



SUMTER FAMILY YMCA

January/February 2019 - 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) | | Functional Fitness Hilary (upper gym) | | |
| 8:20 am | RIP Nichole B. | Transform Nichole B. | RIP Nichole B. ★ | War Nichole B. | Sport 45 Core Nichole ★ | | |
| 8:30 am | | Solid Core Stability Allyse (Lower Gym) | | Solid Core Stability Allyse (Lower Gym) | | Yoga (8:00) Jean | |
| 9:20 am | Yoga Nicole/Sandy | Pilates-Barre Fusion Sandy | Yoga Nicole/Sandy | Pilates-Barre Fusion Sandy | Transform Laura | RIP 45 (9:00) Jami ★ | |
| 9:30 am | Functional Fitness Brooke (lower gym) | | Functional Fitness Josh (lower gym) | | Functional Fitness Brooke (lower gym) | Boot Camp 45(9:45) Alternates ★ | |
| 10:20 am | Cardio Sculpt Josh | Silver Sneakers Nicole D/Sandy | Cardio Sculpt Margratta | Silver Sneakers Nicole D/Sandy | Cardio Sculpt Laura | Strong (10:30) La Tonya | |
| 11:20 am | Silver Sneakers Junko | Zumba Margratta | Silver Sneakers Junko | | Tai Chi Joseph | | |
| 12:15 pm | Chisel Brooke | | Chisel Brooke | | Chisel Brooke | | |
| 4:30 pm | RIP Nichole B. | War Nichole B. | RIP Jami | Transform Nichole B. | Rip Casey | | |
| 5:30 pm | Zumba Nashuma ★ | Rip Casey ★ | Zumba Kayce ★ | Rip Casey ★ | Boot Camp Matt | | |
| 6:30 pm | Chisel Rebecca ★ | Boot Camp Matt | Chisel Brooke ★ | Boot Camp Josh | Zumba Nashuma ★ | | |
| 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 Cycle Josh | | Just Cycle Sheena | | Just Cycle 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 Sculpt: A 50-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® 45- Core : *a 45 minute class to upbeat and intense music, that will activate your core in all planes of motion. Exercises using a body weight and dumbbells are performed on the floor, a Step and standing to get you firing on all cylinders.*

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.

RIP® 45 : *a 45 minute version of this musically driven barbell strength class. A full body workout, in a time friendly package..*

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 45 min all level Hatha style class, learn to link breath to movement while stretching and strengthening your body.

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 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)

Just Spin: *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.