



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TITUSVILLE YMCA

Group Exercise Schedule – September 2025

Effective September 1 – October 4, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>Body Sculpting</u> 6:00-6:45am Heather		<u>Body Sculpting</u> 6:00-6:45am Darlene	
<u>Cardio Circuit</u> 8:15-9:00am Jacquelyn/Kim <i>Class in gym</i>	<u>Cycle Express</u> 8:30-8:50am Jacquelyn	<u>Cardio Circuit</u> 8:15-9:00am Deb <i>Class in gym</i>	<u>Cycle Express</u> 8:30-8:50am Jacquelyn	<u>Cardio Circuit</u> 8:15-9:00am Mikaela <i>Class in gym</i>
	<u>HIIT</u> 8:50-9:10am Jacquelyn		<u>HIIT</u> 8:50-9:10am Jacquelyn	
<u>*SilverSneakers Classic</u> 9:30-10:15am Jacquelyn/Holly <i>Class in gym</i>	<u>Pilates</u> 9:10-9:30am Jacquelyn	<u>*Balance & Fall Prevention</u> 9:30-10:15am Heidi <i>Class in gym</i>	<u>Pilates</u> 9:10-9:30am Jacquelyn	<u>*SilverSneakers Circuit</u> 9:30-10:15am Mikaela <i>Class in gym</i>
		<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>HIIT</u> 4:30-5:30pm Debi	<u>Pilates</u> 4:30-5:00pm Debi		<u>Cycle Express</u> 4:30-5:00pm Debi	
	<u>Cycle Express</u> 5:15-5:45pm Heather	<u>Zumba Toning @ ECLC</u> 5:15-6:15pm BJ	<u>Fitness with Weights</u> 5:10-5:45pm Debi	

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

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

**No Class:
September 1– YMCA Closed (Labor Day)**

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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.

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 Express – A 20–30 minute indoor cycling class designed to boost your cardio fitness and energize your day. Perfect for a quick, effective workout!

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

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

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.