



SUMTER FAMILY YMCA Christmas Week 2018 - Group Exercise Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAND EXERCISE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am	Functional Fitness Richard (upper gym)	MERRY CHRISTMAS	Functional Fitness Richard (upper gym)				
8:15 am	RIP Nichole B.				RIP Nichole		
8:30 am					Solid Core Stability Brooke (Lower Gym)		
9:15 am	Yoga Nicole D.						Boot Camp (9:00) Matt/Richard
9:15 am	Functional Fitness Brooke (lower gym)			Functional Fitness Josh (lower gym)		Functional Fitness Brooke (lower gym)	
10:15 am	Cardio Sculpt Josh			Cardio Sculpt Margratta		Cardio Sculpt Margratta	Strong La Tonya
11:15 am	Silver Sneakers Sandy					Tai Chi Joseph	
12:15 pm	Chisel Brooke			Chisel Brooke		Chisel Brooke	
4:30 pm				RIP Casey		RIP Casey	
5:30 pm				Chisel Brooke	Zumba Nashuma	Boot Camp Matt	
6:30 pm				Zumba Nashuma			
6:30 pm					Boot Camp Josh		
7:30 pm					Yoga Jean		
INDOOR CYCLING							
	Monday		Wednesday	Thursday	Friday	Saturday	Sunday
8:15 am				I-Cycle Joan			
8:30 am	Just Spin Josh		Just Spin Sheena		Just Spin Josh		
9:30 am							
6:00 pm				I-Cycle Rebecca			
WATER							
	Monday		Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am	Liquid Aerobics Shannon		Liquid Aerobics Shannon	Mindful Movements Sandy	Liquid Aerobics Shannon		
10:30 am							
2:00 pm					Arthritis Aquatics Sandy		

Instructors/Classes are subject to change. Any class consistently having less than 6 participants may be removed from schedule.

High Intensity

Gentle Intensity

Mind Body/Stability/Core

Extra Gentle/ Focus on Range of Motion

Moderate Intensity

Athletic Training

Strength Training

☆ Denotes a change in class from previous month

GROUP EXERCISE CLASS DESCRIPTIONS

Boot Camp: 55-minute high intensity conditioning workout that focuses on core, plyometrics, and strength. Make it as challenging as you want!

Cardio Dance: Work up a sweat with movements inspired by Latin dance, set to an interval format and rhythms that make you want to move

Cardio Sculpt: 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.

Functional Fitness: 55-minute full body workout that will challenge you in both strength and cardio. Every movement modifiable to your needs!

Hip Hop After Dark: Easy to follow dance class that has you moving to the beat of fast and slow rhythms.

Pilates-Barre Fusion: A fusion of the Barre technique and traditional Pilates exercises.

Silver Sneakers: 50-minutes for older adults to improve their strength, flexibility, balance & endurance.

Solid Core Stability: Using suspension straps, stability balls, BOSU, and gliding discs, participants will perform total body exercises to increase stability, improve posture, strengthen the core musculature, and tone the entire body.

Sport : 60-minute class to upbeat and intense music, where coaches guide you through athletic exercises focusing on cardio, strength, balance and core training. Equipment includes a step for box training, one heavy and one light dumbbell, and YOU.

Strong- STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation.

RIP® by Group Rx : A full-body, Rhythmically driven barbell class. Using orthopedically-approved functional strength training, RIP uses current strategies to increase results.

Tabata: 30-minute high intensity class that follows a specific format: 20 sec of high intensity followed by 10 sec of rest.

Transform® by Group Rx-a stellar blend of Yoga, Pilates, and athletic inspired movements that will elevate both your fitness and your mind-body practice. Shoes off , settle in and TRANSFORM YOURSELF!

Tai Chi: a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. (50 minutes)

Yoga: In this 50 min all level Hatha style class, learn to link breath to movement while stretching and strengthening your body.

Vin Yin Yoga: 75 minute journey through a full yoga spectrum. Participants of all levels will be lead through Vinyasa flows, Yin/relaxing postures, and introduced to breathing and meditation practices.

Zumba: Easy to follow Latin inspired class that includes fast & slow rhythms (55 minutes)

Indoor Cycling – All classes on a stationary bike (15 and older)

I-Cycle Endurance: This class will improve mental discipline by having the rider hold a steady position and steady heart rate for extended period of time (45 minutes)

I-Cycle Interval: This style of cycling will emphasize speed, tempo, timing and rhythm. Movements may include high RPM, pedaling on the flats, and acceleration drills. (45 minutes)

I-Cycle Strength: Steady, consistent pedaling with heavy resistance. Promotes muscular and cardiovascular development. (45 minutes)

Revolution: Strengthen your legs and lungs while you have a blast riding to chart topping tunes.

Water Aerobics – All classes are 45 min – 1 hour (ages 10-14 allowed with parent) ** No swimming skills required

****Arthritis Aquatics:** A warm-water recreation and exercise program providing an opportunity for people with arthritis, or bone and joint issues to participate in recreational group activity without aggravating their condition.

****Mindful Movement:** A water aerobics class designed for low impact exercises that also focused on stretching the body.

****Liquid Aerobics:** A fitness class performed in waist to neck deep water designed for low impact and high-benefit.

****Senior Workout:** A time for senior citizens, individuals with special needs, and any other individual in need of a slower-paced water fitness class. Equipment used: barbells, noodles, gloves, and paddles.