



# GROUP EXERCISE

## LAKE WALES FAMILY YMCA

UPDATED ON 10/21/22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>GROUP CYCLE</b> 8:30 AM Missy (55')	<b>LES MILLS BODYPUMP</b> 8:30 AM Stella (55')	<b>LES MILLS CORE</b> 8:30 AM Missy (35')	<b>LES MILLS BODYPUMP</b> 8:30 AM Stella (55')	<b>LES MILLS RPM</b> 8:15 AM Kelly (45')	<b>barre</b> 8:30 AM Courtney (30')
<b>LES MILLS BODYPUMP</b> 9:00 AM Stella (55')	<b>BODY RECALL</b> 10:00 AM Stella (55')	<b>LES MILLS BODYPUMP</b> 9:10 AM Stella (55')	<b>BODY RECALL</b> 10:00 AM Stella (55')	<b>LES MILLS BODYPUMP</b> 9:00 AM Stella (55')	<b>LES MILLS BODYPUMP</b> 9:00 AM Stella (55')
<b>yoga</b> 10:15 AM Stella (55')	<b>ZUMBA</b> 5:30 PM Cheryl (55')	<b>yoga</b> 10:25 AM Stella (55')	<b>ZUMBA</b> 4:30 PM Evelyn (55')	<b>yoga</b> 10:15 AM Stella (55')	
<b>AQUA FIT</b> 11:00 AM Dan (45')	<b>LES MILLS RPM</b> 5:30 PM Kelly (55')	<b>AQUA FIT</b> 11:00 AM Dan (45')	<b>HIIT</b> 5:30 PM Kelly (55')	<b>AQUA FIT</b> 11:00 AM Dan (45')	
<b>STRENGTH &amp; CONDITIONING ADVANCED</b> 12:00 PM Tony (45')	<b>ZUMBA</b> 6:45 PM Jasmin (45')	<b>STRENGTH &amp; CONDITIONING ADVANCED</b> 12:00 PM Tony (45')	<b>ZUMBA</b> 6:45 PM Jasmin (45')	<b>STRENGTH &amp; CONDITIONING ADVANCED</b> 12:00 PM Tony (45')	
<b>GROUP CYCLE</b> 4:15 PM Elizabeth (55')		<b>LES MILLS BODYPUMP</b> 5:30 PM Missy (55')		<b>LES MILLS BODYPUMP</b> 5:30 PM Missy (55')	
<b>GROUP CYCLE</b> 5:30 PM Trudi (55')		<b>ZUMBA</b> 6:45 PM Jasmin (45')			
<b>ZUMBA</b> 6:45 PM Jasmin (45')					



**SCHEDULE KEY**

- STUDIO X
- AUDITORIUM
- POOL
- SPIN ROOM

## CATEGORY

## CLASS

## DESCRIPTION

STRENGTH

LES MILLS  
**BODYPUMP**

Body Pump is a barbell workout using light to moderate weights and high reps to get you lean and toned. Build strength and burn calories while getting fitter, faster.

STRENGTH

**BODY  
RECALL**

Body Recall 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.

STRENGTH

LES MILLS  
**CORE**

LES MILLS CORE is an intense workout for functional fitness. It's scientifically designed to build strength, stability and endurance in the muscles that support your core, including the abs, glutes and back.

CYCLE  
CARDIO

LES MILLS  
**RPM**

RPM 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.

CYCLE  
CARDIO

**GROUP  
CYCLING**

Group Cycling burns tons of calories while utilizing the resistance of stationary bikes to great music!

CARDIO

 ZUMBA

Zumba 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!

CARDIO

**HIGH  
FITNESS**

High Fitness 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 in tense cardio peaks and toning tracks.

CARDIO

**HIIT**

HIIT (High Intensity Interval Training) 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!

STRENGTH  
CARDIO

**STRENGTH &  
CONDITIONING**

Strength and conditioning 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.

MIND/BODY

 yoga

YOGA emphasizes strength, balance and flexibility. Stretch and strengthen your body using breathing techniques to achieve relaxation.

FLEXIBILITY  
MIND/BODY

barre

Barre is a hybrid workout combining ballet inspired moves with elements of pilates, dance, yoga and strength training using classic dance moves such as plies, alongside static stretches.