



# SOUTH TAMPA FAMILY YMCA

## JANUARY Group Exercise Schedule Classes are 55 minutes unless otherwise specified.

|                        | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY  |
|------------------------|--|--|--|---|--|---|---|
| <b>5am</b><br>5:30am   | <b>LES MILLS BODYPUMP</b><br>Kelli                       | <b>Body Sculpt</b><br>Lori                               | <b>LES MILLS BODYPUMP</b><br>Andres                      | <b>LES MILLS BODYATTACK</b> (30/30)<br>Andres                             | <b>LES MILLS BODYSTEP</b><br>Andres                      | <b>Cardio Blast</b><br>(Basketball Gym) Lori              |   |
| <b>6am</b><br>6:30am   |  | <b>LES MILLS CXWORKS</b> Amy                             |  | <b>LES MILLS CXWORKS</b> Andres   | <b>Vinyasa Flow Yoga</b><br>Shannon<br>(5:30am, 90 min)  |   |   |
| <b>7am</b><br>7:30am   | <b>Functional Fitness</b><br>Jeannette                   |  | <b>Functional Fitness</b><br>Jeannette                   |   | <b>Functional Fitness</b><br>Jeannette                   | <b>Vinyasa Flow Yoga</b><br>Yvette                        |   |
| <b>8am</b><br>8:30am   | <b>Hi/Low</b><br>Jeannette                               | <b>Body Sculpt</b><br>Miki                               | <b>Hi/Low</b><br>Jeannette                               | <b>Dance Fusion</b><br>Nikki  | <b>Core</b><br>Amy                                       | <b>ZUMBA</b><br>Susan                                     |   |
| <b>9am</b><br>9:30am   | <b>Gentle Yoga</b><br>Jeannette                          | <b>LES MILLS BODYPUMP</b><br>Cynthia                     | <b>LES MILLS BODYFLOW</b><br>Mary                        | <b>Cardio/Strength</b><br>Andrea  | <b>LES MILLS BODYFLOW</b><br>Dawn                        | <b>LES MILLS BODYATTACK</b><br>Andres                     |   |
| <b>9am</b><br>9:30am   | <b>Boot Camp</b><br>Andrea<br>(gymnasium)                |  |  |   |  |   |   |
| <b>10am</b><br>10:30am | <b>Body Sculpt</b><br>Michele                            | <b>LES MILLS BODYFLOW</b><br>Michelle                    | <b>LES MILLS BODYSTEP</b><br>Mary                        | <b>LES MILLS BODYCOMBAT</b> Shalay/Fred<br><b>LES MILLS CXWORKS</b> Shari | <b>LES MILLS BODYPUMP</b><br>Nancy                       | <b>LES MILLS CXWORKS</b> Andres                           |   |
| <b>11:15am</b>         | <b>Silver Sneakers Cardio</b><br>Laurel                  | <b>Silver Sneakers Classic</b><br>Laurel                 | <b>Silver Sneakers Circuit</b><br>Laurel                 | <b>Silver Sneakers Classic</b><br>Shari                                   | <b>Silver Sneakers Cardio</b><br>Holly                   | <b>Vinyasa Flow Yoga</b><br>Sarah<br>(10:30-12:00)        |   |
| <b>12:15pm</b>         | <b>ZUMBA G</b><br>Jeannette (45 min)                     | <b>Silver Sneakers Yoga</b><br>Laurel (chair based)      | <b>Gentle Yoga</b><br>Jeannette (45 min)                 | <b>Silver Sneakers Yoga</b><br>Shari (chair based)                        | <b>Stretch to Flexibility</b><br>Jeannette (45 min)      | <b>Kids Yoga</b><br>(30 min, Bring yoga mat)<br>Jeannette | <b>LES MILLS BODYSTEP</b> 45<br>Holly (12:05pm) |
| <b>1pm</b><br>1:30pm   |  |  | <b>Traditional Pilates</b><br>Melanie                    |   |  |   | <b>LES MILLS BODYPUMP</b><br>Nancy              |
| <b>2pm</b><br>2:30pm   |  | <b>Restorative Yoga</b><br>Yvette                        |  |   |  |   | <b>LES MILLS BODYFLOW</b><br>Carol              |
| <b>3pm</b><br>3:30pm   | <b>Planet Kids (3-3:45)</b><br>Ages 4-6<br>Jeannette     |  | <b>Planet Kids (3-3:45)</b><br>Ages 4-6<br>Jeannette     |   | <b>Planet Kids(3-3:45)</b><br>Ages 4-6<br>Jeannette      |   | <b>ZUMBA</b><br>Rachelle                        |
| <b>4pm</b><br>4:30pm   | <b>Planet Kids (3:45-4:20)</b><br>Ages 7-11<br>Jeannette | <b>Kids Yoga (3:45, 30 min)</b><br>Bring yoga mat. Carol | <b>Planet Kids (3:45-4:20)</b><br>Ages 7-11<br>Jeannette |   | <b>Planet Kids (3:45-4:20)</b><br>Ages 7-11<br>Jeannette |   |   |
| <b>5pm</b><br>5:30pm   | <b>LES MILLS BODYPUMP</b><br>Mary                        | <b>Cardio/Strength</b><br>Andrea                         | <b>LES MILLS BODYATTACK</b> Marissa                      |   |  |   | <b>The Challenge</b><br>Myrna<br>(90 min)       |
| <b>6pm</b><br>6:30pm   | <b>LES MILLS BODYFLOW</b><br>Mary/Amy                    | <b>LES MILLS CXWORKS</b> Susan                           | <b>LES MILLS BODYPUMP</b><br>Holly                       | <b>LES MILLS BODYPUMP</b> Mary (30 min)                                   | <b>LES MILLS BODYCOMBAT</b> Fred (30 min)                |   |   |
| <b>7pm</b><br>7:30pm   | <b>Total Body</b><br>Rachel                              | <b>ZUMBA</b><br>Susan                                    | <b>LES MILLS BODYSTEP</b> Holly                          | <b>LES MILLS CXWORKS</b> Mary   | <b>LES MILLS CXWORKS</b> Cynthia                         |   |   |
|                        | <b>Yoga Balance (45 min)</b><br>Rachel                   | <b>Power Yoga</b><br>Michele/Dawn<br>(75 min)            | <b>ZUMBA</b><br>Susan                                    | <b>The Challenge</b><br>Myrna<br>(90 min)                                 |  |   |   |

