



Highlands County Family YMCA

July 2025

Group Exercise Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|---|
| 8:00am Silver Sneakers Jane <u>BLUE ROOM</u> | 8:00am TONE Total Body Reset Susan <u>BLUE ROOM</u> | 8:00am Silver Sneakers Jane <u>BLUE ROOM</u> | 8:00am TONE Total Body Reset Susan <u>BLUE ROOM</u> | 8:00am Silver Sneakers Jane <u>BLUE ROOM</u> | |
| | 9:00am Tai chi Pamela <u>Mind/Body Room</u> | | 9:00am Tai chi Pamela <u>Mind/Body Room</u> | | |
| 9:15am BODY PUMP™ Jeff <u>BLUE ROOM</u> | | 9:15am BODY PUMP™ Jeff <u>BLUE ROOM</u> | | 9:15am BODY PUMP™ Jeff <u>BLUE ROOM</u> | 9:15am BODY PUMP™ Jeff <u>BLUE ROOM</u> |
| 9:15 am Zumba Maidelys <u>GOLD ROOM</u> | 9:30am Silver Sneakers Jane <u>BLUE ROOM</u> | 9:15 am Zumba Maidelys <u>GOLD ROOM</u> | 9:30am Silver Sneakers Jane <u>BLUE ROOM</u> | | |
| 10:15am AQUA AEROBICS Aqua Team <u>POOL</u> | 10:15am AQUA AEROBICS Aqua Team <u>POOL</u> | 10:15am AQUA AEROBICS Aqua Team <u>POOL</u> | 10:15am AQUA AEROBICS Aqua Team <u>POOL</u> | | 10:00am CYCLING <u>CYCLING ROOM</u> |
| 10:30am YOGA Eve <u>BOWYER ROOM</u> | | 10:30am YOGA Eve <u>BOWYER ROOM</u> | | 10:30am YOGA Eve <u>BOWYER ROOM</u> | 10:15 am Zumba TEAM <u>BLUE ROOM</u> |
| 10:30am Line Dancing Dee <u>GOLD ROOM</u> | 10:30am CHAIR YOGA Beth Ann <u>Gold Room</u> | 10:30am Line Dancing Dee <u>GOLD ROOM</u> | 10:30am CHAIR YOGA Beth Ann <u>Gold Room</u> | 10:30am Line Dancing Dee <u>GOLD ROOM</u> | |
| 10:30am Silver Sneakers Jane <u>BLUE ROOM</u> | | 10:30am Silver Sneakers Jane <u>BLUE ROOM</u> | | Pool Hours Monday- Friday 6:00am-7:30pm Saturday- 8:15am-4:00pm Fitness Hours Monday - Thursday 5:00am-9:00pm Friday 5:00am-8:00pm Saturday 8:00am-5:00pm Sunday 11:00am-5:00pm | |
| 5:30pm BODY PUMP™ Jeff <u>BLUE ROOM</u> | 5:30pm BODY PUMP™ Jeff <u>BLUE ROOM</u> | 5:30pm BODY PUMP™ Jeff <u>BLUE ROOM</u> | 5:30pm BODY PUMP™ Jeff <u>BLUE ROOM</u> | | |
| 6:30pm ZUMBA Maidelys <u>BLUE ROOM</u> | 6:00pm CYCLING Christina <u>CYCLING ROOM</u> | 6:30pm ZUMBA Maidelys <u>BLUE ROOM</u> | 6:00pm CYCLING Christina <u>CYCLING ROOM</u> | | |
| | 6:30pm Zumba JP <u>BLUE ROOM</u> | | 6:30pm Zumba JP <u>BLUE ROOM</u> | Schedule Key Strength Cardio Combination Water Classes Mind, Body, & Spirit | |

Class Descriptions

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.