

GROUP EXERCISE

SUMMER 2010, BEGINS June 18

Roper 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.



ALL CLASSES ARE 50 MINUTES IN LENGTH UNLESS OTHERWISE NOTED. Enjoy your workout and remember instructors will give exercise options for beginners.

Time		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	GES		Strength Training **/**** Samantha	Pilates */**/*** Lillian	Strength Training */**/*** Samantha			
5:30am	CZ	Cardio Cycling **/**** Marc		Cardio Cycling **/**** Samantha		Cardio Cycling **/**** Audrey		
6:30am	GES		Abs/Core */**/*** 30mins Patti		Abs/Core */**/*** 30mins Patti			
7:00am	CZ		Cardio Cycling **/**** Patti		Cardio Cycling **/**** Patti			
7:30 AM	GES						Yoga */**/*** Rotates	
8:00am	GES	Strength Training */**/*** Aida	Cardio Strength */**/*** Kelli	Strength Training */**/*** Audrey	Cardio Strength */**/*** Lillian	Strength Training */**/*** Lisa		
	GYM	Yoga */**/*** Kim		Yoga */**/*** Lillian				
8:30am	GES						Boot Camp */**/*** Samantha	
9:15am	GYM	Cardio Conditioning */**/*** 30 min Kelli/Kim	Abs/Core 9:00 am */**/*** 30mins Kim	Cardio Conditioning */**/*** 30 min Fran/Lisa	Abs/Core 9:00 am */**/*** 30mins Kim			
	GES	Abs/Core */**/*** 30mins. Karen	Cardio Conditioning */**/*** 30 min Kelli	Abs/Core */**/*** 30mins. Karen	Cardio Conditioning */**/*** 30 min Kelli/Kim	Abs/Core */**/*** 30mins. Lisa		
	CZ						Cardio Cycling 9:00AM 75mins**/****	
9:45am	GYM	Cardio Strength */**/*** Kelli/Kim	Kids Fitness 2-5yrs. 9:30 am 30mins Kim	Cardio Kickboxing **/**** Kelli	Kids Fitness 2-5yrs. 9:30 am 30mins Kim		Cardio Step 9:30AM **/**** Melinda	
	GES	Parent-Child Fitness 30 mins Aida	Strength Training */**/*** Aida	Cardio Step */**/*** Neisa	Strength Training */**/*** Kelli	Cardio Strength */**/*** Kim		
	CZ	Cardio Cycling **/**** Karen	Cardio Cycling **/**** Fran	Cardio Cycling **/**** Karen	Cardio Cycling **/**** Fran	Cardio Cycling **/**** Fran		
10:30am	GYM	Zumba */**/*** Karen	Kids Fitness 2-5yrs. 10:00 am 30mins Kim	Zumba */**/*** Neisa	Kids Fitness 2-5yrs. 10:00 am 30mins Kim	Latin Cardio */**/*** Cuic		
	GES	Strength Training */**/*** Karen	Pilates */**/*** Susan	Strength Training */**/*** Karen	Pilates */**/*** Susan		Strength Training */**/*** Ashley	
11:30am	GES	Yoga */**/*** Fran		Yoga */**/*** Joy		Yoga */**/*** Fran	Cardio Kickboxing **/**** Lisa	
11:30am	Gym	Silver Sneakers * Kim		Silver Sneakers * Nancy				
12:00pm	CZ	Express Cycling */**/*** Donna		Express Cycling */**/*** Donna			Abs/Core */**/*** 30mins Lisa	
12:30pm	GES	Abs/Core */**/*** 30mins Lisa		Abs/Core */**/*** 30mins Donna		Abs/Core */**/*** 30mins Lisa	Yaits (Youth Fitness) Justin	
1:00pm	GES							
4:00pm	WC							Muscle Conditioning */**/*** Donna
4:30pm	GES	Kids Fitness 30mins Mark		Kids Fitness 30mins Mark				Cardio Cycling (CZ) 4:45pm**/**** Anna
	GES	Muscle Conditioning */**/*** Lisa	Cardio Cycling (CZ) **/**** Donna	Muscle Conditioning */**/*** Lisa	Cardio Cycling (CZ) **/**** Lillian			
5:00pm	GES	Abs/Core */**/*** 30mins Lisa	Abs/Core */**/*** 30mins Karen	Abs/Core */**/*** 30mins Lisa	Abs/Core */**/*** 30mins Karen	Abs/Core */**/*** 30mins		
5:30pm	GES	Cardio Step */**/*** 30 min. Lillian	Strength Training */**/*** Anna	Cardio Step */**/*** 30 min. Samantha	Strength Training */**/*** Lillian	Muscle Conditioning */**/*** Anna		
	CZ	Cardio Cycling */**/**** Anna						
6:00 PM	GES	Total Body Training */**/*** 30 mins Lillian		Total Body Training */**/*** 30 mins Smantha		Zumba **/**** Linda		
6:30pm	CZ	Cardio Cycling **/**** Ashley	Cardio Cycling **/**** Donna	Cardio Cycling **/**** Marc	Cardio Cycling **/**** Lillian			
	GES	Cardio Kickboxing **/**** Lisa	Zumba */**/*** Linda	Latin Cardio */**/*** Cuic	Cardio Strength */**/*** Melinda			
7:30pm	GES		Yoga */**/*** Lillian		Yoga */**/*** Joy			

