

Group Exercise Menu



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|----------------------------------|--|---|--|---|--|--|--|--|
| 6:00 - 7:00 am Aerobic Room | Cardio Interval <u>Level 1,2,3</u> | Muscle Toning <u>Level 1,2,3</u> | Cardio Interval <u>Level 1,2,3</u> | Muscle Toning <u>Level 1,2,3</u> | Cardio Interval <u>Level 1,2,3</u> | | | |
| 6:00 - 6:45 am Cycling Room | Indoor Cycling <u>Level 1,2,3</u> | Indoor Cycling <u>Level 1,2,3</u> | Indoor Cycling <u>Level 1,2,3</u> | Indoor Cycling <u>Level 1,2,3</u> | Indoor Cycling <u>Level 1,2,3</u> | Indoor Cycling 8:15 - 9:15 am Cycling Room | | |
| 6:00 - 7:00 am Yoga Studio | | Yoga <u>Level 1,2,3</u> | | Yoga <u>Level 1,2,3</u> | | | Cardio Interval 8:30 - 9:30 am Aerobic Room | |
| 6:45 - 7:45 am Yoga Studio | Yoga <u>Level 1,2,3</u> | | Yoga <u>Level 1,2,3</u> | | Yoga <u>Level 1,2,3</u> | | | |
| 7:30 - 8:30 am Pool | Water Fitness <u>Level 1,2,3</u> | Water Fitness <u>Level 1,2,3</u> | Water Fitness <u>Level 1,2,3</u> | Water Fitness <u>Level 1,2,3</u> | Water Fitness <u>Level 1,2,3</u> | Pilates 9:15 - 10:15 am Yoga Studio | | |
| 8:00 - 9:00 am Yoga Studio | | Yogalates <u>Level 1,2,3</u> | Pilates <u>Level 1,2,3</u> | Yoga <u>Level 1,2,3</u> | | | | |
| 8:30 - 9:30 am Aerobic Room | Muscle Toning <u>Level 1,2,3</u> | Cardio Hi/Lo <u>Level 2 & 3</u> | Muscle Toning <u>Level 1,2,3</u> | Cardio Hi/Lo <u>Level 2 & 3</u> | Muscle Toning <u>Level 1,2,3</u> | Muscle Toning 9:30 - 10:30 Aerobic Room | | |
| 9:15 - 10:15 am Yoga Studio | Beginner Yoga <u>Level 1 & 2</u> | Pilates <u>Level 2 & 3</u> | Beginner Yoga <u>Level 1 & 2</u> | Pilates <u>Level 2 & 3</u> | Meditation <u>Level 1,2,3</u> | | Cardio Interval 10:15 - 11:15 am Aerobic Room | |
| 9:30 - 10:15 am Cycling Room | Indoor Cycling <u>Level 1,2,3</u> | Indoor Cycling <u>Level 1,2,3</u> | Indoor Cycling <u>Level 1,2,3</u> | Indoor Cycling <u>Level 1,2,3</u> | Cycleates 9:30 - 10:45 am | Water Fitness 9:30 - 10:30 am Pool | | |
| 9:30 - 10:30 am Aerobic Room | Cardio Interval <u>Level 2 & 3</u> | Muscle Toning <u>Level 1,2,3</u> | Cardio Step <u>Level 2 & 3</u> | Muscle Toning <u>Level 1,2,3</u> | Cardio Interval <u>Level 2 & 3</u> | Indoor Cycling 10:00 - 11:00 am Cycling Room | Indoor Cycling 10:30 - 11:15 am Cycling Room | |
| 10:05 - 11:05 am Pool | Water Fitness <u>Level 1,2,3</u> | Water Fitness <u>Level 1,2,3</u> | Water Fitness <u>Level 1,2,3</u> | Water Fitness <u>Level 1,2,3</u> | Water Fitness <u>Level 1,2,3</u> | | | |
| 10:30 - 11:30 am Yoga Studio | Yoga <u>Level 1,2,3</u> | Yoga (Core) <u>Level 1,2,3</u> | Yoga <u>Level 1,2,3</u> | Beginner Pilates <u>Level 1,2,3</u> | Yoga <u>Level 1,2,3</u> | Yoga 10:30 - 11:45 am Yoga Studio | | |
| 10:45 - 11:45 am Aerobic Room | Zumba <u>Level 1,2,3</u> | Stroller Roller Mini Gym | Zumba <u>Level 1,2,3</u> | Stroller Roller Mini Gym | Zumba <u>Level 1,2,3</u> | Zumba 10:45 - 12:15 pm Aerobic Room | Yoga 11:30 am - 1:00 pm Yoga Studio | |
