



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	<b>8:15AM</b> INDOOR CYCLING 10/10-Rachel 10/17-Lista 10/24-Rachel 10/31-Rachel
9am	BODY PUMP Kim	STEP/CORE & MORE Hyon	ZUMBA Kim	STEP/CORE & MORE Hyon	BODY PUMP Kim	
9:30am	RUNNING CLUB Anastasia					
10:30am	YOGA Hyon	BODY COM- BAT/CXWORX Anastasia	SENIOR FITNESS Autumn	BODY PUMP Anastasia	YOGA Hyon	<b>9:30AM</b> BODY PUMP 10/10-Autumn 10/17-Anastasia 10/24-Melissa 10/31-Autumn
11:45am	SENIOR FITNESS Autumn	CHAIR YOGA Autumn		CHAIR YOGA Autumn		
4pm	ZUMBA Yza		BODY PUMP Melissa			
5:30pm	BODY PUMP Anastasia	ZUMBA Autumn	BODY COMBAT/ CXWORX Anastasia	INDOOR CY- CLING Joe	BODY PUMP Melissa	

\*\*ALL INDOOR CLASSES WILL BE LIMITED TO 15 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	INTRO TO VINYASA Meg		FLORIDA BLUE BAL- ANCE Joan
10:45am		SENIOR FIT Jenny			SENIOR FIT Jenny	
12pm		PILATES Emily				
5:15pm			PILATES Emily			
5:30pm	FLORIDA BLUE BAL- ANCE Joan			FLORIDA BLUE TAI CHI Joan		

\*\*CHECK OUT THESE VIRTUAL OPTIONS ON OUR WEBSITE, <https://ymcanwfl.org/live-workouts>

\*\*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.

**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](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.**

**RUNNING CLUB:** Outdoor running group for all levels. Meet up with Ansastasia at the front desk.

**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.

**WATER AEROBICS:** A shallow water low-medium intensity workout, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility.

**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.