



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TITUSVILLE YMCA

## Group Exercise Schedule – March 2024

### Effective March 4 – March 30, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>Body Sculpting</u> 6:00-6:45am Heather		<u>Body Sculpting</u> 6:00-6:45am Heather		
<u>Cardio Circuit</u> 8:15-9:00am Baylee *Class in gym		<u>Warrior® Fusion</u> 8:15-9:00am Rachel *Class in gym		<u>Drums 'n Iron</u> 8:15-9:00am Mikaela *Class in gym	<u>Cycle Circuit</u> 8:15-9:15am Varies
	<u>Cycle Circuit</u> 8:30-9:30am Jacquelyn		<u>Cycle Circuit</u> 8:30-9:30am Jacquelyn	<u>Yoga</u> 9:15-10:00am Baylee	<u>Mind, Body, Kickbox</u> 9:20-10:05am Mariah
<u>*SilverSneakers Classic</u> 9:30-10:15am Holly/Jacquelyn *Class in gym		<u>*Balance &amp; Fall Prevention</u> 9:30-10:15am Heidi *Class in gym		<u>*SilverSneakers Circuit</u> 9:30-10:15am Mikaela *Class in gym	
		<u>Gentle Stretch</u> 10:30-11:00am Heidi			
		<u>Cycle Express</u> 12:15-12:45pm Mikaela		<u>Cycle Express</u> 12:15-12:45pm Mikaela	
<u>Step 'N Sculpt/Walk Club</u> 4:00-4:30pm Patti *Walk Club-when weather permits	<u>Pilates</u> 4:30-5:00pm Debi	<u>Total Body Fitness</u> 5:00-6:00pm Darlene	<u>Step 'N Sculpt/Walk Club</u> 4:00-4:30pm Patti *Walk Club- when weather permits	<u>Cycle Express</u> 4:30-5:00pm Heather	
<u>HIIT</u> 5:00-6:00pm Debi	<u>Cycle 'N Core</u> 5:15-6:00pm Heather/Deb/ Shannon	<u>Zumba Toning @ ECLC</u> 5:15-6:15pm BJ	<u>Cycle Express</u> 4:45-5:15pm Debi		
			<u>Fitness with Weights</u> 5:25-6:10pm Debi		

\* Class included with SilverSneakers, Renew Active, and Silver&Fit Memberships

A MINIMUM OF 3 PARTICIPANTS REQUIRED FOR A CLASS TO BE HELD

No Classes:  
Saturday, March 30– Easter

## TITUSVILLE YMCA

### Group Exercise – March 2024

Classes in any intensity category can be modified for individuals of all fitness levels

#### LOW INTENSITY

**Balance & Fall Prevention** – Stability starts here as you develop muscles that are vital for balance and to protect against falls. This class will help to reduce injuries, increase flexibility, strengthen muscles, and improve posture.

**Gentle Stretch** – Focus on increasing flexibility, improving posture, strength and balance, as well as work on breathing techniques for better endurance and circulation. Mats and chairs are available for seated exercises and/or for standing balance poses.

**Pilates** – A stress relieving, low impact mat workout with a strong focus on core conditioning, while improving muscular strength, flexibility, balance, and posture.

**SilverSneakers® Classic** – Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.

**Yoga** – This class will focus primarily on improving strength, flexibility, balance, proper posture, and breathing techniques to help the participant increase energy, decrease stress, relieve painful muscles and joints, and improve overall wellness.

**Walk Club** – Take your fitness outdoors with Walk Club. Meet with a group at the YMCA every Monday and Thursday to go out for a walk!

#### MEDIUM INTENSITY

**Body Sculpting** – Strengthen and tone during a full body workout using free weights, resistance bands, body bars, stability balls, medicine balls, and your own body weight.

**Cardio Circuit** – Get your heart rate pumping with this fun, energizing aerobics mix of step and kickboxing, combined with resistance training.

**Cycle Circuit** – Get the best of both worlds! A mix of “Group Cycle” and “Body Sculpting,” which provides a great cardiovascular workout and full body toning and strengthening.

**Cycle Express** – A 30 minute bike ride to get a great workout with all of the same exciting aspects of “Group Cycle.”

**Cycle ‘N Core** – During this energizing workout, you start with an intense group cycle to improve cardiovascular fitness and leg strength, and finish with abs and lower back exercises to give you a rock solid core.

**Drums ‘n Iron** – A fun, fast-paced way to increase heart rate, improve rhythm, and burn calories while drumming to the rhythm of the music. Finish off this fun workout with full body strengthening and toning using free weights.

**Fitness with Weights** – Get your heart pumping to improve cardiovascular fitness and also strengthen and tone with a full body workout.

**Mind, Body, Kickbox** – Have fun, work up a sweat, and relieve some stress with a combination of kickboxing, Pilates and dance moves.

**SilverSneakers® Circuit** – Standing upper-body strength work alternated with low impact cardio using a chair for standing support.

**Step ‘N Sculpt** – Get your heart pumping and tone up your body with this mixture of step aerobics and total-body strengthening.

**Warrior® Fusion** – A combination of Tai Chi Yoga, QiGona and a variety of Martial Arts movements set to powerful music. This blended format is designed to quiet the mind and increase flexibility, strength, and balance.

**Zumba Toning** – Latin inspired dance-fitness class that incorporates international music and dance movements. Zumba creates a party like atmosphere that provides a non-intimidating opportunity for non-dancers, new exercisers or those looking for a change of pace. Zumba Toning is perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles!

#### HIGH INTENSITY

**HIIT (High Intensity Interval Training)** – Push your limits with this high intensity class with varying workouts focusing on strength and cardiovascular conditioning.

**Total Body Fitness** – Push your limits with this high-intensity fitness class that incorporates sessions of 20 seconds of near max effort followed by 10 seconds of rest, full body strengthening, and cardiovascular conditioning.