

the Y CLASS DESCRIPTIONS

LES MILLS
CXWORX

CXWORX: This 30 minute low impact, low cardio workout is the ultimate way to get a tight and toned core. This class really hones in on the torso and sling muscles that connect your upper body to your lower body.

T'ai Chi

T'ai Chi: The centuries-old form of exercise from China. Regular practice of these slow, graceful movements can improve balance, reduce stress, and promote good health.

ZUMBA
gold

ZUMBA® GOLD: is based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults using modified movements.

Healthways
Silver Sneakers
Fitness Program

Silver Sneakers Yoga: Chair support is offered so you can 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.

Silver Sneakers Classic: Designed to increase muscular strength, range of motion, and activities for daily living, a total body conditioning class.

YOGA

Yoga: Class emphasizes strength, balance, and flexibility. Stretch & strengthen your body using breathing techniques to achieve relaxation.

ZUMBA

ZUMBA® : A high-energy aerobics dance class inspired by Latin beats that includes both fat burning & muscle toning benefits in a very fun atmosphere where you can sing along and enjoy the party!

LES MILLS
BODYATTACK

BODYATTACK: High-energy interval training class that combines athletic aerobic movements with strength and stabilization exercises. It is a sports-inspired cardio workout that's all about improving your speed, fitness, strength and agility.

LES MILLS
BODYCOMBAT

BODYCOMBAT: Empowering group fitness 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, tae kwon do, t'ai chi and muay thai.

LES MILLS
BODYFLOW

BODYFLOW: Holistic mind/body workout that combines elements of T'ai Chi, Pilates and yoga in a quick moving, challenging workout.

LES MILLS
BODYPUMP

BODYPUMP: This barbell class will sculpt, tone and strengthen your entire body, fast! It offers great music and amazing instructors. It is the fastest way to get in shape.

LES MILLS
sprint

SPRINT: SPRINT indoor cycling is built on the science of high-intensity interval training (HIIT). It's a quick and hard style of training that returns rapid results with minimal joint impact.

LES MILLS
RPM

RPM (Indoor Cycling): An indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. (Ages 16 and older)

LES MILLS
GRIT

GRIT: High intensity workouts that switch between short bursts of intensity and recovery periods- the best way to increase fitness, tone muscle, lose fat and become more athletic.

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*Use our Mobile App to see pool schedules, exercise schedules, program and facility statuses and more. Available for iPhone, iPad, and Android devices.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Visit
YMCAWCF.ORG/RESERVATIONS
to register for your favorite classes.
Spaces are limited.
Please bring your own mat to class.

A CLASS FOR EVERY LIFESTYLE

LAKELAND FAMILY YMCA
Group Exercise Classes

Winter 2021 Updated 1/1/2021



Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Gymnasium	Gabby (1 hour)		Nicole (1 hour)		Dianne (1 hour)	
	Teen Center		Rachel L		Rachel L		
7:00 am	Gymnasium		Tai Chi Jim (1 hour)		Tai Chi Jim (1 Hour)		
8:00 am	Gymnasium						Rachel (45 min)
	Teen Center						Bobbie (45 min) 8:05 am
8:15 am	Teen Center				Nicole (30 min)		
	Gymnasium	Rachel (45 min)	Kevin (30 min)	Daisy (45 min)		Kevin (1 hour)	
8:30 am	Studio X			Bootcamp Christy M. (30 min)			
	Teen Center	Bobbie (45min)	Christy M (30 min)	Nicole (45 min)			
9:00 am	Gymnasium		Sandy (45 min)		Nicole (45 min)		Kevin (45 min)
	Teen Center				Nicole (45 min)		
9:15 am	Gymnasium	Sandy (1 hour)		Heather (1 hour)			
	Teen Center						
	Studio X						
9:30 am	Gymnasium				Heather (1hr)		
10:00 am	Gymnasium		Sandy (1 hour)		Christie (1 hour)		Christie (1 hour)
10:30 am	Studio X	Sandy (30 min)		Core Heather(30 min)			
10:30 am	Gymnasium	Yoga Christy B (1hr)		Yoga Christy B (1hr)			
11:15 am	Gymnasium		Silver Sneakers Mary (45 min)		Silver Sneakers Classic Mary (45 min)		
12:15 pm	Gymnasium		Silver Sneakers Yoga (45 min) Mary		Silver Sneakers Yoga (45 min) Mary		

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<h3 style="text-align: center; margin: 0;">IMPORTANT CLASS INFORMATION</h3> <ul style="list-style-type: none"> Please wipe down equipment after use. Bring your own mat to class Return all equipment to it's storage location after class. Classes are for ages 13 to adult unless otherwise indicated. Ages for cycling classes are 16 to adult. Classes range from low impact, moderate impact, to high impact. Please note that within each class the impact & intensity has a range from low to high as well, and will be demonstrated by the instructor. Classes, times, & instructors subject to change (generally class schedules will be updated monthly to seasonally) Use the class level key to identify the level of intensity to fit your fitness level. 								
1:00 pm	Teen Center							
3:00 pm	Gymnasium							Tammi (1 Hour)
4:15 pm	Gymnasium						Yoga Christy B. (1hr)	
4:30 pm	Gymnasium	Daisy (45 min)						
5:00 pm	Teen Center						Nikki (30 min)	
	Studio X		Andy 30 min					
5:30 pm	YPALS	Jen & Andy (45 min)	Kevin (45 min)	Andy (45 min)	Meredith (45 min)	Mary (45 min)		
	Teen Center	RPM Jason (45 min)		RPM Jen (45 min)	Jen (30 min)			
5:45 pm	Studio X							
	Teen Center		Jason (30 min)					
6:15 pm	Studio X		Nikki (30 min)		Kimberly(30 min)			
6:30 pm	YPALS	Elizabeth (1 hour)	Yoga Strength Christy B (1 hour)	Gabby (1 hour)	Miguel (1 hour)			

CLASS LEVEL KEY

■ BEGINNER LEVEL
■ INTERMEDIATE LEVEL
■ ADVANCED LEVEL
■ SMALL GROUP TRAINING