



Group Exercise Schedule



Franz Ross YMCA (941)629-9622

Group X Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:40a		Les Mills BODYPUMP* Cheryl		Les Mills BODYPUMP * Cheryl		
7:00a	**7:10 Sunrise Yoga Jim	**7:30 Les Mills BODYPUMP EXPRESS Debby	**7:10 Sunrise Yoga Ana	**7:30 Les Mills BODYPUMP EXPRESS Debby	**7:10 Sunrise Yoga Ana	*7:10 Les Mills BODYPUMP* Debby
8:30a	**8:40 Cardio/step Anissa	Les Mills Combat Amanda	Les Mills BODYPUMP* Mitzi	**8:45 Cardio/Step or Grit with Abs	8:30 Les Mills BODYPUMP Tami	8:30 Bodyworks Kyle
9:00a	**9:05 Les Mills BODYPUMP Anissa	**9:45 Bodyworks Charles	**9:40 Pilates Mitzi	8:45 Cardio/Step Anissa	*9:35 "Pilates" Core, & Stretch Jim	**9:40 Zumba Kyle
10:15a	*Les Mills Express BODYPUMP Anissa	Bodyworks thru 10:45	Pilates thru 10:40	**9:50 BODYPUMP EXPRESS Debby		
11:00a	Forever Fit Anissa	**11:15 Zumba Laurentz	Forever Fit Anissa	**11:15 Zumba Laurentz	Beginning Line Dance Charles	Gentle Yoga Ana
12:15p	Latin Line Dance Charles	Yoga Ana	Beginning Line Dance Charles	Yoga Jim	**12:00 Dynamic Line Dance Charles	
1:30P	Beginning Yoga Jim		Yoga Ana			
2:30p						
4:15p		Les Mills BODYPUMP* Anissa/Lisa	Step/Cardio Debby	Les Mills BODYPUMP* Deb		
5:30p	*Les Mills BODYPUMP Debby		Les Mills "BODYPUMP" Tami			
6:45p	Zumba Susie	**6:30 Boxfit Dana		**6:30 Boxfit Dana		

*Mandatory Les Mills Body Pump Passes are available at the Welcome Center up to 30 min. before the class starts.

My Zone

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a	*Cycle n Glo Daniel		Cycle n Glo Lucy		Cycle n Glo Daniel	
8:30a	Cycle Heather	My Zone Cardio/Strength Anissa	Cycle Anissa		Cycle Anissa	Cycle Daniel
5:00p		**5:30 Yoga Jim				
6:30p						

Multipurpose Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00					Les Mills BODYCOMBAT **8:30 AM Dana	
10:00a	10:00 Silver Sneakers "Classic" Meg	**9:50 Yoga With Props Jim	Silver Sneakers Cardio Anissa	Silver Sneakers Classic Anissa	Silver Sneakers Cardio Meg/Anissa	
11:15a	**11:30 Silver Sneakers Cardio Cindy	Silver Sneakers "Classic" Anissa		Silver Sneakers Cardio Cindy	Intro to Yoga Jim	
4:30-5:00p				**5:30 PM YOGA Jim		
6:00pm						

*Mandatory cycle passes are available at the Welcome Center up to 30 min. before the class begins. One pass per person.

**Indicates start time that is not at the top of the hour!!

\$\$ indicates payment required for this class.



Group Exercise Descriptions

Franz Ross Park YMCA (941) 629-9622



Les Mills BODYPUMP®: A proven method to sculpting lean, strong muscles for your entire body. Choreographed, beat-driven Movements with an adjustable barbell, systematically working your way through each and every muscle group! (All levels)



Les Mills BODYCOMBAT®: This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and Muay Thai.



