



2020 WINTER Group Exercise Schedule (1/4/2020-3/15/2020)

Schedule subject to class changes and holiday weeks

	MON	TUE	WED	THU	FRI	SAT	SUN
5am		RPM™ Cycle Studio 5:45am - 6:30am Amy G		RPM™ Cycle Studio 5:45am - 6:30am Amy G	Strong by Zumba® Group Exercise Studio Jena 6:00am - 6:45am		
6am		P90X® LIVE Group Exercise Studio Beth P 6:15am - 7am		P90X® LIVE Group Exercise Studio Beth P 6:15am - 7am	Step & Strong Group Exercise Studio Melanie S 8am-8:55am		
8am	Step & Strong Group Exercise Studio Melanie S 8am-8:55am	Deep Aqua Yoga Indoor Pool Sandra O 8:00-9:00 am	Step & Strong Group Exercise Studio Melanie S 8am-8:55am	Deep Aqua Yoga Indoor Pool Sandra O 8:00-9:00 am	Vinyasa Yoga Int/Adv Mind-Body Studio Julie 8:15am-9:15am	RPM™ Cycle Studio Amy G 8:15am-9am	
	Vinyasa Yoga Int/Adv Mind-Body Studio Lindsey 8am-9am	BODYPUMP™ Group Exercise Studio Beth P 8am-9am	Vinyasa Yoga Int/Adv Mind-Body Studio Lindsey 8:00-8:55	Water Walking Indoor Pool Sandra 9-9:45	RPM™ Cycle Studio Erin V 8:45am-9:30am	POWER YOGA Mind-Body Studio Rotating Instructors 8:15-9:15am	
		Vinyasa Yoga Mind-Body Studio Nicole L 8am-8:55am		BODYPUMP™ Group Exercise Studio Beth P 8am-9am			
9am	STAI Chi\$ Mind-Body Studio Kent 9:15am-10:15am	Aqua Interval Group Ex in Indoor Pool Kari M 9am-10am	Cardio Kickboxing Group Exercise Studio Carrie F 9am-9:55am	Vinyasa Flow Yoga Mind-Body Studio Deborah 8am-9am	Aqua Cardio Mix Deep Water in Indoor Pool Kari M 9:00am-9:45am	BODYPUMP™ Group Exercise Studio Beth P 9:15am-10:15am	
	RPM™ Cycle Studio Beth P 9am-9:45am	Combo Cycling Cycle Studio Carrie F 9am-10am	Aqua Strong Group Ex in Indoor Pool Anna F 9am-9:45am	Yin Yoga Mind-Body Studio Deborah 9:15-10:15am	Cardio Dance Group Exercise Studio Annette H 9am-9:40am	Family Yoga Mind-Body Studio Carla D 9:45am-10:15am	
	Cardio Dance Group Ex Studio Anna/Bekie 9am-9:55am	Gentle Hatha Yoga Mind-Body Studio Nicole L 9:00am - 10:00am	Yoga Strong Mind-Body Studio Sonya C 9am-10am	Combo Cycling Cycle Studio Gaby B 9am-10am	Barre Fit Mind-Body Studio Gaby 9:20am - 10:20am		
	Aqua Cardio Mix Deep Water in Indoor Pool Kari M 9am-10am	Zumba® Group Exercise Studio Nikki L 9:15am-10am	RPM™ Cycle Studio Erin 9am-9:45am	Zumba® Group Exercise Studio Nikki L 9:15am-10am	Aqua Dance Group Ex in Indoor Pool Anna F 9:45am-10:15am		
			Aqua Barre Group Ex in Indoor Pool Kari 9:45-10:15		BODYPUMP™ Ex. Group Exercise Studio Jessica 9:45am - 10:30am		
10am	STRX\$ Program Services Building Bekie 10:10-11:05 am		Aqua Bootcamp Outdoor Pool, pending weath. Kari M 10:15-11:00am		\$Synchrono Fit\$ Group Ex Indoor Pool Anna F 10:15-11:15	Hatha Yoga Mind-Body Studio Carla D 10:30am - 11:30am	
	BODY PUMP™ Group Exercise Studio Beth P 10:05am - 11:05am	Gentle Hatha Yoga Mind-Body Studio Beth Ann 10:15am - 11:15 am	STRX\$ Program Services Building Bekie 10:10-11:05 am	AOA Cardio STRONG Group Ex Studio Loretta 10:15am - 11:00am	Gentle Hatha Yoga Mind-Body Studio Carla 10:30am - 11:30am	Zumba® Group Exercise Studio Dawn R 10:20am - 11:20am	
	Aqua Strong Group Ex in Indoor Pool Kari M 10am - 10:45am	AOA STRONG Group Ex Studio Gaby 10:15am - 11:00am	BODY PUMP™ Group Exercise Studio Jessica 10am - 11am	Barre Fit Mind-Body Studio Denise E 10:30am - 11:25am			
	Barre Fit Mind-Body Studio Denise E 10:30am - 11:25am		Restorative Yoga Mind-Body Studio Sonya C 10:15-11:15				
11am	Chair Yoga Group Exercise Studio Carla D 11:15am - 12:00pm	AOA STRONG Group Exercise Studio Annette H 11:15am - 12:00pm	Breath and Mind Mind-Body Studio Sonya C 11:15am - 12:00pm	AOA Strong Group Exercise Studio Annette H 11:15am - 12:00pm	SilverSneakers® Classic Group Exercise Studio Annette H 11:15am - 12:00pm		
	Mat Pilates Mind-Body Studio Denise E 11:30am - 12:15pm	STAI Chi\$ Mind-Body Studio Kent 11:30am-12:30pm	SilverSneakers® Classic Group Exercise Studio Gaby 11:15am - 12:00pm	Stretch Mind-Body Studio Denise E 11:30am - 12:00pm			
12pm	Active Older Adult Aqua Range of Motion Group Ex in Indoor Pool Carla 12:15pm - 1pm		Active Older Adult Aqua Range of Motion Group Ex in Indoor Pool Rotating Instructor 12:15pm-1pm	Mat Pilates Mind-Body Studio Denise E 12:00-12:30pm	Active Older Adult Aqua Range of Motion Group Ex in Indoor Pool Carla 12:15pm - 1pm		
	Yoga for Chronic Pain and Arthritis Mind-Body Studio Oona M 12:30pm - 1:30pm			Cardio Dance Lite Group Exercise Studio Annette H 12:15pm - 1pm	AOA Strong Group Exercise Studio Annette H 12:15pm-1:00		
4pm	Yin Yoga Mind-Body Studio Maggie 4:00-5:00 pm				Yoga for Chronic Pain and Arthritis Mind-Body Studio Oona M 12:30pm - 1:30pm		BODYPUMP™ Group Exercise Studio Laura S 4:00pm - 5:00pm
5pm	Step (Level 1) Group Ex Studio Loretta 5:15-6:00 pm		Step (Level 1) Group Ex Studio Melanie 5:15-6:00 pm	BODYPUMP™ Group Exercise Studio Jessica 5:30-6:30pm	Barre Fit Mind-Body Studio Nichole 4:30-5:15 pm		
	Hatha Yoga Beg. Mind-Body Studio Sandra O 5:15pm - 6:15pm	Barre Fit Group Exercise Studio Mary F 5pm - 5:45 pm	Hatha Yoga Beg. Mind-Body Studio Sandra O 5:15pm - 6:15pm				
	RPM™ Cycle Studio Daron 5:30pm - 6:15pm	Power Yoga Mind-Body Studio Sonya C 5:15pm - 6:15pm	RPM™ Cycle Studio Daron W 5:30pm - 6:15pm	Flow Yoga Mind-Body Studio Sonya C 5:15pm - 6:15pm			
6pm				Barre Fit Mind-Body Studio Nichole 6:30am - 7:15pm			
	Zumba® Group Exercise Studio Jena 6:10pm-7pm	Strong by Zumba® Group Exercise Studio Jena 6:00-6:45 pm	Zumba® Group Exercise Studio Dawn R 6:05pm-7:05pm	Cardio Funk Group Exercise Studio Kat 6:30-7:15 pm			
		Aqua Strong Group Ex in Indoor Pool Bernadette J 6:30pm-7:15pm		Aqua Strong Group Ex in Indoor Pool Bernadette J 6:30pm-7:15pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Class Descriptions Springs Family YMCA