## JANUARY Aquatics Classes are 45 minutes unless otherwise specified.

|                | MONDAY                             | TUESDAY                                    | WEDNESDAY                          | THURSDAY                                   | FRIDAY                             | SATURDAY | SUNDAY |
|----------------|------------------------------------|--|------------------------------------|--|------------------------------------|----------|--------|
| <b>8am</b>     |                                    |  |                                    |  |                                    |          |        |
| <b>11:15am</b> | <b>Water Aerobics</b><br>Jeannette | <b>Silver Sneakers Splash</b><br>Jeannette | <b>Water Aerobics</b><br>Jeannette | <b>Silver Sneakers Splash</b><br>Jeannette | <b>Water Aerobics</b><br>Jeannette |          |        |
| <b>12pm</b>    |                                    |  |                                    |  |                                    |          |        |
| <b>5:15pm</b>  |                                    | <b>Water Aerobics</b><br>Jeannette         |                                    | <b>Water Aerobics</b><br>Jeannette         |                                    |          |        |
| <b>6:00pm</b>  |                                    |  |                                    |  |                                    |          |        |

# Class Descriptions

## ACTIVE OLDER ADULTS (AOA)

**Functional Fitness** – Total body workout using various types of equipment to improve cardiovascular conditioning, muscular endurance and balance

**SilverSneakers 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 SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**SilverSneakers Circuit** – Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

**SilverSneakers 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.

**SilverSneakers Yoga** – SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**SilverSneakers Splash** – Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

**Zumba G** – Introductory level dance class incorporating Zumba, country line dance, and other dance formats. Great for beginners or those with physical limitations, but open to all levels and ages.

**Stretch to Flexibility** – This stretch class uses techniques that release excess tension while strengthening postural muscles that hold the body in balance. It corrects pain-causing habits, such as slouching, aids recovery from injury, and sharpens recreational and work performance.

