

EXERCISING TOGETHER



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Greenhut Multipurpose Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am LESMILLS BODYPUMP Amelia	7:45 am LESMILLS BODYPUMP Fabienne	5:45 am LESMILLS BODYPUMP Karen	7:45 am LESMILLS BODYPUMP Fabienne	5:45 am LESMILLS BODY FLOW Karen	8:15 am LESMILLS BODYPUMP Rotating Instructor 7/3 Fabienne 7/10 Carol 7/17 Karen 7/24 Amelia 7/31 Christine
8:15 am SOUL BODY BARRE UNHITCHED Fabienne		<i>NEW</i> 8:30 am BASIC STEP Emily			
9:30 am LESMILLS BODYPUMP Fabienne	9:00 am LESMILLS BODYFLOW Fabienne	9:30 am TABATA Kalie	9:00 am SOUL BODY BARRE UNHITCHED Fabienne	9:30 am LESMILLS BODYFLOW Fabienne	
10:45 am SENIOR FIT Michelle		10:45 am SENIOR FIT Michelle		10:45 am SENIOR FIT CARDIO Fabienne	9:30 am VINYASA Shahana
12:00 pm CORE AND MORE Nina		12:00 pm KETTLEBELL AMPD Nina		12:00 pm SOUL BODY BARRE UNHITCHED Fabienne	
5:30 pm CARDIO KICKBOXING Ashlee	5:30 pm LESMILLS BODYPUMP Carol	5:30 pm LESMILLS BODYPUMP Karen	5:30 pm STEP-UP TABATA Christine	5:30 pm LESMILLS BODYPUMP Carol	
6:30 pm LESMILLS BODYPUMP Amelia	6:45 pm MIXXED FIT Demetria	6:00 pm RUNNING CLUB Troy (Meet in Lobby)	6:45 pm WORLD VIBES DANCE Sandra		

Pen Air

7:45 am YOGALATES Michelle	8:15 am YOGA Maleesa	7:45 am PILATES Michelle			
9:15 am YOGA Michelle		9:15 am YOGA Michelle		7:45 am SOUL BODY BARRE Christine	
	<i>NEW</i> 10:45 am ADULT BEGINNER BALLET Karol				
12:15 pm ROCK SOLID BOXING <i>Parkinson's Program</i> Morgan	<i>New</i> 3:00 pm BALLET 3&4 yr. olds Karol	12:15 pm ROCK SOLID BOXING <i>Parkinson's Program</i> Morgan	3:00 pm BALLET 3&4 yr. olds Karol		
	<i>New</i> 3:35 pm BALLET 5-7 yr. olds Karol		3:35 pm BALLET 5-7 yr. olds Karol		
	4:30 pm LESMILLS BODY FLOW Karen	3:30 PM KIDS FITNESS YOGA Angela			
	5:45 pm BARRE Brittany	4:30 PM YOGA Angela	5:45 pm BARRE Brittany		
6:00 pm YOGA Ayonna	7:00 pm KIDS KARATE Ages 5-12	5:45 pm VINYASA Shahana	7:00 pm KIDS KARATE Ages 5-12		
	8:00 pm ADULT KARATE		8:00 pm ADULT KARATE		

