



## HIGHLANDS COUNTY FAMILY YMCA GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:00 AM</b> <b>Silver Sneakers</b> BLUE ROOM	<b>8:00 AM</b> <b>Tone - Total Body Reset</b> BLUE ROOM	<b>8:00 AM</b> <b>Silver Sneakers</b> BLUE ROOM	<b>8:00 AM</b> <b>Tone - Total Body Reset</b> BLUE ROOM	<b>8:00 AM</b> <b>Silver Sneakers</b> BLUE ROOM	<b>9:15 AM</b> <b>Body Pump</b> BLUE ROOM
<b>9:15 AM</b> <b>Body Pump</b> BLUE ROOM	<b>9:00 AM</b> <b>Tai Chi</b> MIND/BODY	<b>9:15 AM</b> <b>Body Pump</b> BLUE ROOM	<b>9:00 AM</b> <b>Tai Chi</b> MIND/BODY	<b>9:15 AM</b> <b>Body Pump</b> BLUE ROOM	<b>10:00 AM</b> <b>Cycling</b> CYCLING ROOM
<b>9:15 AM</b> <b>Zumba</b> GOLD ROOM	<b>9:30 AM</b> <b>Silver Sneakers</b> BLUE ROOM	<b>9:15 AM</b> <b>Zumba</b> GOLD ROOM	<b>9:30 AM</b> <b>Silver Sneakers</b> BLUE ROOM	<b>10:30 AM</b> <b>Yoga</b> BOWYER ROOM	<b>10:15 AM</b> <b>Zumba</b> BLUE ROOM
<b>10:15 AM</b> <b>Aqua Aerobics</b> POOL	<b>10:15 AM</b> <b>Aqua Aerobics</b> POOL	<b>10:15 AM</b> <b>Aqua Aerobics</b> POOL	<b>10:15 AM</b> <b>Aqua Aerobics</b> POOL	<b>10:30 AM</b> <b>Line Dancing</b> GOLD ROOM	
<b>10:30 AM</b> <b>Yoga</b> BOWYER	<b>10:30 AM</b> <b>Chair Yoga</b> GOLD ROOM	<b>10:30 AM</b> <b>Yoga</b> BOWYER ROOM	<b>10:30 AM</b> <b>Chair Yoga</b> GOLD ROOM	<b>POOL HOURS</b> <b>Monday - Friday</b> 6:00 AM - 7:30 PM <b>Saturday</b> 8:15 AM - 4:00 PM  <b>FITNESS HOURS</b> <b>Monday - Thursday</b> 5:00 AM - 9:00 PM <b>Friday</b> 5:00 AM - 8:00 PM <b>Saturday</b> 8:00 AM - 5:00 PM <b>Sunday</b> 11:00 AM - 5:00 PM  <b>SCHEDULE KEY</b> <b>Strength</b> <b>Water</b> <b>Cardio</b> <b>Mind, Body &amp; Spirit</b> <b>Combination</b>	
<b>10:30 AM</b> <b>Line Dancing</b> GOLD ROOM	<b>5:30 PM</b> <b>Body Pump</b> BLUE ROOM	<b>10:30 AM</b> <b>Line Dancing</b> GOLD ROOM	<b>5:30 PM</b> <b>Body Pump</b> BLUE ROOM		
<b>10:30 AM</b> <b>Silver Sneakers</b> BLUE ROOM	<b>6:00 PM</b> <b>Cycling</b> CYCLING ROOM	<b>10:30 AM</b> <b>Silver Sneakers</b> BLUE ROOM	<b>6:00 PM</b> <b>Cycling</b> CLYCLING ROOM		
<b>5:30 PM</b> <b>Body Pump</b> BLUE ROOM	<b>6:30 PM</b> <b>Zumba</b> BLUE ROOM	<b>5:30 PM</b> <b>Body Pump</b> BLUE ROOM	<b>6:30 PM</b> <b>Zumba</b> BLUE ROOM		
<b>6:30 PM</b> <b>Zumba</b> BLUE ROOM		<b>6:30 PM</b> <b>Zumba</b> BLUE ROOM			

**Aqua Aerobics:** A higher intensity water workout to burn maximum calories and tone the body while safely working core, strength, and provides cardiovascular conditioning, increasing your pulse and your breathing rate while it places less strain on your joints.

**Body Pump:** Original barbell class that strengthens your entire body. This workout challenges all your major muscles groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results fast!

**Chair Yoga:** This class will move your entire body through a complete series of seated and or standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase muscle strength, flexibility, posture, lung capacity, and range of motion. The final relaxation will promote stress reduction and mental clarity.

**Cycling:** A high-intensity, full-body workout that burns calories after you leave the studio. The class incorporates full body dynamic movements to push your limits using dumbbells, varied intervals, and multi-directional movements which help develop more cardiovascular conditioning and functional strength.

**Silver Sneakers:** 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 ball is alternated with non-impact aerobic choreograph.

**Tone, Total Body Reset:** Includes all components of fitness for the entire body, packed with cardio, strength training, core and flexibility work, and you're on your way to improved fitness!

**Yoga:** Yoga postures, gentle movement sequences, breath work, supported silent meditation, and guided relaxation to support increased awareness and mindfulness of the breath and body, and quieting of the nervous system.

**Zumba:** A total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave a class. Ditch the workout! Join the fun! Zumba mixes low intensity and high intensity moves for an interval style, calorie burning dance fitness party!

**Tai Chi:** A class with slow gentle movements to increase flexibility, muscle strength, fitness, and balance. It helps to reduce stress and cultivates life from energy. Improves posture and promotes integration of body, mind, and spirit.

**Line Dancing:** Line dancing is a fun and energetic form of exercise that involves performing a series of synchronized dance movements to music. It's a great way to get moving, improve coordination, and socialize with others and it's a low-impact exercise that can be enjoyed by people of all ages and fitness levels.