

GROUP EXERCISE

South Orlando 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 |
|---------|---------------------------|--|---------------------------|--|--------------------------------------|--------------------------------|
| 9:00am | Cardio Strength | Pilates | Cardio Strength | Pilates | Cardio Strength | Water Aerobics (9:15am) |
| 10:00am | 15 Min. ABS | 30 min. Low Impact Muscle Conditioning | 15 Min. ABS | 30 min. Low Impact Muscle Conditioning | 15 Min. ABS | Cardio Dance (Zumba) (10:30am) |
| 11:00am | SilverSneakers | Water Aerobics | SilverSneakers | Water Aerobics | SilverSneakers | |
| | | | | | | |
| 5:00pm | Cardio Cycling | | Cardio Cycling | | Cardio Cycling | |
| 5:15pm | | Interval Cardio Cycling | | Interval Cardio Cycling | | |
| 5:45pm | 15 Min. ABS | Water Aerobics (6:00pm) | 15 Min. ABS | Water Aerobics (6:00pm) | 30 Min. Abs | |
| 6:00pm | 30 min. Cardio Kickboxing | Cardio Cycling | 30 min. Cardio Kickboxing | Cardio Cycling | 30 Min. Lower Body Strength (6:15pm) | |
| 6:45pm | Cardio Dance (ZUMBA) | | Latin Muscle Conditioning | | Cardio Dance (ZUMBA) | |
| 7:00pm | | Boot Camp | | Boot Camp | | |



Schedule Key
Type of Class

RED
Strength

YELLOW
Cardio

BLUE
Combination

PURPLE
Spirit-Mind-Body

ALL CLASSES ARE 45 MINUTES IN LENGTH UNLESS OTHERWISE NOTED.

814 W. Oak Ridge Rd. Orlando, FL 32809

Phone Number: 407-855-2430

www.CentralFloridaYMCA.org

**Minimum of 3 people per class.

Schedule is Subject to Change.

Schedule Effective July 2010