



# SUMTER FAMILY YMCA

## March-May 2019 - Group Exercise Schedule

(Updated and In Effect : 3/1/19)

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 Nichole B.	Pilates Sarah	RIP Nichole B.	Strong Lizelle	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 Brittany	Yoga Sandy	★ Pilates-Barre Fusion Brittany	Yoga Sandy	★ Transform Laura	RIP (9:00) Jami	
9:30 am	Functional Fitness Lizelle (lower gym)		Functional Fitness Josh (lower gym)		Functional Fitness Lizelle (lower gym)	Boot Camp Alternates (Up. Gym)	
10:20 am	Cardio Sculpt Josh	Silver Sneakers Sandy	Cardio Sculpt Margratta	Silver Sneakers Sandy	Cardio Sculpt Chloe	Strong (10:00) 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	War Casey	☺ Rip Casey		
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	Intensity Hilary	★ Reserved for programming	Intensity Hilary	★		
6:30 pm		☺ Boot Camp Matt (Upper Gym)		☺ Boot Camp Josh (Upper Gym)			
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 Hope	I-Cycle Rebecca	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	Aqua Tabata Brittany	Senior Workout Sandy	Aqua Tabata Brittany	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	Family Friendly Classes (7 years and older)
			Denotes a change in class from previous month

## **GROUP EXERCISE CLASS DESCRIPTIONS**

**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.

**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)

**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

**\*\*Aqua Tabata:** This 45 minute class will take you through interval training in the water to raise your heart rate and burn calories!

**\*\*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.