



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EXERCISING TOGETHER

# PULLUM BRANCH

TIME	MON	TUE	WED	THU	FRI	SAT
<b>7:00am</b>	INDOOR CYCLING Cheryl		INDOOR CYCLING Cheryl		HIGH FITNESS Mickelle	<b>8:15AM</b> INDOOR CYCLING 10/02-Kim 10/09-Marcy 10/16-Cheryl 10/23-Staci  <b>9:30AM</b> BODY PUMP 10/02-Kim 10/09-Anastasia 10/16-Autumn 10/23-Anastasia  <b>10:45AM</b> ZUMBA Missy  <b>10/30</b> LES MILLS LAUNCH PARTY (no other classes this day) 8:30am Body Combat 9:45AM Les Mills Core 10:30am Body Pump
<b>7:30am</b>		<b>BODY PUMP Autumn</b>		<b>BODY COMBAT Autumn</b>		
<b>8:15am</b>	STEP (Live/Zoom) Debi		BALANCE & TONE (Live/Zoom) Debi		STEP Debi	
<b>8:45am</b>		<b>STEP Hyon</b>		<b>STEP Hyon</b>		
<b>9:30am</b>	BODY PUMP Kim		ZUMBA Kim		BODY PUMP Kim	
<b>10am</b>		<b>BODYCOMBAT/ CORE Anastasia</b>		<b>BODY PUMP Anastasia</b>		
<b>10:45am</b>	YOGA Hyon		SENIOR FITNESS Staci		YOGA Hyon	
<b>11:15am</b>		<b>CHAIR YOGA Ann</b>		<b>CHAIR YOGA Ann</b>		
<b>12pm</b>	SENIOR FITNESS Staci					
<b>4pm</b>	YOGALATES Marcy		BODY PUMP Autumn		BODY COMBAT Anastasia	
<b>5:30pm</b>	BODY PUMP Anastasia	YOGA Morgan	BODYCOMBAT/CORE Anastasia	YOGA Ann	BODY PUMP Anastasia	

\*\*ALL INDOOR CYCLING CLASSES WILL BE LIMITED TO 15 MEMBERS. YOU CAN RESERVE YOUR BIKE 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-F) 8:30AM w/ Anastasia /Staci

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

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<b>8:15am</b>	STEP Live Debi		BALANCE & TONE Live Debi			

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



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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.

**LES MILLS CORE:** 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](http://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

**YOGALATES:** A fusion of yoga and Pilates. Working your deeper muscles, gaining strength from inside out. Focus on strength and flexibility. All levels are welcome

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

**KIDZONE HOURS-** ages 6mo-12 years

MON-FRI 7AM-12PM & 4PM-7PM  
SAT 8AM-12PM