



SUMTER FAMILY YMCA Group Exercise Schedule June 2022

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AEROBIC ROOM						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am	RIP Nichole	Yoga Katie	RIP Nichole	Yoga Katie		
9:15 am	Barre Fusion Pam		Barre Fusion Pam	Pilates Pam	Barre Fusion Pam	Strong Instructor
10:15 am	Cardio Sculpt Erika		Cardio Sculpt Erika	Zumba Sonja	Cardio Sculpt Erika	
11:15 am	Silver Sneakers Chloe	Silver Sneakers Junko	Silver Sneakers Chloe	Silver Sneakers Junko	Tai Chi Joseph	
12:15 pm	Chisel Pam		Chisel Pam		Chisel Pam	
4:30 pm	RIP Jami	Cardio Kick Alyssa	RIP Jami	Cardio Step Alyssa	RIP Jami	
5:30 pm	Zumba Nashuma	Chisel Rebecca	Zumba Kayce	Chisel Rebecca	Zumba Nashuma	
6:30 pm		Yoga Catherine				
MX4 ROOM						
9:15 AM		T-50 Nicole		T-50 Nicole		
5:30 PM		MX4 Plus Chloe		MX4Plus Chloe		
LOWER GYM						
5:30am	Functional Fitness Tammy	Functional Fitness Tammy		Functional Fitness Tammy		
9:15 am	Functional Fitness Chloe		Functional Fitness Chloe		Functional Fitness Chloe	
6:30 pm	Boot Camp Matt		Boot Camp Matt			
CYCLE ROOM						
8:15 am		Cycle Joan		Cycle Joan	Cycle Nichole	
9:15 am						Cycle Rotation
4:30 pm		Cycle Fusion Jami		Cycle Fusion Jami		
5:30 pm	Cycle Rebecca		Cycle Rebecca			
POOL						
10:15 am	Senior Workout Adrian		Senior Workout Adrian			

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

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

GROUP EXERCISE CLASS DESCRIPTIONS

Barre Fusion: A hybrid workout class combining ballet, Pilates, yoga, and strength training exercises utilizing the 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 55 minutes.

Cardio Kick: Activate your core and receive a cardio workout through kickboxing inspired exercises

Cardio Step: Activate your core and receive a cardio workout through step aerobic inspired exercises

Functional Fitness: 55-minute full body workout that will challenge you in both strength and cardio. Every movement modifiable to your needs!

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

RIP® by Group Rx : A full-body, Rhythmically driven barbell class that uses functional strength training, and current strategies to increase results.

Silver Sneakers: 50-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. (50 minutes)

T-50: choose from 3 different levels for everyone's individual abilities to receive a high intensity training

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)

Cycle: Indoor cycling to improve endurance and strength

Cycle Fusion: Challenge your heart and muscles with a mix of cycle, strength exercises, and core.

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.