

# GROUP EXERCISE

## Season: Fall

# Golden Triangle YMCA



**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.

Time		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	MPR	Cardio Strength		Cardio Strength		Cardio Strength		<b>ALL CLASSES ARE 60 MINUTES IN LENGTH UNLESS OTHERWISE NOTED *45 MIN</b>
8:00am	MPR	Basic Fitness*	Silver Sneakers *	Basic Fitness*	Silver Sneakers *	Basic Fitness*	Yoga	
9:00am	MPR	Cardio Conditioning		Cardio Conditioning	Cardio Strength	Cardio Conditioning		
	IP	Joints In Motion Water Aerobics	Joints In Motion Water Aerobics	Joints In Motion Water Aerobics	Joints In Motion Water Aerobics	Joints In Motion Water Aerobics		
10:00am	MPR	Muscle Conditioning	Pilates *	Muscle Conditioning	Cardio Cycling 10:15 *	Muscle Conditioning	Muscle Conditioning	
	OP	Shallow Water Fitness	Shallow Water Fitness	Shallow Water Fitness	Shallow Water Fitness	Shallow Water Fitness		
	IP	Joints In Motion Water Aerobics		Joints In Motion Water Aerobics	Water Yoga	Joints In Motion Water Aerobics		
11:00am	GYM			Tumbling		Tumbling		
	OP	Deep Water Fitness		Deep Water Fitness		Deep Water Fitness		
11:15am	MPR	Cardio Cycling *		Cardio Cycling *	Pilates	Cardio Cycling *	Cardio Cycling *	
12:00pm	GYM							
12:15pm	MPR	A/bs/Core 30 Min		A/bs/Core 30 Min		A/bs/Core 30 Min		
1:15pm	MPR			Kids Fitness		Kids Fitness	Pilates *	
4:15pm	MPR	Yoga	Yoga	Cardio Strollercise	Yoga			
5:30pm	Gym							
	MPR	Muscle Conditioning	Pilates *	Muscle Conditioning				
6:20pm	MPR	A/bs/Core 15 Min		A/bs/Core 15 Min				
6:30pm	MPR	Cardio Cycling 6:45 *	Cardio Kickboxing *	Cardio Cycling 6:45 *	Pilates *			
	OP	Shallow Water Fitness		Shallow Water Fitness		Line Dancing 7:00 PM		
7:40pm	MPR			Tai Chi				

**Schedule Key**

**Type of Class**  
 RED Strength  
 YELLOW Cardio  
 BLUE Combination  
 PURPLE Spirit-Mind-Body  
 GREEN Youth Class

**Location of Class**  
 MPR Multipurpose Room  
 GYM Gymnasium  
 OP Outdoor Pool  
 IP Indoor Pool

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Schedule is Subject to Change. Schedule Begins 9/1/09