Schedule Key

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

Location of Class
 GYM Gymnasium
 CZ Cycling Zone
 GES Group Exercise Studio

Intensity Level of Class
 * Low
 */** Low & Moderate
 */**/**** ALL LEVELS
 /** Moderate & High
 *** High

Please contact Lisa Reitzel, Wellness Director, lsimmons@cfymca.org for questions!

YMCA Group Exercise Class Types & Descriptions

RED: Strengthening Classes

These classes will strengthen and condition muscles. Most classes incorporate equipment such as dumbbells, body bars, bands, medicine balls, etc. Some classes may only utilize your own body weight to create resistance.

Benefits of Taking Strength Classes:

- Feeling Better, Looking Better & Meeting Friends
- Increased Metabolic Rate – you burn more calories
- Increasing & Restoring Bone Density
- Increase Lean Muscle, Strength, Power & Endurance
- Injury Prevention
- Improved balance, flexibility, mobility & stability
- Enhanced performance in sports or exercise

YELLOW: Cardio Classes

These classes will increase heart rate and help improve your overall cardiovascular & cardiorespiratory fitness. These classes are upbeat and fun to participate in. Some classes incorporate steps, dance, punching bags, jump ropes and bikes.

Benefits of Taking Cardio Classes:

- Feeling Better, Looking Better & Meeting Friends
- Healthier & Stronger Heart
- Reduce the risk of Heart Disease
- Reduce or prevent high Cholesterol levels
- Increase & Restore Bone Density
- Increased Metabolic Rate – burn more calories
- Enhanced performance in sports or exercise

BLUE: Combination Classes

Our combination classes combine together both the cardio and strength element of exercise into once class. Busy schedules and obligations often force us to limit the time we spend exercising. These classes use techniques that are both efficient and effective in burning calories, increasing muscular strength and endurance and giving you the variety you need to stay motivated.

Benefits of taking Combination Classes:

- Feeling Better, Looking Better & Meeting Friends
- Saves time
- Efficient and effective
- Healthier & Stronger Heart
- Increased Metabolic Rate – burn more calories
- Increase lean muscle
- Enhanced performance in sports or exercise

PURPLE: Spirit-Mind-Body

These classes not only help 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.

Benefits of Taking Spirit-Mind-Body Classes:

- Feeling Better, Looking Better & Meeting Friends
- Union of mind, body and spirit
- Increased muscular flexibility
- Improved balance, mobility and stability
- Reduced stress levels
- Improved overall well-being

GREEN: Youth Classes

These classes are taught with age-appropriate curriculum to enhance physical fitness, personal growth and development. Classes are up-beat, fun and incorporate a variety of exercise.

