

# Y Group Exercise

AM TIME	Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30am	ICS	Cardio Cycling Sharon	Cardio Cycling John	Cardio Cycling John	Cardio Cycling Trish	Cardio Cycling Sharon			
	GYM B			Cardio/ Strength Sharon					
7:00am	ICS	Cardio Cycling <i>Begin-to-Spin</i> Scott		Cardio Cycling Terry		Cardio Cycling <i>Begin-to-Spin</i> Scott			
7:30am	MPR	Cardio Conditioning Dora	Cardio/ Strength Angle	Cardio Conditioning Dora	Cardio/ Strength Angle	Cardio Conditioning Kathy			
8:30am	GYM B							Strength Training Lorraine	
	MPR	Pilates Lorraine	Pilates Susan	Pilates Lorraine	Pilates Kathy	Pilates Lorraine			
	ICS	Cardio Cycling Cory	Cardio Cycling Israel	Cardio Cycling Cory	Cardio Cycling Israel	Cardio Cycling Israel	Cardio Cycling Israel		
	POOL						Water Fitness Karen		
9:15am	GYM B	Abs/Core 15 min. Israel	Abs/Core 15 min. Israel	Abs/Core 15 min. Bob	Abs/Core 15 min. Israel	Abs/Core 15 min. Israel			
9:30am	MPR	Yoga Jennifer	Cardio Dance Zumba Asia	Yoga Holly	Cardio Dance Zumba Karen	Yoga Holly	Total Body Training (30min) Paul		
	GYM B	Cardio/ Strength Israel	Cardio/ Strength Israel	Cardio/ Strength Bob	Cardio/ Strength Israel	Cardio/ Strength Israel	Cardio/ Strength (75 min.) Terry	Cardio Dance Latin Cardio Cuic	
	ICS	Cardio Cycling Lorraine	Cardio Cycling John	Cardio Cycling Israel	Cardio Cycling Michelle	Cardio Cycling Lorraine		Cardio Cycling John	
	POOL	Water Fitness Susan	Water Fitness Deep Water Karen	Water Fitness Susan	Water Fitness Deep Water Dora	Water Fitness Susan			
9:45am	ICS						Cardio Cycling Lorraine		
10:30am	MPR	Cardio Dance Latin Cardio Cuic	Yoga Viviana	Cardio Dance Zumba Lindsay	Yoga Ariel	Cardio Dance Hip-Hop Lindsay	Cardio Dance Zumba Vanessa	Yoga Kim	
10:45am	ICS	Cardio Cycling John	Cardio Cycling John	Cardio Cycling John	Cardio Cycling John	Cardio Cycling John		Cardio Cycling John	
11:30am	MPR	Yoga Holly	Cardio/ Strength Kathy	Yoga Lindsay	Cardio/ Strength Dora	Yoga Holly	Cardio Dance Zumba Jhon	Cardio Dance Belly Dancing Billie	
PM TIME	Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
2:00pm	ICS						Cardio Cycling <i>Begin-to-Spin</i> Suzanne		
2:30pm	GYM B		Silver Sneakers Ethan		Silver Sneakers Angie				
3:30pm	MPR	Kids Fitness 6-11 yrs. Dora	Kids Fitness 3-5 yrs. till 4	Kids Fitness 6-11 yrs. Dora	Kids Fitness 3-5 yrs. till 4	Kids Fitness 6-11 yrs. Dora	Yoga Suzanne	Pilates Cara	
4:30pm	MPR	Yoga Suzanne	Michelle	Yoga Suzanne	Julie	Yoga Suzanne			
5:00pm	Well. Floor		Abs/Core (30 min.) Michelle		Abs/Core (30 min.) Than				
	MPR		Total Body Training (30min) Paul		Total Body Training (30min) Paul				
	ICS	Cardio Cycling Cicely	Cardio Cycling Suzanne	Cardio Cycling Cicely	Cardio Cycling Suzanne			<b>Effective:</b> <b>January 11 - May 31, 2010</b>	
5:30pm	MPR	Cardio/ Strength Michelle	Cardio/ Strength Ashley	Cardio/ Strength Ashley	Cardio/ Strength Bob	Cardio/ Strength Suzanne	<b>ALL CLASSES ARE 55 MINUTES IN LENGTH UNLESS OTHERWISE NOTED.</b>		
6:00pm	GYM B		Cardio Dance Latin Cardio Cuic				<i>Schedule is subject to change. All classes are subject to age restrictions.</i>		
	ICS	Cardio Cycling Norb	Cardio Cycling Christine	Cardio Cycling Norb	Cardio Cycling Norb	Cardio Cycling Christine	Please see Wellness Staff for details or email Scott Hamlin at <a href="mailto:shamlin@cfymca.org">shamlin@cfymca.org</a>		
6:30pm	MPR	Cardio Dance Hip Hop Lindsay	Cardio/ Strength Julie	Cardio Dance Zumba Asia	Cardio Dance Zumba Karen	Cardio Dance Latin Cardio Cuic			
7:00pm	ICS	Cardio Cycling Cicely	Cardio Cycling Than	Cardio Cycling Sue	Cardio Cycling Than		<b>Location of Class</b> ICS = Indoor Cycling Studio GYM B = Gymnasium B MPR = Multi-Purpose Room POOL = Lap Pool		
7:30pm	MPR	Yoga Holly		Pilates Suzanne		Pilates Cara			



