



Sumter Family YMCA May 2012 – Group Exercise Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAND EXERCISE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am		Power Hour Bronwyn		Power Hour Bronwyn			
6:00am	Yoga Jean		Yoga Jean		Yoga Jean		
8:15am	Pilates Jean	On the Ball Cathy	Pilates Jean	On the Ball Cathy	Pilates Jean		
9:15am	Fat Burn Challenge Vicky	Yoga Melissa	Fat Burn Challenge Vikki	Yoga Melissa	Fat Burn Challenge Vicky	(9:00) Yoga Jean	
10:15am	Cardio & Tone Pam	Silver Sneakers Cathy	Cardio & Tone Pam	Silver Sneakers Cathy	Cardio & Tone Pam		
11:15am	Piloga Annabelle		Piloga Annabelle		Piloga Annabelle		
11:30am		Zumba Carrie		Zumba Carrie			
12:15pm	Chisel Vikki	Core Express Stephanie	Chisel Vikki	Core Express Stephanie	Chisel Vikki		
4:30pm		Boot Camp Stephanie		Boot Camp Stephanie			
5:30pm	Chisel Angela	Zumba Tonya	Chisel Angela	Zumba Tonya	Boot Camp Missy		
6:30pm	Aerobox Bronwyn	Fat Burn Challenge Vicky	Aerobox Bronwyn	Fat Burn Challenge Vicky			
7:30pm	Core Crush Bronwyn		Core Crush Bronwyn				
INDOOR CYCLING							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	I-Cycle Grace	I-Cycle Richard	I-Cycle Grace	I-Cycle Richard	I-Cycle Grace		
8:15am	I-Cycle Cathy	I-Cycle Angela	I-Cycle Cathy	I-Cycle Vikki	I-Cycle Angela		
9:00am						I-Cycle PLUS Leslie	(2:00pm) I-Cycle PLUS Richard
10:00am			(4:30pm) Teen Cycle Annabelle			I-Cycle 101 Leslie	
5:30pm	I-Cycle Angie	I-Cycle Stacy	I-Cycle Angie	I-Cycle Stacy			
6:30pm	I-Cycle Violet		I-Cycle Violet				
WATER AEROBICS							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15am	Liquid Water Vicky		Liquid Water Melissa		Liquid Water Cathy		
11:00am	Senior Workout Cindy		Senior Workout Cindy		Senior Workout Cindy		
2:00pm	Arthritis Aquatics Linda		Arthritis Aquatics Linda		Arthritis Aquatics Linda		

* Instructors are subject to change

*Any class consistently having less than 6 participants may be cancelled

Group Exercise Class Descriptions

LAND EXERCISE (ages 10-14 allowed with parent)

*Boot Camp: 55-minute hardcore military inspired workout that focuses on core, agility, plyometrics & drills.

Cardio & Tone: A 55-minute low to moderate intensity class that involves cardio and strength training.

Chisel: A fast paced resistance training class designed to strengthen your entire body in 55-minutes.

Core Crush: Build power, flexibility and muscular endurance while working the entire core in only 30-minutes.

Core Express: A short 30-minute intense floor class dedicated to abdominals, lower back, glutes and hip flexors.

*Fat Burn Challenge: Burn calories in a 55-minute full body workout. Make it as challenging as you want!

On the Ball: Strengthen core muscles as you work your entire body using a stability ball in 55 minutes.

Pilates: A 55-minute mat class focusing on integrating the entire body, rather than each body part separately.

Piloga: Improve your breathing & posture with this 45 minute mix of yoga and pilates.

*Power Hour: 1-hour to mix up your workout routine with this high powered, energizing resistance training class.

Silver Sneakers: 55-minutes for older adults to improve their strength, flexibility, balance & endurance.

Step: Choreography will take you all around the bench with fun & challenging combinations in 45-55 minutes.

Aerobox: A 55-minute aerobic kick box workout focusing on muscle strength, balance, flexibility and endurance.

Yoga: 45-50 minutes of basic yoga postures and stretches are combined to promote physical flexibility and improve core strength.

Zumba: Easy to follow fast & slow rhythms that are combined to tone your body while burning fat in 40 minutes.

INDOOR CYCLING – All classes on a stationary bike (15 and older)

I-Cycle: A 45-minute cardiovascular workout that combines strength, endurance and interval training.

I-Cycle PLUS: A full hour that provides an intense cardio workout; combining strength, endurance & intervals.

ICycle 101: A 30 minute introductory class that will teach you how to set your bike up and safely move through the 3 bike positions of indoor cycling.

Teen Cycle: A 45 minute cardiovascular workout designed for teens 13 and older. Adults are welcome!

WATER AEROBICS – All classes are 45min - 1 hour (ages 10-14 allowed with parent)

**Arthritis Aquatics: AFYAP A warm-water recreation and exercise program brought to you through the cooperative efforts of the YMCA and the Arthritis Foundation. This Program provides an opportunity for people with arthritis to participate in recreational group activity without aggravating their condition.

**Liquid Aerobics: A fitness class preformed in waist-to-neck deep water and designed for individuals of all ages and fitness levels. Great for those unable to take the stress or regular land aerobics that are looking for a low impact, high benefit program.

**Senior Workout: We have a set aside time in our pool for senior citizens, individuals with special needs, and any other individual in need of a slower-paced water fitness class. It's relaxing, refreshing, and fun! Equipment used: barbells, noodles, gloves, and paddles.

* Although modifications are provided by the instructors in all classes, these classes are more intense and are recommended for advanced exercisers.

**No swimming skills required.