



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# TITUSVILLE YMCA

## Group Exercise Schedule – March 2026

### Effective March 2 – April 4, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>Body Sculpting</u> 6:00-6:45am Heather		<u>Body Sculpting</u> 6:00-6:45am Darlene	<u>Total Strength</u> 6:00-6:45am Darlene *Starts 3/20	
<u>Cardio Circuit</u> 8:15-9:00am Jacquelyn/Kim <i>Class in gym</i>		<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>Cycle Circuit</u> 9:00-10:00am Varies
			<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> 11:05-11:25am Jacquelyn	<u>*Balance &amp; 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>Cycle Express</u> 11:30-11:50am Jacquelyn	<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 *No Class 4/3	
<u>HIIT</u> 4:30-5:30pm Debi	<u>Pilates</u> 4:30-5:00pm Debi	<u>Total Body Fitness</u> 4:45-5:30pm Darlene	<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**

Group Exercise Punch Card Prices			
Minutes	Member	Non-Member	Senior Member
300	\$11.25	\$26.75	\$9.50
600	\$22.50	\$53.50	\$19.00
1500	\$56.25	\$133.75	\$47.50

Group Exercise Unlimited Prices	
Individual Member	\$17/month
2+ Members (same household)	\$28.75/month
Senior Member	\$12.75/month
Senior Couple Member	\$21.25/month
Non-Member	\$43/month

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

### LOW INTENSITY

**Balance & Fall Prevention** – A specialized class for seniors focused on improving balance, coordination, and strength to prevent falls and build confidence in daily movement, using seated and standing exercises, functional patterns, and often incorporating chair support for safety.

**Gentle Stretch** – A relaxing, low-impact class designed to improve flexibility, release muscle tension, and enhance overall mobility. Participants move through slow, guided stretches and mindful breathing to support better posture, reduced stiffness, and a sense of calm. Perfect for all levels.

**Pilates** – A low-impact, full-body workout focused on building core strength, improving posture, and enhancing flexibility through mat and floor-based exercises. Using controlled movements and mindful breathing, participants develop better alignment, stability, and body awareness. Suitable for all fitness levels, Pilates helps create a stronger, more balanced body.

**SilverSneakers® Classic** – Have fun and move to the music through a variety of exercises designed to increase muscular strength and improve range of motion, thereby improving daily-living activities. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.

### MEDIUM INTENSITY

**Body Sculpting** – A full-body workout using weights and bodyweight exercises to build strength, tone muscles, and improve endurance.

**Cardio Circuit** – A fast paced workout designed to boost heart health, burn calories, and build stamina. Participants rotate through a mix of aerobic moves and muscle-toning exercises using a variety of equipment from step benches, stability ball, weights and more with options for all fitness levels.

**Cycle Circuit** – A dynamic workout that blends indoor cycling intervals with off-bike strength and conditioning drills. Participants alternate between energizing rides and targeted exercises to build endurance, power, and total-body strength. Suitable for all fitness levels, this class offers a fun, high-intensity way to improve cardiovascular fitness and overall performance.

**Cycle Express** – A quick, high-energy ride designed to boost cardio fitness in less time. This fast-paced class features efficient intervals, motivating music, and steady-paced climbs to deliver a powerful workout in 30 minutes or less. Perfect for all levels looking for an effective, time-saving sweat.

**Fitness with Weights** – A strength-training class that uses weights and controlled movements to build muscle, increase strength, and improve overall body tone.

**SilverSneakers® Circuit** – A fun, low-impact standing workout that boosts cardio and strength by alternating aerobic moves with upper body exercises using hand weights, elastic tubing with handles, and a SilverSneakers® ball. A chair is used for seated and/or standing support.

**Total Strength** – A progressive, full-body strength training class built around a structured weekly lifting program. Each week, participants follow a carefully designed plan that focuses on foundational lifts, proper technique, and gradual progression to help build muscle, increase endurance, and improve overall functional strength. Workouts combine free weights, barbells, dumbbells, and bodyweight exercises to target all major muscle groups.

**Zumba Toning** – A high-energy Latin dance fitness class that blends Zumba's rhythmic moves with light toning sticks or hand weights to sculpt and strengthen your muscles. Participants enjoy upbeat music while targeting the arms, core, and lower body for a full-body workout. Perfect for all levels looking to boost cardio, coordination, and muscle definition in a fun, dance-based format.

### HIGH INTENSITY

**HIIT (High Intensity Interval Training)** – Features short bursts of powerful exercises followed by brief recovery periods. Designed to burn calories fast, build strength, and improve endurance in an efficient, full-body workout.

**Total Body Fitness** – A full-body workout that blends aerobic moves, dumbbell strength training, bodyweight movements, and core-focused exercises to build strength, boost endurance, and improve overall fitness.