

CATEGORY	CLASS NAME	CLASS DESCRIPTION	DURATION
STRENGTH	<b>LES MILLS BODYPUMP</b>	<b>BODYPUMP</b> is a barbell workout using light to moderate weights and high reps to get you lean and toned. Build strength, burn calories while getting fitter, faster.	55'
STRENGTH	<b>BODY RECALL</b>	<b>BODY RECALL</b> helps you build muscular strength while having fun and moving to the music. Range of movement exercises with hand held weights, elastic tubing, a ball for resistance and a chair for seated or standing support. This class is low to medium impact.	55'
STRENGTH	<b>LES MILLS CORE</b>	<b>LES MILLS CORE</b> is an intense workout for functional fitness. Its scientifically designed to build strength, stability and endurance in the muscles that support your core, including the abs, glutes and back.	30'
STRENGTH/ CARDIO	<b>CIRCUIT</b>	<b>CIRCUIT</b> is a high energy total body workout that blends calorie blasting cardio circuits with muscle toning ,plyometric, agility moves, calisthenics and more.	55'
CARDIO	<b>LES MILLS BODYCOMBAT</b>	<b>BODYCOMBAT</b> is mixed martial arts inspired workout that fuels cardio fitness and defines and strengthens the body. Feel empowered as you build phenomenal core strength.	55'
CYCLE CARDIO	<b>LES MILLS RPM</b>	<b>RPM</b> is a cardio peak cycle workout that burns calories and improves cardio fitness. Find your rhythm in the music, set your own resistance level and hit an endorphin high.	45'
CYCLE CARDIO	<b>GROUP CYCLING</b>	<b>GROUP CYCLING</b> burns tons of calories while utilizing the resistance of stationary bikes to great music!	55'
CARDIO	<b>ZUMBA FITNESS</b>	<b>ZUMBA</b> is a high energy aerobics dance class inspired by Latin beats that includes both fat burning and muscle toning benefits in a very fun atmosphere where you can sing along and enjoy the party!	55'
CARDIO	<b>HIGH FITNESS</b>	<b>HIGH FITNESS</b> incorporates interval training with music and intense, easy-to-follow choreography. It produces a high caloric burn and full body toning through carefully formulated choreography that alternates between intense cardio peaks and toning tracks.	55'
CARDIO	<b>HITT</b>	<b>HIIT (High Intensity Interval Training)</b> builds cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn. This class will help you smash your goals and perform at a higher level.	55'
STRENGTH/ CARDIO	<b>Strength And Conditioning</b>	<b>Strength and conditioning</b> is a full body workout that will assist you in becoming the best version of yourself. Whether you are a fitness novice or a grizzled veteran, this class will challenge you by utilizing weights and stretches to build muscle as well as endurance, all while burning fat.	45'
FLEXIBILITY MIND/BODY	<b>yoga</b>	<b>YOGA</b> emphasizes strength, balance and flexibility. Stretch and strengthen your body using breathing techniques to achieve relaxation.	55'



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY LIVING BEGINS HERE




## Group Exercise Schedule

Lake Wales Family YMCA

Updated 1/21/22

Gym Hours:

Mon-Fri: 5am-8pm

Sat: 7am-5pm

Sun: 1pm-5pm

Pool Hours:

Mon-Fri 9am-5pm

Sat: 9am-4pm

Sun: 1pm-4pm

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am	Spin Room					<b>LES MILLS RPM</b> Kelly (45')	
8:30am	Auditorium		<b>LES MILLS BODYPUMP</b> Stella (55')	<b>LES MILLS CORE</b> Missy (30')	<b>LES MILLS BODYPUMP</b> Stella (55')		
8:30am	Spin Room	<b>GROUP CYCLE</b> Missy (55')					
9:00am	POOL						
9:00am	Auditorium						<b>LES MILLS BODYPUMP</b> Stella (55')
9:00am	Studio X	<b>LES MILLS BODYCOMBAT</b> Courtney (55')					
9:30am	Auditorium	<b>LES MILLS BODYPUMP</b> Stella (55')		<b>LES MILLS BODYPUMP</b> Stella (55')		<b>LES MILLS BODYPUMP</b> Stella (55')	
9:30am	Studio X						
10:00am	POOL						
10:00am	Auditorium		<b>Body Recall</b> Stella (55')		<b>Body Recall</b> Stella (55')		
10:00am	Studio X						
10:45am	Auditorium	 Stella (55')		 Stella (55')		 Stella (55')	

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00am	POOL	<b>Aqua Fit</b> Dan (45')		<b>Aqua Fit</b> Dan (45')		<b>Aqua Fit</b> Dan (45')	
12:00pm	Auditorium	<b>Strength and Conditioning (Advanced)</b> Tony (45)		<b>Strength and Conditioning (Advanced)</b> Tony (45)		<b>Strength and Conditioning (Advanced)</b> Tony (45)	
1:00pm	Auditorium	<b>Strength and Conditioning (Beginner)</b> Tony (45)		<b>Strength and Conditioning (Beginner)</b> Tony (45)		<b>Strength and Conditioning (Beginner)</b> Tony (45)	
3:15pm - 5:15pm	Auditorium	AFTERSCHOOL CHILDCARE	AFTERSCHOOL CHILDCARE	AFTERSCHOOL CHILDCARE	AFTERSCHOOL CHILDCARE (Until 4:15)	AFTERSCHOOL CHILDCARE	
4:15pm	Spin Room	<b>GROUP CYCLE</b> Elizabeth (55')					
4:30pm	Auditorium				 Evelyn (55')		
5:30pm	Auditorium	<b>LES MILLS BODYPUMP</b> Rachel (55')	 Cheryl (55')	<b>LES MILLS BODYPUMP</b> Missy (55')	<b>HIIT</b> Kelly (55)	<b>LES MILLS BODYPUMP</b> Missy (55')	
5:30pm	Spin Room	<b>GROUP CYCLE</b> Trudi (55')	<b>LES MILLS RPM</b> Kelly (55)				
6:30pm	Auditorium		<b>Strength and Conditioning (Intermediate)</b>		<b>HIGH FITNESS</b> Courtney (55')		
6:45pm	Auditorium						