</b> Fabienne	<i>New</i> 12:00 pm <b>PILATES FLOW</b> Emily	12:00 pm <b>ZUMBA TONING</b> Elvie	12:00 pm <b>KETTLEBELL AMPD</b> Nina	12:00 pm <b>BOOTCAMP</b> Nina	9/7 <b>TABATA BOOTCAMP</b> Kalie
4:30 pm <b>KETTLEBELL AMPD EXPRESS</b> Nina		4:30 pm # <b>CORE AND MORE EXPRESS</b> Nina			9/14 <b>BODYCOMBAT</b> Fabienne
5:15 pm <b>BODYPUMP</b> Carol	5:15 pm # <b>CARDIO KICKBOXING</b> Ashlee	5:15 pm <b>BODYPUMP</b> Karen	5:15 pm # <b>BODYCOMBAT</b> Carol	5:15 pm <b>BODYPUMP</b> Amelia	9/21 <b>CX WORKX &amp; BODYFLOW</b> Fabienne
6:25 pm # <b>BODY COMBAT</b> Carol	6:25 pm <b>BODYPUMP</b> Amelia	6:25 pm <b>ZUMBA</b> Sandra	6:25 pm <b>DANCE FUSION</b> Ayonna		9/28 <b>TABATA BOOTCAMP</b> Andrea S.

## Pen Air Multipurpose Room

8:00 am <b>YOGALATES</b> Marcy	8:15 am # <b>ZUMBA</b> Robin	8:00 am <b>PILATES</b> Renee	8:15 am # <b>ZUMBA</b> Lizzie	8:00 am <b>PILATES</b> Renee	8:30 am <b>BALLET BARRE</b> Catherine
9:15 am <b>SOUL BODY BARRE</b> Rena	9:30 am # <b>BEGINNER YOGA</b> Donna	9:15 am <b>VINYASA FLOW</b> Shahana (75 min)	9:30 am <b>INTRO to VINYASA</b> Meg (75 min)	9:25 am # <b>ZUMBA</b> Elvie	9:45 am <b>VINYASA FLOW</b> Shahana (75 min)
10:45 am <b>PILATES W/ PROPS</b> Fabienne		10:45 am <b>RESTORATIVE YOGA</b> Donna (75 min)			9/28 1:00-3:00 pm <b>YOGA WORKSHOP "Alignment "</b> Meg and Shahana
12:10 pm <b>YOGA FLOW</b> Rotating Instructor		12:10 pm <b>YIN YOGA</b> Donna		12:10 pm <b>YOGA FLOW</b> Kristy	
4:30 pm <b>RESTORATIVE YOGA</b> Donna	4:30 pm # <b>BODYFLOW</b> Karen	4:30 pm # <b>YOGA FLOW</b> (1st Wed. Yin) Angela	4:30 pm <b>YOGALATES</b> Tammy C.		
5:45 pm <b>VINYASA FLOW</b> Meg (75 min)	5:45 pm <b>BALLET BARRE</b> Catherine	5:45 pm # <b>YOGALATES</b> Marcy	5:45 pm <b>VINYASA FLOW</b> Shahana	5:15 pm <b>BARRE CONDITIONING</b> Catherine	
	7:00 pm <b>KARATE</b> Lord Martial Arts		7:00 pm <b>KARATE</b> Lord Martial Arts		

September 2019

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## Haferkamp Spinning Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45 am <b>SPINNING</b> Marcy	5:45 am <b>SPINNING</b> Andrea R.	5:45 am <b>SPINNING</b> Karen		8:30 am <b>SPINNING</b> Rotating Instructors
8:30 am <b>SPINNING</b> Ashlee	8:30 am <b>CYCLE CIRCUIT</b> Kristene	8:30 am <b>SPINNING</b> Kristene	8:30 am <b>CYCLE CIRCUIT</b> Kristene	8:30 am <b>SPINNING</b> Kristene	9:30 am <b>SPINNING</b> Rotating Instructors
11:45 am <b>SPINNING</b> Cheryl					
				12:10 pm <b>SPINNING</b> Andrea R.	
4:45 pm <b>SPINNING</b> Annie	4:45 pm <b>SPINNING</b> Andrea	4:45 pm <b>SPINNING</b> Marcy	4:45 pm <b>SPINNING</b> Cheryl		
5:45 pm <b>SPINNING</b> Marcy	5:45 pm <b>CYCLE CIRCUIT</b> Tammy C.	5:45 pm <b>SPINNING</b> Cheryl	5:45 pm <b>SPINNING</b> Annie		

## Bubba Watson Foundation Basketball Courts

	5:45 am <b>BOOT CAMP</b> Rotating Instructor		5:45 am <b>BOOT CAMP</b> Rotating Instructor		
	8:30 am <b>WALKING CLUB</b> Front Porch Melanie				
10:00 am-1:00 pm <b>PICKLE BALL</b>	10:00 am-1:00 pm <b>PICKLE BALL</b>	10:00 am-1:00 pm <b>PICKLE BALL</b>	10:00 am-1:00 pm <b>PICKLE BALL</b>		10:00am-1:00 pm <b>PICKLE BALL</b>
5:30 pm <b>TONING</b> Tammy M.	5:30 pm <b>BOOT CAMP</b> Rotating Instructor	5:30-9:15 pm <b>PICKLE BALL</b> <b>VOLLEYBALL</b>	5:30 pm <b>BOOT CAMP</b> Ashlee		
		6:00pm <b>RUNNING CLUB</b> Lobby Troy/Tammy			

SEPTEMBER 2019

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**\*\* 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 choreographed dances broken down into easy to follow steps to a wide range of energetic and motivating

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

**Zumba Toning-** A fitness dance class with extra emphasis on toning and sculpting to define muscles (uses light weight)

### **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.**

### **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

**BODYFLOW-** an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

**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. 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 without pause ensuring the body is in constant motion.

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**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](http://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.***