Active Older Adult Aqua Range of Motion - This class is designed for seniors with physical limitations and is intended to improve range of motion, strength, flexibility and endurance.

Active Older Adult Cardio Strong - An easy on the joints exercise class that combines low-impact aerobics with muscle/core/balance strengthening using hand weights, resistance bands and exercise balls. While it is a great workout for anyone, it is specifically designed for seniors, but is appropriate for anyone starting or returning to exercise.

Active Older Adult Strong - Combines low-impact aerobics with muscle/core/balance strengthening using hand weights, resistance bands and exercise balls.

Aqua Boot Camp - outside pool, weather permitting - This is a very hard cardio/strength class using various tools, in the outside pool, weather permitting.

Aqua Cardio Mix - Deep Water - Blast serious calories and discover endurance and increased range of motion.

Aqua Dance - Have fun while dancing to popular music, and dance rhythms designed just for water, in cardio intervals for maximum results!

Aqua Interval - Looking for a class that works everything? This workout utilizes resistance training, cross training, and resistance bells to provide a full-body workout without causing strain on the joints.

Aqua Strong - Increase strength and power utilizing the resistance of the water, and specialized water dumbbells and equipment. Class in shallow water.

Aqua Yoga Deep - Perform flowing and graceful movements of yoga and stretching while in the water. Connect the mind and body in an aquatic environment.

