

GROUP EXERCISE

Winter Park 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.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:45am	Cardio Cycling	Cardio Cycling	Cardio Cycling	Cardio Cycling	Cardio Cycling		<p>ALL CLASSES ARE 55 MINUTES IN LENGTH UNLESS OTHERWISE NOTED. CARDIO CYCLING CLASSES ARE 45 MINUTES UNLESS OTHERWISE NOTED.</p>	
5:45am	Bootcamp		Strength Training		Bootcamp			
7:00am	Cardio Cycling		Cardio Cycling		Cardio Cycling			
8:00am		Cardio Cycling		Cardio Cycling		Cardio Cycling 55 minutes		
8:00am	Cardio Step	Pilates	Cardio Step	Pilates	Cardio Step	Strength Training		
8:30am			Cardio Cycling		Cardio Cycling			
9:00am	Abs/Core 20 minutes		Abs/Core 20 minutes		Abs/Core 20 minutes	Abs/Core 20 minutes		
9:00am						Cardio Cycling		
9:15am		Yoga Power 85minutes		Yoga Power 85minutes				
9:30am	Pre-School Fitness		Pre-School Fitness		Pre-School Fitness	Cardio Step		
9:30am	Cardio Cycling	Cardio Cycling	Cardio Cycling	Cardio Cycling	Cardio Cycling			
9:30am		Bootcamp Gymnasium		Bootcamp Gymnasium		Cardio Step		
10:00am	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Cardio Cycling 55 minutes		
10:30am	Cardio Cycling	Abs/Core 20 minutes	Cardio Cycling	Abs/Core 20 minutes	Cardio Cycling	Abs/Core 20 minutes		
11:00am		Yoga		Yoga		Pilates		
11:00am	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness		
Noon	Yoga		Pilates		Yoga			
12:15pm	Cardio Cycling		Cardio Cycling					Cardio Cycling 60 minutes
12:15pm								
1:15pm								Yoga Power 75 minutes
4:00pm	Kid Fitness Recess	Kid Fitness Recess	Kid Fitness Recess	Kid Fitness Recess	Kid Fitness Recess			
4:00pm		Cardio Cycling		Cardio Cycling				
4:30pm		Yoga		Yoga				
5:00pm	Cardio Cycling		Cardio Cycling					
5:00pm	Pilates		Pilates					
5:00pm	Kid Fitness Recess	Kid Fitness Recess	Kid Fitness Recess	Kid Fitness Recess	Kid Fitness Recess			
5:30pm		Abs/Core 20 minutes		Abs/Core 15 minutes				
6:00pm	Cardio Cycling	Cardio Cycling	Cardio Cycling	Cardio Cycling	Cardio Cycling 55 minutes			
6:00pm		Bootcamp		Kickbox				
6:00pm	Kid Fitness Recess	Kid Fitness Recess	Kid Fitness Recess	Kid Fitness Recess	Kid Fitness Recess			
7:00pm	Cardio Cycling		Cardio Cycling					
7:15pm	Yoga Power	Pilates	Yoga Power	Yogalates				

Schedule Key

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

Wellness Director:
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Group Fitness Coordinator:
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