# life

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Dr. P. Phillips YMCA 7000 Dr. Phillips Blvd. Orlando, FL 32819

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407.351.9417

<b>Cardio</b>	<b>Cardio classes increase heart rate, improve your overall cardiovascular &amp; respiratory fitness and burn calories. Known for being upbeat and may incorporate step risers, dance, aerobic moves, punching bags, and bikes.</b>		
<b>Cardio Cycling</b>	Bring outdoor cycling indoors in the Y's cardio cycling class. Low impact or high intensity, it's up to you. Your heart will pump, calories will burn and you'll leave feeling re-energized. Instructors help with proper body alignment and cycling techniques.	<b>Cardio Conditioning</b>	Improve the efficiency of your heart, lungs and circulatory system with high and low impact movements -- stretching, walking, jumping, cycling and more. You'll burn calories and increase endurance in these classes.
<b>Cardio Dance</b>	Burn calories and reduce stress with low and high impact moves -- dance, hip hop, Latin, belly dance or even ballet. These moves are great for all fitness levels.		
<b>Latin Cardio</b>	Join the fun! Shake your hips as your instructor incorporates dances such as salsa, mambo, cha cha cha and merengue that will boost your heart rate and burn those calories. One of our most popular classes for all fitness levels.	<b>Zumba</b>	Zumba classes fuse Latin rhythms and easy to follow moves to create a dynamic fitness party. The routines feature interval training sessions with fast and slow rhythms that incorporate Latin and International dances such as salsa, mambo, cha cha cha, merengue, reggaeton, samba, belly dance, hip hop and more. One of our most popular classes for all fitness levels.
<b>Combination</b>	<b>Offer cardio and strength elements in one class. Busy schedules and obligations often force us to limit the time we spend exercising so we designed fitness classes that are both efficient and effective in burning calories, increasing muscular strength and endurance and giving you the variety you need to stay motivated.</b>		
<b>Total Body</b>	This 30 minute class follows a specific format beginning with a 5-10 minute dynamic warm-up, 10-15 minute individual circuit based workout with lower and higher intensity modifications, and ending with a 5 min. cool-down and stretch. This class is excellent for beginners and can take the place of traditional resistance training exercise.	<b>Cardio/Strength</b>	A circuit or interval training format - alternating cardio and strength training exercises. Aerobic movements combined with resistance exercises like your body weight, dumbbells, body bars, medicine balls, bands and steps give you a full body workout.
<b>Boot Camp</b>	Combines strength training and cardio intervals. Instructors use traditional boot camp style using vocal counts and calls. Expect to burn calories, increase your heart rate and leave feeling re-energized.	<b>Silver Sneakers</b>	A customized exercise class for older adults designed to increase strength, flexibility, balance and endurance.
<b>Water Fitness</b>	Stay heart healthy and happy with water fitness. Experience improvements in joint stability, coordination, balance, flexibility and muscular strength. You'll incorporate cardio and strength using water dumbbells, float belts and water gloves. These classes provide for a low-impact aerobic workout.		
<b>Mind, Body &amp; Spirit</b>	<b>Improve your physical fitness, but allow quiet time for reflection and stress reduction. These classes generally focus on breathing control, flexibility, balance and mental focus.</b>		
<b>Yoga</b>	Yoga is a class that creates balance in the body through developing both strength and flexibility. It is designed to relieve stress and center peace of mind, body and spirit by focusing on breathing techniques, stretching and relaxation.		
<b>Strength</b>	<b>Strengthen and condition muscles as you incorporate dumbbells, barbells, body bars, bands, medicine balls, etc. Some classes may only utilize your own body weight to create resistance.</b>		
<b>Abs/Core</b>	Focus on the abdominal/low back muscles and other core stabilizing muscles. Good core strength helps reduce back pain and improves overall fitness and stability.	<b>Pilates</b>	A form of exercise which emphasizes the balanced development of the body through core strength, flexibility and awareness in order to support efficient, easy movement. Breathing control and flexibility exercises are incorporated to improve posture and alignment. Some classes may incorporate equipment such as rings, foam rollers, and balls.
<b>Strength Training</b>	A strengthening class incorporating traditional weight training exercises such as squats, presses, lifts and curls. All major muscle groups are worked using barbells, dumbbells or other equipment.		
<b>Youth</b>	<b>Classes taught with age-appropriate curriculum to encourage physical fitness, personal growth and development. Classes are upbeat, fun and incorporate a variety of exercises.</b>		
<b>Kids' Fitness</b>	(Ages 3 - 11 yrs) Kids exercise, meet friends and have fun in an active, safe environment. Classes incorporate high energy music, obstacle courses, circuits, races, yoga, stretching and other exercises to help kids build strength, endurance, flexibility and balance.		

**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.

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Schedule is Subject to Change. Schedule Begins 1/04/10