Effective: July 1—July 31st

EXERCISING TOGETHER

The Bear | Levin | Studer Family YMCA



FOR YOUTH DEVELOPMENT
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Haferkamp Spinning Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45 am SPINNING <i>AEROBIC CYCLE</i> Marcy		5:45 am SPINNING <i>AEROBIC CYCLE</i> Karen		8:15 am SPINNING 9:15 am SPINNING Rotating Instructor
8:30 am SPINNING <i>AEROBIC CYCLE</i> Steve	8:30 am SPINNING STRENGTH/CORE Kristene	8:30 am SPINNING <i>RHYTHM RIDE</i> Kameron	8:30 am SPINNING <i>AEROBIC CYCLE</i> Steve	8:30 am SPINNING <i>AEROBIC CYCLE</i> Rosie	7/3 - 8:00 am Marcy 9:15 am Barbara 7/10- 8:00 am Steve 9:15 am Steve
		9:30 am SPINNING <i>STRENGTH/</i> <i>CORE</i> Emily		12:00 pm SPINNING <i>AEROBIC CYCLE</i> Andrea R.	7/17- 8:00am- Emily 9:15 am Marcy 7/24- 8:00 am Rosie
	4:45 pm SPINNING <i>AEROBIC CYCLE</i> Andrea R.	4:45 pm SPINNING <i>AEROBIC CYCLE</i> Steve			9:15 am Barbara 7/31- 8:00 am Marcy 9:15 am Barbara
5:45 pm SPINNING <i>RHYTHM RIDE</i> Barbara		5:45 pm SPINNING <i>RHYTHM RIDE</i> Barbara	5:45 pm SPINNING <i>AEROBIC CYCLE</i> Marcy	<i>New</i> 5:45 pm RHYTHM RIDE Kam	

Virtual via Zoom

9:30 am MOVE AND GROOVE Debi		9:30 AM BALANCE AND TONE Debi		10:45 am SENIOR FIT CARDIO Fabienne	
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Bubba Watson Foundation Basketball Courts

Effective Immediately: Scheduled Classes and Programs have priority of the Southside Court.

All other activities are welcome outside the posted schedule. Dumbbells, Stability balls, and other fitness accessories are available for member use and one net will be down for Basketball.

BASKETBALL/OPEN GYM ENDS 15 MINUTES PRIOR TO CLOSING

10:00-12 pm KIDS ZONE Play time Meagan		10:00-12 pm KIDS Zone Play Time Meagan	5:30 am & 6:30 am INSANE FITNESS Chris	5:45 am BOOTCAMP (Stations) Amelia	8:00- 9:45 am PICKLEBALL 2 COURTS
1:00-3:00 pm FAMILY TIME BASKETBALL	<i>New</i> 10:00- 1:00 pm PICKLEBALL 2 COURTS	1:00-3:00 pm FAMILY TIME BASKETBALL	<i>New</i> 10:00-1:00 pm PICKLEBALL 2 COURTS	1:00-3:00 pm FAMILY TIME BASKETBALL	10:00-12:30 pm VOLLEYBALL
	5:30 pm BOOTCAMP (Stations) Amelia		5:30 pm BOOTCAMP (Stations) Amelia		SPECIAL OLYMPICS 1-3PM
6:00-8:45 pm VOLLEYBALL	<i>New</i> 6:45- 8:00 pm PICKLEBALL 2 COURTS	6:00-8:45 pm VOLLEYBALL	<i>New</i> 6:45- 8:00 pm PICKLEBALL 2 COURTS		

Effective: July 1 — July 31

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

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

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

TABATA – 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

LESMILLS GRIT – is a high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

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

MIXED FIT-is a people-inspired fitness program that combines explosive dance movements with bodyweight toning.

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.

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

INSANE FITNESS-Enjoy this energetic class with a variety of exercises to improve your total body strength and endurance. This class uses your body weight and some equipment for a fun and effective 30 minute workout.

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

SF: CARDIO/ and Cardio in THE PARK - includes walking, low-impact cardio exercises, and strength exercises. Suitable for all fitness levels. In the event of inclement weather, class will be cancelled, and the instructor will notify registered participants.

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

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

KETTLEBELL AMPD takes heart-pumping music and your favorite kettlebell moves and combines them into 60 minutes of calorie-torching fun!

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. **BODYPUMP Express** is a 30 or 45 minute version of the class.

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

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

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

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

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

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 - 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

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

CYCLE/SPINNING

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)***

SPINNING -RHYTHM is a high intensity spin class that focuses on **riding** to the beat of the music with upper body movements that feel like a dance party on the **bike. (1hr)**

SPINNING- STRENGTH/CORE - Interval training split of Cardio on the bike alternating with various Strength training exercises off the bike.