Benefits of Taking Youth Classes:

- Improve coordination, strength, endurance, flexibility
- Learn YMCA Core values, meet friends & have fun!

RED: STRENGTHENING CLASSES

Abs/Core – This 15 minute class focuses on the abdominal/low back muscles and other core stabilizing muscles. Good core strength helps reduce back pain and improves overall fitness and stability.

Muscle Conditioning – A conditioning program to firm and strengthen muscles of the entire body. This class uses resistance exercises to develop muscle strength and endurance. Hand weights, bands, balls, a set bench and your own body weight may be utilized during class.

Strength Training – A strengthening class incorporating traditional weight training exercising such as squats, presses, lifts and curls. All major muscle groups are worked using barbells. Dumbbells and other equipment may be utilized.

Pilates – 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.

YELLOW: CARDIO CLASSES

Cardio Cycling – This class is performed on a stationary bicycle. Instructors will guide you through an all-terrain ride while focusing on proper body alignment, heart rate and proper cycling techniques. Some classes may be held outdoors to enhance your experience.

Cardio Conditioning - This cardiovascular workout will improve the efficiency of your heart, lungs, and circulatory system through continuous efforts that will not only elevate your heart rate, but also burn calories and increase your endurance. Exercise such as walking, running, jumping, cycling, and other aerobic movements may be incorporated.

Cardio Dance – These classes increase your heart rate through dance. Traditional low impact aerobic dance moves, hip hop, Latin, belly dance or even ballet may be incorporated.

Zumba® - Zumba classes fuse Latin rhythms and easy to follow moves to create a dynamic fitness party atmosphere. The routines feature interval training sessions with fast and slow rhythms that incorporate Latin & International dances such as salsa, mambo, cha cha, meringue, regaton, samba, belly dance, hip hop and more.

Latin Cardio – A more traditional Latin dance exercise class that incorporates dances such as salsa, mambo, cha cha and meringue to increase your heart rate.

Cardio Step – This class uses an elevated platform (step). Moves are performed on, over and around the step. The instructor demonstrates basic through advanced moves.

Cardio Kickboxing – Sport specific techniques of boxing and martial arts are incorporated in this interval-based workout. Punching, kicking, footwork, punch mitts, heavy bags and jump ropes may be utilized.

BLUE: COMBINATION CLASSES

Cardio-Strength – These classes generally follow a circuit or interval training format, alternating cardio and strength training exercises. Exercises such as walking, running, jumping, stepping, and cycling may be combined with resistance exercises using your body weight, dumbbells, body bars, medicine balls, bands and steps.

Boot Camp – This class combines calisthenics, plyometrics, strength training and cardio intervals. Most instructors follow a traditional boot camp style using vocal counts and calls, class participation, group and individual exercises.

Silver Sneakers – A customized exercise class for older adults designed to increase strength, flexibility, balance and endurance.

Total Body Training – 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. Special attention is paid to performing exercises with the correct form and at your appropriate fitness level. You own body weight, dumbbells and barbells may be used.

PURPLE: SPIRIT-MIND-BODY CLASSES

Yoga - 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, toning and relaxation.

GREEN: YOUTH CLASSES

Parent-Child Fitness – (Ages 1-4) These classes are designed for parents to help their toddlers and pre-schoolers stay active, improve coordination and self-confidence. Music, dance obstacle courses, scarves, balls and other fun activities are used to engage little ones in the fun.

Kids Fitness – (Ages 5-11) Kids get to exercise with other kids in a fun and active environment. These classes incorporate high energy music, obstacle courses, circuits, races, yoga, stretching and other exercises to help kids build strength, endurance, flexibility and balance.

MMA Fitness - (Ages 12 – 19) This class is designed to build endurance and strength with our Pro MMA competitor, Julien Williams. Team building and increasing and athletic conditioning is a focus.