



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXERCISING TOGETHER

PULLUM BRANCH

TIME	MON	TUE	WED	THU	FRI	SAT
7:30am	INDOOR CYCLING Joscelyn	BODY PUMP Autumn	INDOOR CYCLING Rachel	BODY COMBAT Autumn	STEP W/STYLE Debi	8:15AM INDOOR CYCLING 01/02-Kim 01/09-Joe 01/16-Rachel 01/23-Lista 01/30-Kim 9:30AM BODY PUMP 01/02-Autumn 01/09-Anastasia 01/16-Melissa 01/23-Kim 01/30-Autumn 10:45AM ZUMBA 01/02-Autumn 01/09-Yza 01/16-Missy 01/23-Yza 01/30-Missy
9am	BODY PUMP Kim	STEP/CORE & MORE Hyon	ZUMBA Kim	STEP/CORE & MORE Hyon	BODY PUMP Kim	
10:30am	YOGA Hyon	BODY COMBAT/ CXWORX Anastasia	SENIOR FITNESS Autumn	BODY PUMP Anastasia	YOGA Hyon	
11:45am	SENIOR FITNESS Autumn	CHAIR YOGA Autumn		CHAIR YOGA Autumn		
4pm	INDOOR CYCLING Kim Leatham		BODY PUMP Melissa		BODY COM- BAT Anastasia	
5:30pm	BODY PUMP Anastasia	ZUMBA Autumn	BODY COMBAT/ CXWORX Anastasia	YOGA Amber	BODY PUMP Melissa	

**ALL INDOOR CLASSES WILL BE LIMITED TO 15-20 MEMBERS. YOU CAN RESERVE YOUR SPOT VIA FLEXBOOKER AT <https://ymcanwfl.org/branch-schedules> AND CLICK BETTY J PULLUM SCHEDULE.

X'S ARE MARKED ON THE FLOOR OF THE MULTIPURPOSE ROOM TO SOCIALLY DISTANCE EVERYONE IN CLASS.

VIRTUAL VIA ZOOM

TIME	MON	TUE	WED	THU	FRI	SAT
9:30am	MOVE & GROOVE Debi		BALANCE & TONE Debi			
10:45am			FLORIDA BLUE BARRE Fabienne			
12pm					FLORIDA BLUE CARDIO Jenny	

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

Effective January 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.

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/ CORE & MORE: Half step class, half core and strength, focuses on the core muscles with a emphasis on strength training plus stretching.

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.