

# EXERCISING TOGETHER *Thanksgiving Schedule*



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

The Bear | Levin | Studer Family YMCA

## Greenhut Multipurpose Room

Monday 11/22	Tuesday 11/23	Wednesday 11/24	Thursday CLOSED	Friday 11/26	Saturday 11/27
5:45 AM LESMILLS BODYPUMP Karen		5:45 AM LESMILLS BODYPUMP Karen			
8:15 am BASIC STEP Christine	7:45 am LESMILLS BODYPUMP Fabienne	8:15 am STEP Emily		8:15am LESMILLS BODYPUMP Andrea C	8:15 am LESMILLS BODYPUMP Fabienne
9:30 am LESMILLS BODYPUMP Fabienne	9:00 am SOUL BODY BARRE UNHITCHED Fabienne	9:30 am TABATA Kalie		9:30 am LESMILLS BODYFLOW Fabienne	
10:45 am SENIOR FIT Michelle		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 SOUL BODY BARRE UNHITCHED Fabienne			
5:15 pm** ZUMBA Meg					

## Pen Air

7:45 am PILATES Michelle		7:45 am PILATES Michelle		8:15am YOGALATES Marcy	
9:15 am YOGA Michelle		9:15 am YOGA Michelle			
12:15 pm ROCK SOLID BOXING <i>Parkinson's Program</i> Morgan		12:15 pm ROCK SOLID BOXING <i>Parkinson's Program</i> Morgan			
6:00 pm ** INTO to VINYASA Lauren	4:30 pm** LES MILLS BODYFLOW Karen				

## HaferKamp Spinning

	5:45 am SPINNING Marcy				8:00 am SPINNING Rosie
	4:45 pm SPINNING Andrea R.			9:30 am SPINNING Marcy	9:15 am SPINNING Steve

- Effective: Nov. 1 —Nov.30 Modified Schedule the week of Thanksgiving.
- Regular Class schedule will resume November 29th.

# EXERCISING TOGETHER



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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](http://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

**LES MILLS 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.**

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## 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.