



# Central Florida YMCA COCOA YMCA



## Group Exercise Room

Activity Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	GROUP EXERCISE ROOM							
5:45 - 8:00am		Boot Camp (In Gym) 5:45 - 6:45am		Boot Camp (In Gym) 5:45 - 6:45am				
8:00 - 9:30am	Cardio and Weights 8:30 - 9:25am		Cardio and Weights 8:30 - 9:25am		Cardio and Weights 8:30 - 9:25am	8:05 - 9:00am	Instructor's Choice	
9:30 - 10:30am	Yoga	Toning 9:30 - 10:00am	Yoga	Toning 9:30 - 10:00am	Stretch and Flex	9:05 - 9:55am	Yoga	
10:30 - 11:15am	Cardiodance 10:45 - 11:15am		Cardiodance 10:45 - 11:15am		Cardiodance 10:45 - 11:15am	10:00 - 11:30am	Karate	
11:00a - 12:00p	Toning 11:15 - 11:45am		Toning 11:15 - 11:45am		Toning 11:15 - 11:45am	11:30am - 4:00pm	OPEN	Family Water Aerobics 2:45 - 3:30pm
12:00 - 1:00pm	Self Defense		Self Defense		Self Defense			
4:00 - 4:45pm	Yoga Kiddies		Yoga Kiddies		Yoga Kiddies			
4:45 - 5:00pm	Abs	Abs/Core Fitness 4:45 - 5:15pm	Abs	Abs/Core Fitness 4:45 - 5:15pm	Abs			
5:00 - 6:00pm	Yoga	Step Aerobics 5:30 - 6:15pm	Yoga	Step Aerobics 5:30 - 6:15pm	Yoga			
6:00 - 7:00pm	Boot Camp (in Gym)	Zumba (in Gym) 6:15 - 7:00pm	Hip Hop 6:00 - 6:55pm	Toning 6:15 - 7:00pm	Zumba (in Gym) 6:15 - 7:00pm			
7:00 - 8:30pm	Karate		Karate					



We build strong kids,  
strong families, strong communities.

The Purpose of this Association is to improve the lives in Central Florida by connecting with individuals, families, and communities with opportunities based upon Christian values that strengthen the Spirit, Mind and Body.