



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXERCISING TOGETHER

PULLUM BRANCH

TIME	MON	TUE	WED	THU	FRI	SAT
7:00am	INDOOR CYCLING Rachel		INDOOR CYCLING Rachel		Yoga Ann	8:15AM INDOOR CYCLING 07/03-Cheryl 07/10-Kimtastic 07/17-Kimtastic 07/24-Lista 9:30AM BODY PUMP 07/03-Kimtastic 07/10-Autumn 07/17-Anastasia 07/24-Melissa 10:45AM ZUMBA Missy LES MILLS LAUNCH 07/31/2021 8:30AM-11:30AM BODY COMBAT LES MILLS CORE BODY PUMP
7:30am		BODY PUMP Autumn		BODY COMBAT Autumn		
8:15am	STEP (Live/Zoom) Debi		BALANCE & TONE (Live/Zoom) Debi		STEP Debi	
8:45am		STEP Hyon		STEP Hyon		
9:30am	BODY PUMP Kim		ZUMBA Kim		BODY PUMP Kim	
10am		BODYCOMBAT/ CORE Anastasia		BODY PUMP Anastasia		
10:45am	YOGA Hyon		SENIOR FITNESS Melissa		YOGA Hyon	
11:15am		CHAIR YOGA Ann		CHAIR YOGA Ann		
12pm	SENIOR FITNESS Melissa					
4pm	HIGH FITNESS Mickelle		BODY PUMP Melissa		BODY COMBAT Anastasia	
5:30pm	BODY PUMP Anastasia	YOGA Morgan	BODYCOMBAT/CORE Anastasia	INDOOR CYCLING Rotating instructor	BODY PUMP Melissa	

**ALL INDOOR CYLING CLASSES WILL BE LIMITED TO 15 MEMBERS. YOU CAN RESERVE YOUR SPOT VIA FLEXBOOKER AT <https://ymcanwfl.org/branch-schedules> AND CLICK BETTY J PULLUM SCHEDULE.

PLEASE BE ON TIME AND CLEAN ALL EQUIPMENT USED DURING SCHEDULED CLASSES.

WATER AEROBICS-- (M-FRI) 8AM w/ Anastasia and Melissa

ZOOM CLASS OPTIONS (to login to live/zoom classes go to our website)

TIME	MON	TUE	WED	THU	FRI	SAT
8:15am	STEP Live Debi		BALANCE & TONE Live Debi			
10:45am					FLORIDA BLUE STRENGTH & CARDIO Fabienne	

**BE SURE TO CHECK OUT OUR VIRTUAL Y, <https://ymcanwfl.y.org/virtual-y-login#/login>

Effective JULY 1, 2021



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TIPS for New Members/Participants to any class.

1. Let your instructor know that you are new to class; that way they can make sure you get all equipment needed and they can offer you any options you may need.
2. Keep an open mind when trying something new. There is no pressure to know all the moves of the class because you are being led by a certified instructor.
3. Remember this is for you. Don't compare yourself to someone that has been coming to class longer than you. We have all had our first class and it can be intimidating.
4. Please let your instructor know of any existing condition that may affect your ability to exercise. This way they can offer modifications to keep you safe.

CLASS DESCRIPTIONS:

BALANCE & TONE: The foundations of this class is Pilates. Many props are incorporated. See how this dynamic and progressive method of training enhances strength, flexibility, balance and spinal alignment. Suitable for all levels.

BODY COMBAT: A Les Mills program that is fiercely energetic and inspired by mixed martial arts. You will kick, punch, strike and kata your way through calories to improved 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.

CHAIR YOGA: Beginner Yoga using a chair with focus on balance, strength and stretching. Class does include some standing poses with assistance of the chair or options if needed.

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 and is combined with another class to complete the hour workout.

HIGH FITNESS: A modern twist on aerobics in a non-stop action-packed hour of cardio and toning tracks that will take your fitness to the next level. Adaptable to all levels of fitness.

INDOOR CYCLING: 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 @ www.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.**

SENIOR FITNESS- Cardio and strength conditioning designed for seniors. Focused on functional movement using a chair, dumbbells, bands and balls.

STEP: Uses a step with or without risers. Starts with a warm-up, followed by choreographed routines on the step, and a cooldown at the end. In some classes, you'll use hand weights for strength-training moves off the step.

YOGA: Promotes flexibility, balance, proper alignment, strength and relaxation by coordinating breathing with movement through various poses. Bring your own mat or use ours

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