

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 Amelia		5:45 am BODYPUMP Karen		5:45 am BODYFLOW Karen	8:15 am BODYPUMP Rotating Instructor
8:15 am BODY PUMP Rena	8:15 am BODYPUMP Fabienne	8:15 am TABATA Kalie	8:15 am STEP Ayonna	8:15 am # BODYFLOW Amy	3/7 Karen
9:30 am STEP Michelle	9:30 am BODYCOMBAT Fabienne	9:30 am BODYPUMP Rena	9:30 am SOUL BODY BARRE UNHITCHED Lizzie	9:30am # TABATA Andrea S.	3/14 Fabienne
10:45 am SF: STRENGTH Michelle	10:45 am SF: CHAIR YOGA Vanessa	10:45 am SF: CARDIO Jenny C.	10:45 am SF: STRENGTH Jenny C.	10:45 am SF: AGILITY Michelle	3/21 8-1pm FIT FEST 2020
12:00 pm BODY PUMP Fabienne	12:00 PM ZUMBA TONING Elvie	12:00 pm SOUL BODY BARRE UNHITCHED Fabienne	12:00 pm BODYPUMP Fabienne		3/28 BODYPUMP 113 LAUNCH
		4:30 pm COREWORKS Karen			9:45 am VINYASA FLOW Shahana (75 min)
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	
6:25 pm # BODY COMBAT Carol	6:25 pm BODYPUMP Amelia	6:25 pm WORLD VIBES DANCE Sandra	6:25 pm HIP-HOP FITNESS Flo		

Pen Air Multipurpose Room

8:00 am YOGALATES Marcy	8:15 am # ZUMBA Flo	8:00 am PILATES Michelle	8:15 am # ZUMBA Lizzie	8:00 am PILATES Ayonna	8:15 am Adult Beginner Ballet Catherine
9:30 am SOUL BODY BARRE Rena	9:30 am # BEGINNER YOGA Donna	9:30 am BEGINNER YOGA Michelle	9:30 am INTRO to VINYASA Meg (75 min)	9:30 am # ZUMBA Elvie	9:30 am SOUL BODY BARRE
10:45 am PILATES Fabienne		10:45 am RESTORATIVE YOGA Donna (75 min)			3/7 Jenny
12:10 pm YOGA FLOW Brian	12:10 pm PILATES FUSION Emily	12:10 pm YIN YOGA Donna		12:10 pm YOGA FLOW Thao	3/14 Fabienne
3:30 pm Pre-K Ballet Fitness Susan	3:30 pm Pre- K Ballet Fitness Susan	3:30 pm K-2 Ballet Fitness Susan		4:00 pm Youth Beg. Ballet Student Instructor: Hadley	3/21 8-1pm FIT FEST 2020
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.	YOGA WORKSHOP March 13th Arm Balances 5:30-7:00 pm Shahana and Meg	3/28 Rena
5:45 pm VINYASA FLOW Meg (75 min)	5:45 pm SOUL BODY BARRE Rotating Instructor	5:45 pm # YOGALATES Marcy	5:45 pm VINYASA FLOW Shahana		March 2020

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Haferkamp Spinning Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am SPINNING Steve	5:45 am SPINNING Marcy	5:45 am SPINNING Annie	5:45 am SPINNING Karen		8:30 am SPINNING Rotating Instructors
8:30 am SPINNING Steve	8:30 am CYCLE CIRCUIT Kristene	8:30 am SPINNING Kristene	8:30 am CYCLE CIRCUIT Kristene	8:30 am SPINNING Kristene	9:30 am SPINNING Rotating Instructors
9:30 am SPINNING Ashlee		9:30 am SPINNING Cheryl			3/7 Cheryl
11:45 am SPINNING Cheryl	12:10 pm SPIN XPRESS (30 min) Sara	12:10 pm SPINNING Michelle	12:10 pm SPINNING Lacey	12:10 pm SPINNING Andrea R.	3/14 Steve
					3/21 8-1pm FIT FEST 2020
4:45 pm SPINNING Tammy C.	4:45 pm SPINNING Andrea R.	4:45 pm SPINNING Marcy	4:45 pm SPINNING Cheryl		3/28 Marcy
5:45 pm SPINNING Marcy	5:45 pm SPINNING Steve	5:45 pm SPINNING Cheryl	5:45 pm SPINNING Steve		

Bubba Watson Foundation Basketball Courts

	5:45 am BOOT CAMP Giorgio		5:45 am BOOT CAMP Giorgio		
	8:30 am WALKING CLUB FRONT PORCH				
			8:15 am BOOT CAMP Andrea S.		3/21 8-1pm FIT FEST 2020
5:30 pm TONING Tammy	5:30 pm BOOT CAMP Giorgio Register@ymcanwfl.org	6:00pm RUNNING CLUB Troy/Tammy	5:30 pm BOOT CAMP Ashlee Register@ymcanwfl.org		

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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 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

HIP-HOP FITNESS Hip hop dancing combines four basic elements: strength, momentum, balance and creativity in a series choreographed dances broken down into easy to follow steps to a wide range of energetic and motivating music

WORLD VIBES DANCE— Fun and entertaining, Experience the music and dancing from around the world. Move to vibes of Africa, America, Brazil, Caribbean, India, Korea and more.

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.

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.

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: AGILITY 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

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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, dumbbell and cardio 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.

Kids Dance Classes at the YMCA

Young children learn rapidly through creative activity, music, song and play in class in a learning experience. Creative exploration is important for students to learn about their bodies, how to move and develop awareness about dance. There are key concepts and vocabulary for our youngest of dancers that are taught in this curriculum.

Pre-K Creative Movement/Ballet- Tues. and Thurs. 3:30-4:15pm-For all students ages 3-5, fully potty trained, and not enrolled in kindergarten. Creative imagery, music, singing songs and props used in repetition are introduced to subtly introduce technical concepts. Large motor skills are a primary concentration (e.g., skipping, hopping, jumping, etc.), as well as coordination, rhythm, stretching, basic terminology, body awareness, beginning positions and learning skills. This all helps develop a strong self-esteem and constructive competitions to achieve what is being taught.

K-2 Introduction Ballet-Mon. and Wed. 3:30-4:25pm - For all students enrolled in kindergarten thru 2nd grade. This level builds on and increases their understanding of basic movement skills from the previous level. Increased concentration will center on alignment, tempo and patterns. This builds a strong foundation for positive self-esteem and organizational skills in this age group.

Youth Beginner Ballet (ages 8-10 years) Fri. 4:00-5:00pm -For all beginner ballet students who want to increase their understanding of basic movement skills from the previous level. Increased concentration will center on alignment, tempo and patterns. They will appreciate a team environment while having personal achievements that strengthen each other.

Any new beginner student in the YMCA introductory dance classes should have a teacher evaluation done the last Friday of each month from 4-4:25pm for proper placement.

First evaluation/assessment class

Friday February 7, 2020 at 4PM

Classes will start Monday

February 10, 2020 at 3:30PM

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.