



SUMTER FAMILY YMCA Group Exercise Schedule May 3-29

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AEROBIC ROOM						
5:45 am					Athletic Stretch Hilary	
8:15 am	On the Ball Cathy	Yoga Katie	Muscle Pump Kimberly	Yoga Katie	Stronger Chris	
9:15 am	Barre Brittany	Pilates Brittany	Barre Brittany	Pilates Brittany	Barre Brittany	Strong Rotation
10:15 am	Cardio Sculpt Brittany	Cardio Sculpt Chris	Cardio Sculpt Brittany	Cardio Sculpt Chris	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 Chris		Chisel Chris		Chisel Chris	
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	
6:30pm	Hip Hop Step Chris		Belly Dancing Carmina	Hip Hop Step Chris		
MX4 ROOM						
5:30am			MXPlus Hilary			
9:15am		MXPlus Chris		MXPlus Chris		
10:30am	MXPlus Chloe	MXPlus Brittany	MXPlus Chloe	MXPlus Brittany		
12:15pm		MX4 Boxing Sarah		MX4 Boxing Sarah		
4:30pm	MXPlus Chris		MXPlus Chris		MXPlus Bethannie	
5:30pm	MXBoxing Sarah	MXPlus ★ Chloe	MX4 Boxing Sarah	MXPlus ★ Chloe		
LOWER GYM						
5:45am	Functional Fitness Richard	Functional Fitness Richard		Functional Fitness Richard		
8:15 am		Cycle Joan		Cycle Joan	Cycle Carmina	
9:30 am	Functional Fitness Chloe		Functional Fitness Chloe		Functional Fitness Chris	Boot Camp Rotation
4:30 pm		Cycle Fusion Jami		Cycle Jami		
5:30 pm	Cycle Rebecca		Cycle Brooke		Boot Camp Vangelica	
6:30 pm	Boot Camp Matt	Boot Camp Matt	Boot Camp Chris			
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
- Moderate Intensity
- 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.

Belly Dancing: 55-minute Bollywood and belly dancing inspired class that will get your heart rate moving while having fun.

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.

Core Stability: Activate your core and increase core stability in this high intensity interval training class.

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!

Hip Hop Step: A 45-minute cardio based choreographed routine using a step to hip hop tracks!

MXPlus: This is a 45-minute high intensity interval training class that also utilizes HR tracking.

MX4 Boxing: Enhance your conditioning with a 45 minute skills and techniques boxing class.

On the Ball: This is a 45-minute strength class utilizing equipment such as stability, bosu, and medicine balls.

Muscle Pump: A full-body, Rhythmically driven barbell class that uses functional strength training, and current strategies to increase results.

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.

STRONG by Zumba™: Combines high intensity interval training with the science of Synced Music Motivation.

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-minute 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.