

CLASS DESCRIPTIONS

Zumba® is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training— alternating fast and slow rhythms— and resistance training.

BODYPUMP the original LES MILLS barbell class, will sculpt, tone and strengthen your entire body, fast! The key to BODYPUMP™ is THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning.

SilverSneakers focuses on strengthening muscles and increasing range of movement for daily life activities. This is the perfect class for you if you want to improve balance and strength. Movements focus on strengthening the ankle, knee and hip joints, while improving reaction time.

Often a chair is used for seated exercises or standing support. This is a low-impact class certified by SilverSneakers.

Body Recall have fun & move to the music through a variety of exercises designed to increase muscular strength. Range of movement, and activity for daily living skills. Hand- held weights, elastic tubing with handles, a ball are offered for resistance, a chair is used for seated and/or standing support. This class is low-medium impact.

Group Cycling burns tons of calories while biking on stationary bikes

Yoga strengthen and stretch your muscles while working on toning and balance

Circuit Training a 55 min high energy total body workout that blends calorie-blasting cardio circuits with muscle-toning, plyometric, agility moves, calisthenics and more.

CXWORX during the 30-minute workout trained instructors guide you through correct techniques as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

RPM cycling workout where you ride to the rhythm powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trails, and interval training. Discover your athlete within— sweat and burn to reach your endorphin high



















FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A CLASS FOR EVERY LIFESTYLE

Lake Wales Family YMCA
GROUP EX SCHEDULE
2021



Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	Auditorium						
	Spin Room						
7:00 am	Pool	Lap swim	Lap swim	Lap swim	Lap swim	Lap swim	Lap swim
7:30 am	Auditorium	Circuit Barb 1Hour		Circuit Barb 1Hour		Circuit Barb 1Hour	
	Pool	Lap swim	Lap swim	Lap swim	Lap swim	Lap swim	Lap swim
8:30 am	Auditorium		 Stella 1Hour	 Missy 45 Mins	 Stella 1Hour		 Stella 1 hour 9:00 am
	Spin Room	 Group Cycling Missy 1 Hour				 RPM 45 minutes  Kelly	
9:00 am	Pool	Lap swim	Lap swim	Lap swim	Lap swim	Lap swim	Lap swim
9:30 am	Auditorium	Body Recall Stella 1 Hour		Body Recall Stella 1 hour		Body Recall Stella 1 hour	
	Pool	Lap swim	Lap swim	Lap swim	Lap swim	Lap swim	Lap swim City Swim
10:00 am	Pool	Lap swim	Lap swim	Lap swim	Lap swim	Lap swim	Lap swim City Swim

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:45 am	Auditorium	 Yoga Stella 1 hour		 Yoga Stella 1 hour		 Yoga Stella 1 hour	
11:00 am	Pool	 Water Aerobics 1 hour Dan	Lap swim City swim	 Water Aerobics 1 hour Dan	Lap Swim City Swim	 Water Aerobics 1 hour Dan	Lap swim City Swim
12:30 pm	Auditorium						
	Pool	Lap swim	Lap swim City swim	Lap swim	Lap swim City swim	Lap swim	Lap swim City Swim
4:30 pm	Auditorium				Cheryl 1 hr 		
	Spin Room	 Group Cycling Trudi 1 Hour					
	Pool	Lap Swim	Lap swim City swim	Lap Swim	Lap swim City swim	Lap swim	Lap swim City swim
5:30 pm	Auditorium	 Rachel 1 hr	 Cheryl 1 hr	 Missy 1 hr		 Missy 1 hr	
	Basketball Court		 HIIT Kelly 45 min				
	Spin Room	 Group Cycling Trudi 1 Hour			 RPM Kelly 45 minutes		
	Pool	Lap Swim	Lap swim City swim	Lap Swim	Lap swim City swim	Lap Swim	