FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TITUSVILLE YMCA
Group Exercise Schedule – November 2026
Effective November 2 – November 28, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Body Sculpting 6:00-6:45am Darlene		**Body Sculpting** 6:00-6:45am Heather **Group Cycle** 6:00-6:45am Emily *Class in gym*	**Total Strength** 6:00-6:45am Darlene	
Cardio Circuit 8:15-9:00am Jacquelyn/Kim *Class in gym*	**Cycle Express** 8:30-8:55am Jacquelyn	**Cardio Circuit** 8:15-9:00am Deb *Class in gym*	**Strength Training** 8:30-9:10am Jacquelyn	**Cardio Circuit** 8:15-9:00am Mikaela *Class in gym*	**Cycle Circuit** 9:00-10:00am Varies
***SilverSneakers Classic** 9:30-10:15am Jacquelyn/Holly *Class in gym*	**Pilates** 9:00-9:20am Jacquelyn	***Balance & Fall Prevention** 9:30-10:15am Heidi *Class in gym*	**Pilates** 9:15-9:35am Jacquelyn	***SilverSneakers Circuit** 9:30-10:15am Mikaela *Class in gym*	
		***Gentle Stretch** 10:30-11:00am Heidi *No class 11/4			
				Cycle Express 12:15-12:45pm Mikaela *No Class 11/6	
	Cycle Express 5:00-5:30pm Heather	**Zumba Toning @ ECLC** 5:15-6:15pm BJ	**Cycle Express** 4:45-5:15pm Heather		

*** Class included with SilverSneakers, Renew Active, Silver&Fit, & FitOn Memberships**
No Classes:
November 25-28, 2026 (Thanksgiving Break)

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

TITUSVILLE YMCA
Group Exercise – November 2026

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.

Strength Training - A focused strength workout using weights and bodyweight exercises to build muscle , increase strength, and improve overall fitness.

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

Group Cycle - Ride through mixed terrains (hills, flats, mountain peaks, time trials, and interval training) on an indoor bike. The instructor leads you through a heart pumping, high energy workout, allowing you to control the intensity of your ride.