



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXERCISING TOGETHER

PULLUM BRANCH

TIME	MON	TUE	WED	THU	FRI	SAT
6am	STRENGTH 30 Amber	INDOOR CYCLING Joscelyn	STRENGTH 30 Amber	INDOOR CYCLING Joscelyn	YOGA Stephanie	
6:30am						
7am	STRONG & LEAN Heike	CORE-CENTRIC Stephanie	BODY PUMP Autumn	CORE-CENTRIC Stephanie	BODY COMBAT	
7:30am					CXWORX Autumn	
8am	INDOOR CYCLING Ellen	BALANCE & TONE Debi	BODY BLAST Kim	STEP W/ STYLE Debi	INDOOR CYCLING Ellen	8:30 INDOOR CYCLING <small>INSTRUCTOR ROTATION</small>
9am	BODY PUMP Kim	STEP/CORE & MORE Hyon	ZUMBA Kim	STEP/CORE & MORE Hyon	BODY PUMP Kim	9:30 BODY COMBAT or ZUMBA <small>INSTRUCTOR & CLASS ROTATION</small>
10am	CARDIO/BODY SCULPT Hyon	BODY COMBAT	CARDIO/BODY SCULPT Hyon	BODY COMBAT Autumn	CARDIO/BODY SCULPT Hyon	10:30 BODY PUMP <small>INSTRUCTOR ROTATION</small>
10:30am		CXWORX Anastasia				
11am	YOGA Hyon	BODY PUMP Autumn	YOGA Hyon	BODY PUMP Anastasia	YOGA Hyon	11:30 YOGA Stephanie
12pm	SENIOR FITNESS Heike	BEGINNER CHAIR YOGA Heike	SENIOR FITNESS Autumn	BEGINNER CHAIR YOGA Heike	SENIOR FITNESS Heike	
4:00pm	FIT KIDS Yza	FIT KIDS Anastasia	FIT KIDS Anastasia	FIT KIDS Jessica		
4:30pm	ZUMBA Yza	BODY PUMP Anastasia	BODY COMBAT	BODY COMBAT Anastasia		
5:00pm			CXWORX Anastasia			
5:30pm	BODY PUMP Anastasia	INDOOR CYCLING Ellen	STRONG & LEAN Jessica	INDOOR CYCLING Joe		
6:30pm	INDOOR CYCLING Cheryl	YOGA Amber	YOGA Stephanie	ZUMBA Yza		
7:30pm						



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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.

BEGINNER CHAIR YOGA: Provides a unique opportunity to find deeper well-being through exploration of gently postures, breath work, meditation and relaxation.

BODY BLAST: Each class is different with a mix of cardio/strength training utilizing a variety of equipment. Core segments added for optimum results.

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.

CORE-CENTRIC: build core muscle groups while improving posture. Performs a variety of exercises that strengthen the abdomen, trunk and back muscles and increase flexibility. Variety of equip-

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.

FIT KIDS —all classes for ages 5-12, regardless of fitness level. These classes are for kids only (no adults) and are 30 minutes long. They will run, jump and play their way into fitness. Free for members and kids in the Y afterschool program.

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 @

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: Uses a variety of exercises and small equipment to increase muscular strength, range of motion and flexibility for active older adults. A chair is provided if needed.

STEP W/ STYLE: Basic step movements built into a final masterpiece over time. Taught in Levels, easy to follow. Stay at your level and **BURN CALORIES.**

STEP/ CORE & MORE: Half step class, half core and strength, focuses on the core muscles with a emphasis on strength training plus stretching.

STRENGTH 30: 30 minutes of body sculpting moves utilizing free weights and resistance. A great way for all levels to build lean muscle.

STRONG & LEAN: Sculpt and define every muscle group with a variety of weights and equipment. Controlled movements lead to peak definition, increased strength and visible results.

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.