



SUMTER FAMILY YMCA Group Exercise Schedule (Effective 6/9/19 - 6/15/19)

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 Hilary (upper gym)		Athletic Stretch Hilary		
8:20 am	RIP Nichole B.	Pilates Nichole	RIP Nichole B.	Activate Brittany ★	RIP Nichole B.		
8:30 am		Solid Core Stability Allyse (Lower Gym)		Solid Core Stability Allyse (Lower Gym)		Yoga (8:00) Jean 😊	
9:20 am	Pilates-Barre Fusion Sandy	Yoga Katie 😊	Pilates-Barre Fusion Brittany	Yoga Katie 😊	Transform Laura	RIP (9:00) Rotation	
9:30 am	Functional Fitness Danielle (lower gym)		Functional Fitness Josh (lower gym)		Functional Fitness Rachel (lower gym)	Boot Camp Alternates (Up. Gym) 😊	
10:20 am	Cardio Sculpt Joan H.	Silver Sneakers Sandy	Cardio Sculpt Margratta	Silver Sneakers Sandy	Cardio Sculpt Margratta ★	Strong (10:00) La Tonya	
11:20 am	Silver Sneakers Junko		Silver Sneakers Junko	Aerobic Fitness Joan H. 😊	Tai Chi Joseph		
12:15 pm	Chisel Brooke		Chisel Brooke		Chisel Brooke		
4:30 pm	RIP Casey	War Casey 😊	RIP Rotation	War Casey 😊	Chisel Rebecca		
5:30 pm	Zumba Nashuma 😊	Chisel Rebecca	Zumba Kayce 😊	Chisel Rebecca	Zumba Nashuma 😊		
5:30 pm					Boot Camp Matt Upper Gym 😊		
6:30 pm	Reserved for programming	Core and More Hilary	Reserved for programming	Core and More Hilary			
6:30 pm		Boot Camp Matt (Upper Gym) 😊		Boot Camp Josh (Upper Gym) 😊			
7:30 pm		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	I-Cycle Rebecca	
9:30 am							
6:00 pm	I-Cycle Rebecca ★	I-Cycle Hope		I-Cycle Hope			

WATER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am	Liquid Aerobics Shannon	Aqua Fit Sandy	Liquid Aerobics Shannon	Aqua Fit Sandy	Liquid Aerobics Shannon		
10:30 am	Senior Workout Danielle				Senior Workout Danielle		
2:00 pm	Arthritis Aquatics Sandy		Arthritis Aquatics Sandy		Arthritis Aquatics Peggy		

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
 Strength Training
 Athletic Training
 Extra Gentle/ Focus on Range of Motion
 Family Friendly Classes (7 years and older)
 Denotes a change in class from previous month

GROUP EXERCISE CLASS DESCRIPTIONS

Activate: Stretch and strengthen the muscles using techniques that incorporate Pilates principles.

Boot Camp: 55-minute high intensity conditioning workout that focuses on core, plyometric, 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.

Intensity: Is a 50 minute high intensity interval class that will help with improving your overall performance.

Pilates: Improves flexibility, builds strength and develops control and endurance in the entire body.

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.

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.

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)

War ® by Group Rx: MMA inspired athletic training set to motivating music. Easy to follow fight patterns partnered with athletic drills to create a HIIT effect.

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 Cycle *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.