| 11:15 - 12:15 pm Pool | Water Fitness <u>Level 1 & 2</u> | Water Fitness <u>Level 1,2,3</u> | Water Fitness <u>Level 1 & 2</u> | Water Fitness <u>Level 1,2,3</u> | Water Fitness <u>Level 1 & 2</u> | | | |
| 11:45 - 12:45 pm Yoga Studio | | Yoga (Core) <u>Level 1,2,3</u> | | | | | | |
| 11:45 - 12:30 pm Aerobic Room | | Chair Fitness <u>Level 1 & 2</u> | | Chair Fitness <u>Level 1 & 2</u> | | Yoga 4:00 pm - 5:00 pm Yoga Studio | Indoor Cycling 4:00 - 4:45 pm Cycling Room | |
| 12:45 - 1:30 pm Aerobic Room | Silver Sneakers I <u>Level 1 & 2</u> | Silver Sneakers II <u>Level 1 & 2</u> | Silver Sneakers I <u>Level 1 & 2</u> | Silver Sneakers II <u>Level 1 & 2</u> | Silver Sneakers I <u>Level 1 & 2</u> | | | |
| 4:15 - 5:15 pm Yoga Studio | Yoga <u>Level 1 & 2</u> | Yoga <u>Level 2 & 3</u> | Kids Yoga 4:00 - 5:15 pm | Yoga <u>Level 2 & 3</u> | | <h3>Schedule Key</h3> <p>Location of Class Group Ex Room Yoga Studio Cycling Room Pool Mini Gym</p> <p>Intensity Level of Class Level 1 = Easy/Beginner Level 2 = Moderate/Intermediate Level 3 = Challenging/Advanced</p> | | |
| 4:30 - 5:30 pm Aerobic Room | Muscle Toning <u>Level 1,2,3</u> | Step Interval <u>Level 1,2,3</u> | Muscle Toning <u>Level 1,2,3</u> | Kids Zumba <u>Level 1,2,3</u> | Muscle Toning <u>Level 1,2,3</u> | | | |
| 4:45 - 5:30 pm Cycling Room | | Indoor Cycling <u>Level 1,2,3</u> | | Indoor Cycling <u>Level 1,2,3</u> | | | | |
| 5:00 - 5:45 pm Cycling Room | Indoor Cycling <u>Level 1,2,3</u> | | Indoor Cycling <u>Level 1,2,3</u> | | Indoor Cycling <u>Level 1,2,3</u> | | | |
| 5:30 - 6:30 pm Aerobic Room | Step Interval <u>Level 2 & 3</u> | Muscle Toning <u>Level 1,2,3</u> | | Muscle Toning <u>Level 1,2,3</u> | | | | |
| 5:45 - 6:45 PM Aerobic Room | Zumba 6:30 - 7:30 pm | | Zumba <u>Level 1,2,3</u> | | | | | |
| 5:45 - 6:45 pm Yoga Studio | Yoga <u>Level 1, 2, 3</u> | Beginner Pilates <u>Level 1 & 2</u> | Yoga <u>Level 1, 2, 3</u> | Pilates <u>Level 2 & 3</u> | | | | |
| 6:00 - 6:45 pm Cycling Room | Indoor Cycling <u>Level 1,2,3</u> | Cycle + Abs <u>Level 1,2,3</u> | Indoor Cycling <u>Level 1,2,3</u> | Cycle + Abs <u>Level 1,2,3</u> | Indoor Cycling <u>Level 1,2,3</u> | | | |
| 7:00 - 8:00 pm Aerobic Room | Cardio Kickboxing 7:30 - 8:30 pm | Turbo Kick <u>Level 1,2,3</u> | Cardio Kickboxing <u>Level 1,2,3</u> | Step Interval <u>Level 1,2,3</u> | Multi-Step <u>Level 2,3</u> | | | |
| 7:00 - 8:00 pm Cycling Room | Cycle + Abs <u>Level 1,2,3</u> | | Cycle + Abs <u>Level 1,2,3</u> | | | | | |
| 7:00 - 8:00 pm Yoga Studio | Yoga 7:00 - 8:30 pm | Yoga <u>Level 1, 2, 3</u> | Yoga 7:00 - 8:30 pm | Yoga <u>Level 1, 2, 3</u> | Yoga <u>Level 1, 2, 3</u> | | | |

Schedule Key

Location of Class
Group Ex Room
Yoga Studio
Cycling Room
Pool
Mini Gym

Intensity Level of Class
Level 1 = Easy/Beginner
Level 2 = Moderate/Intermediate
Level 3 = Challenging/Advanced

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