Barre Fit - A fusion class that works with the ballet barre, this class will combine elements of Pilates, ballet, yoga and muscular endurance training to improve posture, increase balance and tighten your core.

BODYPUMP™ - Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. It will burn up to 590 calories*

BODYPUMP™ Express - A 30 or 45-minute version of your favorite total body barbell workout.

Breath and Mind - This is a breathing and meditation class for beginners and experienced participants alike. In this class, you will find excellent ways to heal yourself physically, mentally, emotionally and spiritually.

Cardio Dance Light - Cardio dance class synced to pop and Latin pop music with the use of light hand weights optional. Class is designed to increase stamina and strengthen and tone major muscles while also improving balance and flexibility.

Cardio Dance - This dance fitness class offers challenging, yet easy to learn dance sequences that burn hundreds of calories, improve memory and coordination skills, and makes you feel great in a safe and friendly environment.

Cardio Funk - This class is a combination of easy to learn hip-hop dance moves perfectly choreographed to high energy and motivating music. No previous dance experience needed!

Cardio Kickboxing - Punch and kick your way to cardio fitness! This energetic workout incorporates boxing, karate, Taekwondo, and more. Basic enough for the beginner, yet challenging enough for the experienced participant.

Chair Yoga - This is a specialty yoga class for anyone with hip or knee problems, or who has difficulty getting up or down from the floor.

Combo Cycling - Enjoy working intervals on and off the bike in this class, which combines the benefits of a cardio workout through cycling and the benefits of strength training through body-weight and free-weight exercises on the mat.

Cycling - Each ride is unique, but may include simulated hills, mountains, flat road, and racing. Indoor cycling is a great cardio workout that is set to music.

Family Yoga - Basic yoga appropriate for all levels and ages 5 years and up. The whole family would benefit from this practice, geared toward developing flexibility and strength.

Gentle Hatha Yoga - Gentle stretching and breathing will help you enhance your awareness of your own body and create healthy patterns for reducing stress and body aches.

Hatha Yoga - Will include postures and stretches used in conjunction with breath control to develop mind-body awareness. These classes seek to develop strength and flexibility to cultivate a balance between the two for optimal fitness results.

Flow Yoga - This down tempo power flow class focuses each week on a practice that will strengthen, tone, increase stamina and endurance. Perfect for the athlete or Power Yoga veteran.

Mat Pilates - Once you have learned the fundamental exercises of Pilates, add more intensity through longer repetitions and more advanced options. Magic Circles, dumbbells, stability balls and/or resistance bands may be used to enhance the challenge.

Mat Pilates - Beginning - Learn the fundamental exercises of Pilates to strengthen your core, lengthen your body, and improve your posture. In this class, your body

P90X® LIVE - P90X® LIVE is a total-body workout that will keep your body guessing—and transforming—with a variety of strength-training moves, cardio conditioning, and core work.

Power Yoga - Power Yoga is an athletic vinyasa practice. Through constant movement, you will build internal heat and increase your stamina, strength, and flexibility.

RPM™ - Improve cardiovascular conditioning with Les Mills RPM™. It is an indoor cycling class, choreographed and set to the rhythm of motivating music and a variety of

Strong by Zumba® - This high intensity class torches fat and tones the body by using plyometric and explosive exercises like high knees, burpees, and jumping jacks

Step Level One - - This entry level class will help the novice stepper who wants to learn basic Step patterns and/or those who wish to improve on the basics. Using simple

SilverSneakers® Classic - Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living.

\$Tai Chi - A graceful form of exercise used for stress reduction, strength and balance. A progressive class with a modest fee for participation. Age 12 and up only please.

\$TRX\$ - Suspension training that strengthens the muscles and provides a cardio workout, with supreme core emphasis

Vinyasa Yoga - Beginning - A moderately paced class where students continue to build awareness, strength, skill, and focus. Vinyasa (also called Flow) classes maintain awareness and focus on the breath while moving through a series of postures.

Vinyasa Yoga - Int/Adv - In this class all types of postures are explored in greater depth. Postures are explored from various vantage points, holding for periods of time.

Participants should have prior yoga experience in intermediate yoga classes or higher levels.

Water Walking - Get your heart rate up, and go the distance with this cardio training class. Learn proper technique for big benefits without the impact of land while increasing your overall endurance.

Yin Yoga - This class usually consists of a series of long-held, passive floor poses that mainly work the lower part of the body - the hips, pelvis, inner thighs, lower spine.

These areas are especially rich in connective tissues. The poses are held for up to five minutes, sometimes longer.

Yoga Strong - This class combines light weights with traditional yoga poses and stretches to increase strength, improve flexibility and build endurance. It is a total body sculpt, incorporating weights, cardio and flexibility. Many calories burned!

Zumba® - Fat blaster! Fuses hypnotic Latin and world rhythms for a dynamic dancing interval workout!