

GROUP EXERCISE

January-April 2010

Lake Nona YMCA Family 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.



Time	Location	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	CYC	Cardio Cycling Alex		Cardio Cycling Elaine		Cardio Cycling Elaine		ALL CLASSES ARE 45 MINUTES IN LENGTH UNLESS OTHERWISE NOTED
8:15am	CYC	Cardio Cycling Vanessa	Cardio Cycling Elaine	Cardio Cycling Kim	Cardio Cycling Elaine	Cardio Cycling Alex	Cardio Cycling Julie	
9:00am	GRP	Cardio Kickboxing (30 Min) Elise	Muscle Conditioning (55 Min) Elaine	Cardio Conditioning (30 Min) Elise	Muscle Conditioning (55 Min) Elaine	Cardio Conditioning (30 Min) Alex	Cardio Strength 8:15am (60 Min) Vanessa	
9:15am	CYC	Cardio Cycling Lauren	Cardio Cycling Elise	Cardio Cycling Lauren	Cardio Cycling Alex	Cardio Cycling Vanessa	Cardio Cycling Elaine	
9:30am	GRP	Total Body Training (30 Min) Elise		Pilates (30 Min) Elise		Total Body Training (30 Min) Alex	Family Yoga (30 Min) Vanessa	
10:00am	GRP	Yoga (55 Min) Joanmarie	Pilates (55 Min) Joanmarie	Yoga (55 Min) Elise	Pilates (55 Min) Vanessa	Yoga (55 Min) Mary	Yoga (55 Min) Kathy	
11:00am	POOL							
11:15am	GRP		Parent-Child Fitness Vanessa		Parent-Child Fitness Kim			
1:15pm	CYC						Cardio Cycling (60 Min) Staff	
2:00pm	GRP						Yoga (55 Min) Mike/Vanessa	
3:30pm	OUT		Y Girls Run*** (60 Min) Laci		Y Girls Run*** (60 Min) Laci			
4:00pm	GRP	Yoga (55 Min) Vanessa		Yoga (55 Min) Vanessa				
4:30pm	OUT	Kid Fitness (55 Min) Laci		Kid Fitness (55 Min) Laci				
5:00pm	GRP	Cardio Strength (30 Min) Ethan		Cardio Strength (30 Min) Vanessa				
5:30pm	GRP	Muscle Conditioning (30 Min) Ethan	Total Body Training Vanessa	Muscle Conditioning (30 Min) Laci	Total Body Training Laci	Muscle Conditioning (30 Min) Alex		
	CYC	Cardio Cycling Kim	Cardio Cycling Julie	Cardio Cycling Vanessa	Cardio Cycling Vanessa	Cardio Cycling Kim		
6:00pm	GRP	Cardio Conditioning (30 Min) Ethan		Abs/Core (30 Min) Laci		Abs/Core (30 Min) Alex		
6:30pm	GRP	Strength Training (30 Min) Ethan	Pilates (30 min) Tina	Strength Training (30 Min) Laci	Pilates (30 min) Tina			
	CYC	Cardio Cycling Alex	Cardio Cycling Alex	Cardio Cycling Kim	Cardio Cycling Alex			
6:45pm	WF							
7:00pm	GRP	Stretch (15 Min) Ethan	Yoga (55 Min) Mike	Stretch (15 Min) Laci	Yoga (55 Min) Tina			
7:15pm	GRP	Cardio Kickboxing Alex		Cardio Dance (Zumba) Kathy				
	OUT		Boot Camp Staff		Boot Camp Staff			

Schedule Key

Location of Class

- CYC Cycling Room
- GRP Group Exercise Rm
- OUT Outdoors
- WF Wellness Floor
- POOL POOL

*** See Membership and Wellness Staff to sign up for Y Girls Run

