

GROUP EXERCISE

April - June 2010

Wayne Densch 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.



Wayne Densch YMCA Family Center

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 AM	Cardio Cycling <i>* ** ** ** *</i>	H.A.B.I.T <i>* ** *</i>	Cardio Cycling <i>* ** ** ** *</i>	H.A.B.I.T <i>* ** *</i>			Schedule Key Type of Class RED Strength YELLOW Cardio BLUE Combination PURPLE Spirit-Mind-Body GREEN Youth Classes Location of Class MPR Multipurpose Room GYM GYM OUT Outdoors Intensity Level of Class * Low ** / * * Low & Moderate ** / * * / * * * ALL LEVELS ** * / * * * Moderate & High * * * * High
10:00 AM	15 Minutes STRETCH <i>* ** *</i>	15 Minutes ABS/CORE <i>* ** *</i>	15 Minutes STRETCH <i>* ** *</i>	15 Minutes ABS/CORE <i>* ** *</i>			
10:15 AM	 Enhance independent living skills for seniors Muscular Strength	 Enhance independent living skills for seniors Muscular Strength	 Enhance independent living skills for seniors Muscular Strength	 Enhance independent living skills for seniors Muscular Strength		Studio Cycling <i>* ** ** ** *</i> 10:30 AM	
5:30 PM	Cardio Cycling <i>* ** ** ** *</i>	Cardio Cycling <i>* ** ** ** *</i>	Cardio Cycling <i>* ** ** ** *</i>	Cardio Cycling <i>* ** ** ** *</i>			Water Aerobics Coming Soon!!
6:30 PM	Latin Cardio <i>* ** ** ** *</i>	H.A.B.I.T <i>* ** *</i>	Cardio Kickboxing <i>* ** ** ** *</i>	H.A.B.I.T <i>* ** *</i>			
Child Development Center	9:00 - 12:00pm 5:00 - 8:15 pm	9:00 - 12:00pm 5:00 - 8:15 pm	9:00 - 12:00pm 5:00 - 8:15 pm	9:00 - 12:00pm 5:00 - 8:15 pm	5:00 - 8:15 pm	9:00 am - 1:00 pm	CLOSED