



Group Exercise Schedule: *September 2019*



Mon-Thurs. 5:30am-9:00pm, Fri. 5:30am- 8:00pm, Sat. 7am-4pm, Sun. 8am- 2pm

Punta Gorda YMCA (941)505-0999 Schedules online: www.swflymca.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00a		Pi-Yo Express 6:00am-6:45am <i>Heidi</i>					
7:00a	Les Mills Body Pump <i>Rebecca</i>	Yoga <i>Mardie</i>	Les Mills Body Pump <i>Rebecca</i>	Yoga <i>Mardie</i>	Les Mills Body Pump <i>Rebecca</i>	Les Mills Body Combat <i>Cathy</i> NEW!	
8:15a	Les Mills Body Step <i>RoseAnn</i>	Les Mills Body Pump <i>Lisa</i>	Les Mills Body Step <i>Rose Ann</i>	Les Mills Body Pump <i>Mitzi</i>	Les Mills Body Step <i>RoseAnn</i>	Les Mills Body Pump <i>Debra</i>	
9:00a							Pilates <i>Hilary</i>
9:30a	Body Shred <i>Joyce</i>	Pound <i>Ethie</i>	Body Shred <i>Heidi</i>	Beginning Line Dancing <i>JoAnn</i>	Les Mills Body Pump <i>Lisa</i>	Les Mills Body Step <i>RoseAnn</i>	
10:45a	Yoga <i>Ana</i>	Pilates <i>Marianne</i>	Yoga <i>Laura</i>	Pilates <i>Marianne</i>	Yoga <i>Ana</i>		
12:30p	Silver Sneakers Circuit <i>Marianne</i>		Silver Sneakers Circuit <i>Marianne</i>		Silver Sneakers Circuit <i>Marianne</i>		
1:30p	Silver Sneakers Classic <i>Marianne</i>		Silver Sneakers Classic <i>Marianne</i>		Silver Sneakers Classic <i>Marianne</i>		
3:00p		Yoga <i>Laura</i>		Yoga <i>Laura</i>			
5:30p	Les Mills Body Pump <i>Debra/ Lisa</i>		Les Mills Body Pump <i>Debra/ Lisa</i>				
5:45p		Les Mills Body Combat <i>Cathy/Vanessa</i>		Les Mills Body Combat <i>Vanessa/Cathy</i>			
6:45p		Yogalates 6:50pm <i>Hilary</i> NEW!	**Get Fit with HIIT <i>Heidi</i>	Yogalates 6:50pm <i>Hilary</i> NEW!			

Spinning® Area Official Spinning® Facility

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00a			Spin® <i>Kim</i>				
8:15a		Spin® <i>RoseAnn</i>			Spin Express® <i>Lisa</i> 8:30am-9:15am	Spin® <i>RoseAnn</i>	
9:30a	Spin® <i>RoseAnn</i>	Spin® <i>Lisa</i>	Spin® <i>Joyce</i>	Spin® <i>Kim</i>			
5:30p	Spin® <i>Terri</i>		Spin® <i>Terri</i>				

Personal Training Small Group Schedule & Class Descriptions on reverse side

Schedule is subject to change. The above classes are included in your membership.

Child Watch hours: Mon-Fri 8am-12pm, Mon-Thur 4pm-7:30pm, Sat 8am-11am

Facebook.com/Punta Gorda YMCA

PT Studio (** = sign- up at front desk required) (\$\$=payment & sign-up at front desk required)

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00a		*MYZONE <i>Heidi</i>			**MYZONE <i>Heidi</i>
9:30a	**MYZONE <i>Gail</i>	\$\$ The Works <i>Joyce</i>	**MYZONE <i>Gail</i>	\$\$ The Works <i>Joyce</i>	**MYZONE 9:45AM <i>Mitzi</i>
5:00p		**Get Fit with HIIT <i>Heidi</i>		**Get Fit with HIIT <i>Heidi</i>	

Group Exercise Descriptions

Les Mills Body Pump: the original LES MILLS™ barbell class will sculpt tone and strengthen your entire body!

Les Mills Body Combat: empowering cardio workout where you are totally unleashed. 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.

Les Mills BodyStep: In a BODYSTEP workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push-ups and weight plate exercises, and the result is a fun, uplifting, full-body workout.

Beginning Line Dancing: Fun exciting exercise dance class, learn line dances while burning calories.

Pi-Yo: Class includes a mix of five themes: heat building, lower body, full body fusion, power flow core, and more stretch & strength. By following the natural progression of the program, you'll have some days dedicated to lower body, some entirely to the core, and so on.

Pound: WORLD'S FIRST CARDIO JAM SESSION INSPIRED BY THE INFECTIOUS, ENERGIZING AND SWEAT-DRIPPING FUN OF PLAYING THE DRUMS. Pound is a full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

Body Shred: Total body workout focusing on core, strength and functional conditioning. Targets a variety of things like strength, balance, stability, core strength, agility, endurance and more. Challenge your muscles in different ways.

Spin®: Cycle your way through an hour of fun with music. You control resistance on your bike to make the pedaling as easy or difficult as you choose. All you'll need is workout clothes, a towel (to wipe your face) and a water bottle. (Cycle at your level)

Pilates: Core strength is the foundation of Pilates. When the core muscles are strong, they work to support the spine in movement. As you develop core strength, not only do you achieve abdominal sculpting, but a strong, healthy, pain-free back!

Yoga: Learn breathing techniques and focus for overall physical wellness. Ideal for getting rid of aches and pains of the joints. Yoga consists of synchronized body movements that improve balance and flexibility through coordination of body and mind.

Yogalates: Fusion of classical pilates (Romana style) & basic yoga where you will strengthen the core & stretch and elongate your muscles.

SilverSneakers® Circuit: Circuit Combine fun with fitness to increase your cardiovascular and muscular endurance. This workout includes easy-to-follow low impact movement and upper body strength, stretching and relaxation exercises designed to energize your active lifestyle. Chairs are used for sitting and standing support.

SilverSneakers® Classic: Muscular Strength & Range of Movement. Have fun and move to the music while doing various exercises designed to increase strength, range of movement, and activity for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. Chairs are used for sitting and standing support.

****Get Fit With HIIT:** HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time! ***** SIGN-UP REQUIRED AT THE FRONT DESK*****

****MYZONE:** Free Small group training using HIIT training and led by certified Personal trainers who provide coaching, encouragement and accountability. Use the MYZONE heart rate belt to monitor your heart rate zones and progress over time. All levels are welcome. *****SIGN-UP REQUIRED AT THE FRONT DESK*****

\$\$The Works: Small group personal training performed in a circuit. You will use various pieces of equipment including, TRX, free weights, kettlebells & kinesis. The focus is on building strength, cardiovascular fitness, balance, and core conditioning. 8 Week sessions. *****PAYMENT AND SIGN-UP REQUIRED AT THE FRONT DESK*****