## WATER FITNESS

**Water Aerobics** – A refreshing pool workout that tones the whole body using water as resistance; excellent for arthritis, pre-natal, post-natal or orthopedic limitations; benefits include less stress to the bones and joints. All ages are welcome.

**Aqua Jogging** – Deep water exercise using a jogging belt; no need to be a swimmer for this workout. This is a workout for first timers, and those who have been working out for years – YOU set the intensity level for yourself!

**Yoqua** – Enjoy the experience of yoga in the warmth of the water. No need for fancy equipment in this class, all movements take place in the shallow end of the pool.

## CARDIO

**Hi/Low** – Traditional Aerobic workout that includes cardiovascular, strength and flexibility components for total body conditioning.

**"The Challenge"** – A high-energy, calorie consuming, high intensity aerobic work-out that will push you to your limits. This class uses simple moves that maintain a heart pumping, body fat burning work out for 90 minutes followed by core strengthening abdominal exercises.

**Zumba®** – Ditch the workout! Join the party! Zumba® fuses hypnotic Latin rhythms & easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away!

**BODYATTACK™** is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

**BODYSTEP™** is an energizing step workout. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

**BODYCOMBAT®** – This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwon do, tai chi and muay thai.

**Y Run** – South Tampa Family YMCA's Running Club – runners of all skill levels are welcome. You do not have to be a member of the YMCA to participate. Sign up at the Welcome Center.

## COMBINATION

**Cardio/Strength** – This class combines strength training and power movements for a great aerobic and weight conditioning workout. A variety of tools are used for a fun, full body workout.

**Boot Camp** – Group fitness class that combines elements of weightlifting, aerobic exercise, stability training, agility training and stretching. This class is "High Energy" and limits rest time between sets. Please don't let the name discourage you from attending; the instructor is able to modify particular exercises on a 'person-to-person' basis.

**Reebok Core® Training** – An intense total body workout using the Reebok Core® Board focusing on conditioning and strengthening "core" and stabilizing muscles.

**Total Body** – An intense workout that varies from week to week. Challenge the entire body's cardiovascular and muscular capabilities. No technical footwork required!

## YOUTH

**Planet Kids – Promoting Loving Action Now in Everything That's Knowledge In Development of Self:** Friendship and cooperation are emphasized through partnership and teamwork. Children work in all areas of fitness: cardiovascular, flexibility, muscle conditioning, and relaxation.

**Kids Yoga** – By using animated postures and interactive games, the class gives kids the opportunity to stretch their bodies, use their imaginations and learn about yoga in a fun way. In this positive and non-judgmental environment, the child leaves class with a sense of well-being, and respect for others and themselves.

## STRENGTH

**Body Sculpt** – Improve muscular strength and endurance with resistance training exercises that target major muscles. Benefits include improved body alignment, balance, muscle toning, bone density, strength and symmetry.

**BODYPUMP®** – The original barbell class that strengthens your entire body! This choreographed weight class will challenge all your muscle groups using the best 'weight-room' exercises like squats, presses, lifts and curls.

**Step & Circuit** – Mix it up with a blend of step, resistance training in a circuit style format.

**CXWORX®** – A 30 minute core workout that hones in on the torso and sling muscles that connect your upper body to your lower body. Ideal for tightening your abs and glutes, while also improving functional strength and assisting in injury prevention.

## SPIRIT, MIND & BODY

**Gentle Yoga** – A rejuvenating, relaxing workout using diaphragmatic breathing techniques with fluid movements of yoga postures.

**Vinyasa Flow Yoga** – Breath-synchronized movement sometimes called "Meditation in Motion". The instructor will guide you to move from one pose to the next on an inhale or an exhale. The poses run together and become like a dance in conjunction with the breath.

**Pilates** – An exercise system that focuses on improving flexibility and strength for the whole body. Please bring yoga mat.

**SilverSneakers YOGAStretch®** – Yoga Stretch will move your 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.

**Power Yoga** – Experience intense yoga postures linked together using breath and motion to challenge your mind and body. A great way to take your yoga practice to the next level.

**Restorative Yoga** – Focuses on restful postures supported by props to experience relaxation in a wakeful state.

**BODYFLOW®** – A Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.