



SUMTER FAMILY YMCA

January/February 2019 - Group Exercise Schedule

(Updated and In Effect : 2/4/19)

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 Richard (upper gym)		Functional Fitness Hilary (upper gym)		
8:20 am	RIP Chloe	Transform Sarah	T-Motion Josh ★	Strong Lizelle	Core 45 Heather ★		
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 Brittany/Sandy	Yoga Katie	Pilates-Barre Fusion Brittany/Sandy	Yoga Katie	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 Jami	War Casey	RIP Jami	Transform Laura	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.