



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 Rachel		INDOOR CYCLING Rachel		Yoga Ann	<b>8:15AM</b> INDOOR CYCLING 05/01-Kimtastic 05/08-Cheryl 05/15-Kimtastic 05/22-Cheryl 05/29-Lista  <b>9:30AM</b> BODY PUMP 05/01-Anastasia 05/08-Autumn 05/15-Melissa 05/22-Kimtastic 05/29-Anastasia  <b>10:45AM</b> ZUMBA Missy
<b>7:30am</b>		<b>BODY PUMP Autumn</b>		<b>BODY COMBAT Autumn</b>		
<b>8:15am</b>	STEP 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 Melissa		YOGA Hyon	
<b>11:15am</b>		<b>CHAIR YOGA Autumn</b>		<b>CHAIR YOGA Ann</b>		
<b>12pm</b>	SENIOR FITNESS Melissa					
<b>4pm</b>	NEW OFFERING COMING SOON!!		BODY PUMP Melissa		BODY COMBAT Anastasia	
<b>5:30pm</b>	BODY PUMP Anastasia	YOGA Morgan	BODYCOMBAT/CORE Anastasia	INDOOR CYCLING Rotating instructor	BODY PUMP Melissa	

\*\*ALL INDOOR CLASSES WILL BE LIMITED TO 15-22 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.

**WATER AEROBICS-** (M-TH) 9AM w/ Heike

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

TIME	MON	TUE	WED	THU	FRI	SAT
<b>8:15am</b>			BALANCE & TONE Debi			
<b>10:30am</b>			FLORIDA BLUE BARRE			
<b>10:45am</b>					FLORIDA BLUE STRENGTH & CARDIO Fabienne	

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

Effective May 3, 2021



# EXERCISING TOGETHER

## PULLUM BRANCH

### 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.**

**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

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