

EXERCISING TOGETHER



Greenhut Multipurpose Room

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am LESMILLS BODYPUMP Amelia		5:45 am LESMILLS BODYPUMP Karen		5:45 am LESMILLS BODY FLOW Karen	8:15 am LESMILLS BODYPUMP Rotating Instructor 11/06 AMELIA 11/13 CAROL 11/20 KAREN 11/27 FABIENNE
Time change 8:15 am BASIC STEP Christine	7:45 am LESMILLS BODYPUMP Fabienne	8:15 am STEP Emily	7:45 am LESMILLS BODYPUMP Fabienne		
9:30 am LESMILLS BODYPUMP Fabienne	9:00 am SOUL BODY BARRE UN- HITCHED 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	<i>New</i> 10:15 am CHAIR YOGA Fabienne	10:45 am SENIOR FIT Michelle		10:45 am SENIOR FIT 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	
		4:45 pm ** LESMILLS CORE EXPRESS Karen			
5:15 pm** ZUMBA Meg	5:30 pm LESMILLS BODYPUMP Carol	5:30 pm LESMILLS BODYPUMP Karen		5:30 pm LESMILLS BODYPUMP Carol	
6:30 pm LESMILLS BODYPUMP Amelia		6:00 pm RUNNING CLUB Troy (Meet in Lobby)	6:45 pm ** WORLD VIBES DANCE Sandra		
Pen Air					
7:45 am PILATES Michelle		7:45 am PILATES Michelle	7:00 am YOGALATES Marcy	Time Change 8:15 am SOUL BODY BARRE Christine	
9:15 am YOGA Michelle	9:30 am GENTLE YOGA Lauren	9:15 am YOGA Michelle	8:30 am ZUMBA TONING Meg		
12:15 pm ROCK SOLID BOXING <i>Parkinson's Program</i> Morgan		12:15 pm ROCK SOLID BOXING <i>Parkinson's Program</i> Morgan	12:00pm YOGA Thao		
	4:30 pm** LES MILLS BODYFLOW Karen	3:30 pm ** KIDS YOGA (Ages 4-6) Angela			
	<i>New</i> 5:45 pm MAT PILATES Ayonna	4:30 pm YOGA Angela	<i>New</i> 5:45 pm YOGA Thao		
6:00 pm ** INTRO to VINYASA Lauren	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: Nov. 1 —Nov.30 view Modified Schedule the week of Thanksgiving

EXERCISING TOGETHER

The Bear | Levin | Studer Family YMCA



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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		8:00 am and 9:15 am SPINNING Rotating Class/ Instructor
8:30 am SPINNING <i>AEROBIC CYCLE</i> Steve	8:30 am SPINNING STRENGTH/CORE Kristene	8:30 am SPINNING <i>AEROBIC CYCLE</i> Kristene	8:30 am SPINNING <i>AEROBIC CYCLE</i> Steve	8:30 am SPINNING <i>AEROBIC CYCLE</i> Rosie	8:00 am 11/06 MARCY 11/13 ROSIE 11/20 EMILY 11/27 ROSIE
		9:30 am SPINNING <i>STRENGTH/ CORE</i> Emily		12:00 pm SPINNING <i>AEROBIC CYCLE</i> Andrea R.	9:15 am 11/06 CHERYL 11/13 MARCY 11/20 STEVE 11/27 STEVE
<i>New</i> 4:45 pm TEEN "REV"olution Ages 11-14 Tammy C.	4:45 pm SPINNING <i>AEROBIC CYCLE</i> Andrea R.				
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	5:30 pm SPINNING <i>RHYTHM RIDE</i> Barbara	

Bubba Watson Foundation Basketball Courts

Effective Immediately: Scheduled Classes and Programs have priority of the Court.
All other activities are welcome outside the posted schedule.

	10:00- 1:00 pm PICKLEBALL 2 COURTS		10:00-1:00 pm PICKLEBALL 2 COURTS	5:45 am BOOT CAMP (Stations) Amelia	8:00- 9:45 am PICKLEBALL 2 COURTS
1:00-3:00 pm FAMILY TIME BASKETBALL	4:00- 5:00 pm KIDS PLAY60 Ages 6 and up Meagan	1:00-3:00 pm FAMILY TIME BASKETBALL	4:00- 5:00 pm KIDS PLAY60 Ages 4-5 Meagan	1:00-3:00 pm FAMILY TIME BASKETBALL	10:00-12:30 pm VOLLEYBALL
5:30 pm ** CARDIO KICKBOXING Ashlee					SPECIAL OLYMPICS 1-3PM
6:45- 8:45pm VOLLEYBALL (South Court)	5:30 pm BOOTCAMP (Stations) Amelia		5:30 pm BOOTCAMP (Stations) Amelia		
	6:45- 8:45pm VOLLEYBALL		6:45- 8:45pm VOLLEYBALL		

Effective: Nov.1 — Nov. 30th

Modified Schedule Thanksgiving

EXERCISING TOGETHER



FOR YOUTH DEVELOPMENT
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FOR SOCIAL RESPONSIBILITY

**** 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.

**** Indicates Ages 10 and up.**

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

The Bear I Levin I Studer Family

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

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.

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.