



SUMTER FAMILY YMCA Group Exercise Schedule January 2021

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday
AEROBIC ROOM					
5:45 am					Athletic Stretch Hilary
8:15 am	Muscle Pump Rotation	Yoga Katie	Muscle Pump Rotation	Yoga Katie	
9:15 am	Barre Brittany	Pilates Brittany	Barre Brittany	Pilates Brittany	Barre Brittany
10:15 am	Cardio Sculpt Brittany	Cardio Sculpt Brittany	Cardio Sculpt Brittany	Cardio Sculpt Brittany	Cardio Sculpt Brittany
11:15 am	Silver Sneakers Brittany	Silver Sneakers Junko	Silver Sneakers Junko	Silver Sneakers Brittany	Tai Chi Joseph
12:15 pm	Chisel Sarah		Chisel Sarah		Chisel Sarah
4:30 pm	Muscle Pump Jami	Core Cardio Alyssa	Muscle Pump Jami	Core Cardio Alyssa	Muscle pump Jami
5:30 pm	Zumba Nashuma	Chisel Rebecca	Zumba Kayce	Chisel Rebecca	Zumba Nashuma
LOWER GYM					
5:45 am	Functional Fitness Richard	Functional Fitness Richard	Functional Fitness Richard	Functional Fitness Richard	
8:15 am		Cycle Joan		Cycle Joan	
9:30 am	Functional Fitness Chloe		Functional Fitness Chloe		Functional Fitness Sarah
4:30 pm		Cycle Jami		Cycle Jami	
5:30 pm	Cycle Rebecca	HIIT Target Hilary	Cycle Brooke	HIIT Target Hilary	Boot Camp Vangelica
6:30 pm	Boot Camp Matt	Boot Camp Matt	Boot Camp Vangelica		
WARM POOL					
10:00 am	Senior Workout Adrian		Senior Workout Adrian		Senior Workout Adrian

Instructors/Classes are subject to change. All classes are 45 minutes.

- High Intensity
- Gentle Intensity
- Mind Body/Stability/Core
- Extra Gentle/ Focus on Range of Motion
- Athletic Training
- Strength Training
- ☆ Denotes a change in class from previous month

GROUP EXERCISE CLASS DESCRIPTIONS

Athletic Stretch: A 30-minute full body stretching class.

Barre: A hybrid workout class combining elements of ballet, Pilates, yoga and strength training exercises while utilizing a ballet barre.

Boot Camp: 45-minute high intensity conditioning workout that focuses on core, plyometric, and strength. Make it as challenging as you want!

Cardio Sculpt: A 45-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 45 minutes.

Core Cardio: Activate your core and increase core stability while working the body from head to toe with interval cardio.

Functional Fitness: 45-minute full body workout that will challenge you in both strength and cardio. Every movement modifiable to your needs!

HIIT Target: High intensity interval training to maximize the amount of calories you will burn!

Muscle Pump: A 45 minute total body strength training workout using barbells and dumbbells.

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

Silver Sneakers: 45-minutes for older adults to improve strength, flexibility, balance & endurance.

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.

Yoga: In this 45 min all level Vinyasa 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

Cycle: Indoor cycling to improve endurance and strength

Senior Workout: A time for senior citizens, individuals with special needs, and any other individual in need of a water fitness class. Equipment used: foam dumb bells, noodles, balls, and boards.