

# Class Schedule January 2024

## Community YMCA at Gulf Breeze



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Main Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am <b>Barre Fusion</b> Rachel R	8:00 am <b>CHISEL</b> Beth	8:00 am <b>HIGH FITNESS</b> Lea	8:15 am <b>Total Body Burn</b> Dana	8:00 am <b>Total Body Burn</b> Lea	8:00 am <b>Cardio Barre</b> Rachel S
9:15 am <b>SHiNE</b> Tonya	9:15 am <b>YOGA</b> Anh	9:15 am <b>SHiNE</b> Tonya	9:15 am <b>YOGA</b> Sharla	9:15 am <b>SHiNE</b> Tonya	9:15 am <b>ZUMBA</b> Dana W
	10:30 am <b>Use it or Lose it</b> Sharla		10:30 am <b>Use it or Lose it</b> Sharla		10:30 am <b>Strong Nation</b> Dana W
	5:00 pm <b>POUND</b> Jami	4:30 pm <b>Use it or Lose it</b> Sharla	4:30 pm <b>Total Body Burn</b> Lana	5:00 pm <b>POUND Unplugged</b> Jami	
5:45 pm <b>Barre &amp; Pilates Fusion</b> Rachel S	6:00 pm <b>Pilates</b> Marcy	5:30 pm <b>YOGA</b> Jessica			

### Cycle Room

	5:30 am <b>CYCLE</b> Steve M		5:30 am <b>CYCLE</b> Steve M		9:15 am <b>CYCLE</b> 1/6 Nancy 1/13 Hanna 1/20 Steve M 1/27 Cheryl
5:30 pm <b>CYCLE</b> Cheryl			5:30 pm <b>CYCLE</b> Cheryl		

# EXERCISING TOGETHER



**POUND**—sweat and sculpt and rock in this cardio jam session! You'll become the music in this exhilarating full body workout that combines cardio condition and strength training to the music. All levels welcome!

**SHINE DANCE FITNESS**—uses all original choreography, set to popular music, with moves rooted in traditional dance—such as Jazz, Ballet, and Hip Hop! A fun dance and toning class!

**CARDIO/BARRE FUSION**—a low impact, total body workout blending the best of Pilates, ballet, strength training and cardio. This class is set to upbeat music and will improve your flexibility, muscle tone, lengthen your muscles and strengthen your core.

**CHISEL**—Full body workout to increase muscle strength and endurance using various types of equipment and training methods for a total body burn.

**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

**HIGH FITNESS**—This cardio class is simple, intense, consistent, inclusive, and fun! Take aerobics to the next level with HIIT training, plyometrics, intervals of strength and cardio, and more!

**YOGA** Incorporates flexibility, strength and balance while learning basic yoga poses, sequencing them together to create slow, strong and mindful flows. The class offers modifications of greater or lesser difficulty so participants can select

**USE IT OR LOSE IT**—a low impact class that focuses on increasing muscular strength, endurance, balance, coordination, and flexibility.

**Total Body Burn** —Get a full body workout in this strength and cardio movement mix! Complete various intervals to get your heart rate high and your muscles burning!

**POUND Unplugged** is a 30 minute workout that balances focused, high-intensity movements with restorative stretches, breathwork, and meditation.

**Vinyasa Power** commonly refers to a style of yoga which incorporates breath synchronized movement, along with other techniques, such as bandhas, breath, and dristi or focal points.

**PILATES** focuses 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.

## HAVE YOU DOWNLOADED OUR APP YET?

IT'S EASY TO DO. JUST GO TO YOUR APP STORE ON YOUR PHONE, ENTER YMCA UNIVERSAL IN THE SEARCH BOX AND CLICK GET. IT'S THAT EASY TO STAY UP TO THE MINUTE WITH CLASSES, UPDATES, AND NOTIFICATIONS.