

GROUP EXERCISE

YMCA Aquatic Center



Our Mission: The purpose of this Association is to improve lives of all in Central Florida by connecting individuals, families and communities with opportunities based on Christian values that strengthen spirit, mind and body.

Updated April 6th

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am					Tai Chi/FR	
8:00am	Shallow Water	Shallow Water	Shallow Water	Shallow Water	Shallow Water	
9:00am	Deep Water		Deep Water			
9:00am	Yoga/FR		Yoga/FR			
10:00am	Silver Sneakers/FR		Silver Sneakers/FR		Silver Sneakers/FR	
11:00am	Shallow Water	Shallow Water	Shallow Water	Shallow Water	Shallow Water	
5:30pm		Spin		Spin		
5:30pm		NEW! Circuit Trainig/FR		NEW! Circuit Training/30 min/FR		
5:45pm	Zumba/FR		Zumba/FR			
6:00pm				Abs/Core/30 minute/FR		
6:15pm		Abs/Core/15 minute/FR				
6:30PM		Total Body Sculpt/FR	Abs/Core/30 minute/FR	Total Body Sculpt/FR		

Schedule Key

Type of Class
 RED Strength
 YELLOW Cardio
 BLUE Combination
 PURPLE Spirit-Mind-Body
 DARK BLUE Water Fitness

Locations:
 FR = Front Group X Room

Spin studio is located in the back of the building by the raquetball courts. For directions please see front desk.

All classes are suitable for beginners to advanced. No registration is required. Please wear proper fitness attire.