



SUMTER FAMILY YMCA Group Exercise Schedule January 2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AEROBIC ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 am	RIP Nichole	Yoga Katie	RIP Nichole	Yoga Katie	Dance Fitness Brittney	
9:15 am	Barre Fusion Pam	Dance Fitness Brittney	Barre Fusion Pam	Fit & Fine Michelle	Barre Fusion Pam	Strong Instructor
10:15 am	Cardio Sculpt Erika		Cardio Sculpt Erika		Cardio Sculpt Erika	
11:15 am	Silver Sneakers Chloe	Silver Sneakers Michelle	Silver Sneakers Chloe	Silver Sneakers Michelle	Tai Chi Joseph	
12:15 pm	Chisel Pam	Core Challenge Pam	Chisel Pam	Core Challenge Pam	Chisel Pam	
4:30 pm	RIP Jami	Cardio Kick Alyssa	RIP Jami	Cardio Step Alyssa	RIP Jami	
5:30 pm	Zumba Kayce	Chisel Rebecca	Zumba Kayce	Chisel Rebecca		
6:30 pm		Yoga Cristine	Dance Fitness Brittney			

MX4 ROOM

9:15 am		T-50 Nicole		T-50 Nicole		
5:30 pm		T-50 Nicole		MX4Plus Rotation		
6:30 pm		MX4Plus Omega				

LOWER GYM

5:45 am	Functional Fitness Tammy	Functional Fitness Tammy		Functional Fitness Tammy		
9:15 am	Functional Fitness Brittney		Functional Fitness Chloe		Functional Fitness Brittney	
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

10:00 am	Senior Workout Adrian		Senior Workout Adrian			
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Instructors/Classes are subject to change. All classes are 45 minutes.

Registration is recommended for these classes.

- 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

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

Cardio Sculpt: A 45-minute low to moderate intensity class that involves cardio and strength training.

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

Chisel: A fast-paced resistance training class designed to strengthen your entire body in 55 minutes.

Core Challenge: This 30-minute core class is designed to strengthen the muscles of the abs and back with non-stop sculpting moves!

Cycle: Indoor cycling to improve endurance and strength

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

Dance Fitness: An upbeat dance style workout to get your body moving! Perfect for all skill levels.

Fit & Fine: Improve your mobility, balance, and strength with this low impact pilates-inspired workout.

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

MXPlus: This is a 40 minute high intensity interval training class that also utilizes HR tracking.

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.

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.

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.

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

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)