ZUMBA: Ditch the "workout" attitude and join the party! Turn your exercise session into a real fitness fiesta! Latin beats & rhythms lead you to dance away the pounds and inches! Zumba is EXERCISE IN DISGUISE!! (All fitness levels)

Silver Sneakers "BOOM", Muscle, Move it, Mind Introduced in 2017, is more advanced than traditional SS classes such as Classic and Cardio. **Muscle-** full body weight and resistance training segment, **Move-it-** Cardio workout with low impact-high energy moves, **Mind-** a flowing mix of Yoga, Pilates, and Stretching. Classes are done in segments and are combined to create a one hour class. Chairs are not used in any segment. **Returns in Winter

CBS: is a low impact class for all ages & fitness levels. No cardio!!! No special equipment! The easy to follow exercise with elements of Pilates & dynamic yoga engage your core muscles, while also engaging other muscle groups, so you get a full body workout. No Special Shoes are necessary.

LINE DANCE & DYNAMIC LINE DANCE: Line Dancing isn't just Country & Western anymore! It's modern, urban sophistication, Latin flavors, nightclub rhythms, cabaret, and flowing waltz, along with all the favorite Country & Western line dances of past & present. Dance choreography is learned and danced in lines but with the look and feel of ensemble dancing. **NO PARTNERS REQUIRED!! Beginner class also available Friday at 11:00 am.**

CARDIO SCULPT: High intensity interval training with cardio and weights. Steppers, floor drills, plyometric exercises and weight- resistance equipment.

Body Works: An energetic resistance training class with an emphasis on strengthening and toning muscle. After a warm-up, the class is led thru a series of weight training segments for the upper and lower body, using multiple sets of hand weights. This class is open to all levels of fitness from beginners to hardened athletes!!

CYCLE N GLO: The cycle class you love, with *black-lights!* Wear a white shirt and glow while you cycle.

FOREVER FIT: A Variable intensity cardiovascular training class. Traditional low-impact aerobics at its finest! (All levels, especially Active Older Adults)

Silver Sneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Silver Sneakers Cardio: Get Up & Go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Silver Sneakers Yoga/Yoga with Props: Take the Yoga sensation to the chair. This class is done all on the chair.

Pilates: Take it to the mat! This hour-long, core-concentration class is slow-moving, and methodically works the entire mid-section Learn the breathing techniques and postures to lengthen & strengthen your back, glutes, hip adductors, hip flexor's & the entire abdominal area. (All fitness levels)

Step Combo: 25-minutes of cardio using combinations on the step, 20-minutes of muscle toning exercises with weights, 10-minutes of Abs to help strengthen the core muscles and a Cool down stretch at the end. Burn up to 350 calories. (*Intermediate to Advance levels*).

"BOXFIT": Box fit utilizes basic American and street boxing moves combined with cardio and strength training to create an exciting, energetic workout. Open to all levels and no special equipment required.

YOGA: we offer a variety of yoga classes ranging from "intro to yoga", "yoga with props" & "gentle yoga" covering all ranges of the yoga spectrum.

Barre Intensity: Combines attributes of Fitness, Pilates, and Dance for a unique class experience. Movements are Low Impact but High Intensity. Open to all levels of participants.

Qi Gong: Translates to "Life Energy Cultivation". Qi Gong is an ancient system that integrates moving meditation, coordinating slow flowing movement, deep rhythmic breathing and a meditative state of mind.

NEW LES MILLS "GRIT" High intensity interval training which includes plyometrics, weights, and bodyweight in order to work towards achieving maximum fitness with this energetic 30-45 minute workout.

Tai-Chi: A series of movements performed in a focused manner accompanied by breathing techniques, physical exercise, and stretching. These movements are practiced for both self-defense and health reasons.

\$\$ Youth Dance: Each week will focus on teaching the fundamentals of a new dance style, including Ballet, Hip-Hop, and Jazz.

\$\$ Kids in the Kitchen: A 6 week class teaching the fundamentals of healthy recipes, cooking and safety in the kitchen.

Latin Line Dancing: Similar to line dancing but infused with Latin excitement, energy, and flair!! Zumba, Salsa, Merengue, Cha-Cha, and Samba are combined to create fun and popular dances such as "Chilly Cha-Cha", "Ah Si", "Mambo #5", and "Havana Ooh Na Na"!! Open to all levels so everyone can join the PARTY!!!