



SUMTER FAMILY YMCA

December 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) | | Functional Fitness Richard (upper gym) | | | | |
| 8:15 am | RIP Nichole B. | Transform Nichole B. | | Sport Nichole B. | RIP Nichole | | |
| 8:30 am | | Solid Core Stability Allyse (Lower Gym) | | Solid Core Stability Allyse (Lower Gym) | | Yoga (8:00) Jean | |
| 9:15 am | Yoga Nicole D | | Vin Yin Yoga (9:00) Nicole D | | Transform Rotation | 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 ★ | Silver Sneakers Nicole D | Cardio Sculpt Margratta | Silver Sneakers Nicole D | Cardio Sculpt Margratta ★ | Strong La Tonya | |
| 11:15 am | Silver Sneakers Junko | Zumba Maronica | Silver Sneakers Junko | Zumba Maronica | Tai Chi Joseph | | |
| 12:15 pm | Chisel Brooke | | Chisel Brooke | | Chisel Brooke | | |
| 4:30 pm | RIP Casey | Sport Nichole B. | RIP Jami | Transform Nichole B. | RIP Casey | | |
| 5:30 pm | Chisel Rebecca | Zumba Kayce | Chisel Brooke | Zumba Nashuma | Boot Camp Matt | | |
| 6:30 pm | Yoga Nicole D | | Zumba Nashuma | | | | |
| 6:30 pm | | Boot Camp Matt | | Boot Camp Josh | | | |
| 7:30 pm | Hip-Hop After Dark Daria | Yoga Jean | | Yoga Jean | | | |

INDOOR CYCLING

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|---------------------------|--------------------|---------------------|--------------------|-------------------|--------------------|--------|
| 8:15 am | | I-Cycle Joan | | I-Cycle Joan | | | |
| 8:30 am | Just Spin Josh | | Just Spin Sheena | | Just Spin Josh | | |
| 9:30 am | | | | | | I-Cycle Rebecca | |
| 6:00 pm | I-Cycle Interval Stacy | I-Cycle Rebecca | | I-Cycle Rebecca | | | |

WATER

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|-----------------------------|------------------------------|-----------------------------|------------------------------|-----------------------------|----------|--------|
| 8:00 am | Liquid Aerobics Shannon | Mindful Movements Sandy ★ | Liquid Aerobics Shannon | Mindful Movements Sandy ★ | Liquid Aerobics Shannon | | |
| 10:30 am | Senior Workout Danielle | | Senior Workout Sandy | | Senior Workout Danielle | | |
| 2:00 pm | Arthritis Aquatics Sandy | | Arthritis Aquatics Sandy | | 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.