

August Group Exercise Schedule

Bonita Springs YMCA



MONDAY

9:00 AM	Yoga Flow	GYM
9:00 AM	Body Pump	AR
9:00 AM	Water Exercise	PL
10:00 AM	Barre	AR
11:00 AM	Silver Sneakers® Circuit	AR
5:30 PM	Zumba	AR
6:00 PM	MyZone Crazy Fit	OUT
6:30 PM	Sculpt and Stretch	AR

TUESDAY

8:00 AM	Zumba Gold	AR
9:00 AM	Spin	AR
10:00 AM	Pilates	MPR
10:00 AM	Tabata	AR
11:15 AM	Silver Sneakers® Classic	AR
12:30 PM	Pedaling for Parkinsons*	AR
5:30 PM	Body Pump Express	AR
6:00 PM	GRIT (30 min)	Gym
6:00 PM	Spin	AR

WEDNESDAY

8:00 AM	Zumba Toning	AR
8:45 AM	Body Pump	AR
9:00 AM	Aqua Zumba	Pool
10:00 AM	Yoga	AR
11:15 AM	Silver Sneakers® Yoga Stretch	AR
5:30 PM	Barre	AR
6:30 PM	Zumba	AR
6:30 PM	Crazy Fit	Out

THURSDAY

7:00 AM	Body Pump	AR
8:00 AM	Mind and Body Fusion	AR
9:00 AM	Spin	AR
9:00 AM	Water Exercise	Pool
9:55 AM	Tabata Express	Gym
10:00 AM	Body Pump Express	AR
10:00 AM	Pilates	MPR
10:30 AM	GRIT (30 min)	GYM
10:30 AM	Abs and Glutes Express	AR
11:15 AM	Silver Sneakers® Classic	AR
12:30 PM	Pedaling for Parkinsons*	AR
1:30PM	Pilates Silver Stretch	AR
5:30 PM	Body Pump	AR
5:30 PM	GRIT (30 min)	GYM

FRIDAY

8:00 AM	Barre	AR
9:00 AM	Yoga Flow	GYM
9:00 AM	MyZone Crazy Fit	AR
10:00 AM	Body Pump	AR
11:00 AM	Barre Express	AR
11:35 AM	Parkinson's Exercise	AR

SATURDAY

8:30 AM	Zumba	AR
9:20 AM	Zumba Toning (30mins)	AR
10:00 AM	Body Pump	AR
11:15 AM	Pilates	AR
12:30 PM	Pedaling for Parkinsons*	AR

Room Legend:

AR: Aerobics Room

Out: Outside

MP: Multi-Purpose Room

Gym: Gymnasium

WC: Wellness Center

PL: Pool

All classes are 50 minutes unless otherwise noted.

*Parkinsons participants must have a signed Dr's release

Express classes are 30 min

See Front Desk to purchase MyZone belts or to use a demo belt.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Class Descriptions

Barre	Barre classes mix elements of Pilates, dance, yoga and functional training. In each energizing and targeted workout, you will sculpt, slim and stretch your entire body.
Cardio Mix	Workout using a variety of equipment, agility moves and your own body weight to create a workout that will have you keeping your heart rate up.
Les Mills Body Pump	Tone muscles, changes body shape, increases metabolism and gives you better muscle and cardiovascular endurance using barbells and body weight.
Parkinsons Exercise	This class is designed to help develop and maintain strength, flexibility, balance, and voice integrity. The focus is on amplifying movements and improving gait, posture and speech. This program is appropriate for patients in stages I-IV. Physician's approval required.
Pedaling for Parkinsons	During the hour class on stationary bikes the instructor will lead participants through a relatively fast paced cycling routine to reach the optimal cycling speed or revolutions per minute (RPM). Another instructor will circulate through the class to provide assistance or encouragement as needed. The program is appropriate for patients in stages I-III. Stage IV patients are evaluated on a case by case basis. Physician's approval required before participating.
Pilates	Low intensity strength and stretch class with emphasis on strengthening your core muscles.
Silver Sneakers®	This class offers standing, low impact choreography alternated with standing upper body strength work with hand held weights, elastic tubing and a Silver Sneakers® ball.
Silver Sneakers® Classic	This class is designed to increase muscular strength, range of motion and activities for daily living. Hand held weights, elastic tubing with handles, and a Silver Sneakers® ball are offered for resistance. A chair will be used for seated or standing support.
Silver Sneakers® Yoga Stretch	Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.
Tabata	High intensity interval training class using a variety of body weight exercises as well as resistance training.
Water Exercise	Large body movements with resistance from the water will increase your flexibility and strength. While the water may decrease the impact there is bouncing in this class.
Spin	An intense bike workout that emphasizes increased endurance, tone and decrease stress while maximizing your calorie burn. The spin class is easy to personalize to your fitness level.
Yoga	Increase your flexibility balance and muscular strength with this ancient practice. Your complete mind, body, and spirit connection.
Yoga Flow	A class that moves and flows from one pose to the next on an inhalation or exhalation. Some Yoga experience suggested.
Chair Yoga	A special class for those who are working with health challenges. Providing foundational tools to build a lifelong yoga practice, focusing on stretching, balance and strength.
Zumba®	A fusion of Latin and international dance rhythms with easy to follow dance moves to create an interval training class to tone your muscles.
Zumba® Toning	Zumba style class that utilizes hand weights and extra resistance for increased calorie burn.
Mind and Body Fusion	Discover your untapped power in a yoga class that focuses on breathing techniques (pranayama), and mindful movements (asanas) to focus your mind. Start a journey to regulate energy in daily living, your sport, healing from injury. Use full breathe, gentle movements and a clear mind to find greater joy in life.
Crazy Fit	A high intensity class that focuses on interval training to keep your heart rate up using a mixture of weights, body weight and cardio.
Les Mills GRIT	HIIT workout designed to build strength and lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.