





Fitnasium Schedule

SEPTEMBER thru DECEMBER

55 minute classes unless otherwise specified.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM	BODYPUMP		BODYPUMP		BODYPUMP		
6:15 AM		Cardio Strength (45 minutes)		Cardio Strength (45 minutes)			
7:15 AM	Tai Chi		Tai Chi		Tai Chi		
8:30 AM	Cardio Strength **	Strength	Cardio Strength **	Strength	Cardio Strength **	SWAT **/***	
9:30 AM	Cardio Strength	Step	BODYPUMP	Step	Chair Stretch * 9:45 AM (45 minutes)	Zumba	
10:45 AM	Group Games Ages 3-12 (45 minutes)	Mommy and Me 12-36 Months (45 minutes)	Yoga	Mommy and Me 12-36 Months (45 minutes)	Group Games Ages 3-12 (45 minutes)	Group Games Ages 3-12 (45 minutes)	
12:00 PM	Cardio Strength (45 minutes)	BODYPUMP	Cardio Strength (45 minutes)	BODYPUMP	Cardio Strength (45 minutes)	BODYPUMP	
1:00 PM	Silver Sneakers		Silver Sneakers		Silver Sneakers		
3:30 PM	<i>Visit http://www.centralfloridaymca.net for instructor names and up to date changes!!!</i>						Step
3:45 PM	Youth Fitness Ages 3-6 (30 minutes)	Sports Circuit Grades K-7 (30 minutes)	Youth Fitness Ages 3-6 (30 minutes)	Sports Circuit Grades K-7 (30 minutes)	Sports Circuit Grades K-7 (30 minutes)		BODYPUMP
4:30 PM	BODYPUMP	Cardio Strength 4:45 PM (45 minutes)	Boot Camp **/***	Cardio Strength 4:45 PM (45 minutes)	BODYPUMP		
5:30 PM	CardioBox	Step	DanceTrance	Step & Sculpt	CardioBox		
6:30 PM	Cardio Strength	Strength	BODYPUMP	Latin Cardio	DanceTrance		
7:30 PM			Yoga				

Classes in... Blue are Mind, Body, & Spirit Green are Cardio Yellow are Combo/Variety/Other Red are Strength Purple are Children

All classes taught to all levels unless otherwise denoted
 * = Easy | ** = Moderate | *** = Challenging





Studio X Schedule

SEPTEMBER
thru
DECEMBER

WEEKDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND	SATURDAY	SUNDAY
6:00 AM		Yoga (60 minutes)	Abs Stretch (15 min.)	Yoga (60 minutes)				
6:45 AM	Abs Stretch (15 minutes)		Power Yoga **f*** (45 minutes)		Abs Stretch (15 minutes)			
8:00 AM	QuickFit (45 minutes)		Cardio Box (45 minutes)		QuickFit (45 minutes)	8:15 AM	Abs Stretch (15 minutes)	
9:00 AM	Cardio Box (45 minutes)	QuickFit (45 minutes)	QuickFit (45 minutes)	QuickFit (45 minutes)	Cardio Box (45 minutes)	8:30 AM	QuickFit (45 minutes)	
9:45 AM	Stretch (45 minutes)	Power Yoga **f*** (45 minutes)	Stretch (55 minutes)	Power Yoga **f*** (45 minutes)	SWAT (45 minutes)	9:30 AM	Gentle Yoga *f** (60 minutes)	
10:45 AM	Yoga (60 minutes)		Pilates *f** (45 minutes)		Yoga (60 minutes)	10:45 AM	Power Yoga **f*** (60 minutes)	
NOON		Pilates (60 minutes)		Pilates (60 minutes)		2:00 PM	Yoga (75 minutes)	
4:30 PM	Pilates (55 minutes)	Power Yoga **f*** (55 minutes)	Pilates (55 minutes)	Power Yoga **f*** (55 minutes)				
5:30 PM	Abs Stretch (25 minutes)	Abs Stretch (25 minutes)	Abs Stretch (25 minutes)	Abs Stretch (25 minutes)	Abs Stretch (25 minutes)	4:00 PM	Karate (120 minutes)	
6:00 PM	Zumba (55 minutes)	Zumba (55 minutes)	20/20 (40 minutes)	20/20 (40 minutes)		5:30 PM	Abs Stretch (15 minutes)	
6:45 PM			Abs Stretch (15 minutes)	Abs Stretch (15 minutes)	Power Yoga 6:30PM **f*** (45 minutes)			
7:00 PM	Yoga (60 minutes)	Pilates (60 minutes)	Karate (120 minutes)	Pilates (60 minutes)	Gentle Yoga 7:15PM *f** (45 minutes)			

Classes in...

Blue are Mind,
Body, & Spirit

Green are Cardio

Yellow are
Combo/Variety/
Other

Red are
Strength

All classes taught to all levels unless otherwise denoted
* = Easy | ** = Moderate | *** = Challenging

THE DOWNTOWN ORLANDO YMCA
433 N. MILLS AVENUE
ORLANDO, FLORIDA 32803
407.896.6901





Central Florida YMCA

Downtown Orlando



All Classes Taught To All Levels

Cycling Studio Schedule

SEPTEMBER thru DECEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM			45 MINUTES				
6:00 AM	45 MINUTES	45 MINUTES		45 MINUTES	45 MINUTES		
6:15 AM			45 MINUTES				
7:15 AM		45 MINUTES		45 MINUTES			60 MINUTES
8:45 AM	45 MINUTES	45 MINUTES	45 MINUTES	45 MINUTES	45 MINUTES		45 MINUTES
9:45 AM	30 MINUTES		30 MINUTES		30 MINUTES		45 MINUTES
12:15 PM		45 MINUTES		45 MINUTES			
4:30 PM	45 MINUTES		45 MINUTES		45 MINUTES		60 MINUTES
6:00 PM	45 MINUTES	45 MINUTES	45 MINUTES	45 MINUTES	45 MINUTES		
7:15 PM		45 MINUTES		45 MINUTES			

Visit <http://www.centralfloridaymca.net> for instructor names and up to date changes!!!

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Water Fitness Schedule

SEPTEMBER
thru
DECEMBER

All classes are 55 minutes.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM						Shallow
9:00 AM	Deep	Shallow	Deep	Shallow	Deep	
10:00 AM	Shallow		Shallow		Shallow	
2:00 PM	Shallow		Shallow		Shallow	
6:00 PM			Shallow			
7:00 PM	Master's Swim 18+ Must Swim (75 minutes)	Master's Swim 18+ Must Swim (75 minutes)		Master's Swim 18+ Must Swim (75 minutes)		

Visit <http://www.centralfloridaymca.net> for instructor names and up to date changes!!!

Run duration varies by workout and individual

Meet next to the bike racks next to the new tower!

	MONDAY	TUESDAY	WEDNESDAY	FRIDAY
5:30 PM		Easy		Easy
6:00 PM	Challenging	Easy/Moderate	Moderate/Challenging	All Levels



Visit <http://www.centralfloridaymca.net> for instructor names and up to date changes!!!





Class Name	CLASS DESCRIPTIONS
20/20	20 minutes of Cardio training followed by 20 minutes of Strength training. This abbreviated class format is designed with the exerciser on a time limit in mind. Of course, time permitting, there will ALWAYS be a 15 minute Abs Stretch class following a 5 minute class transition, so stick around to finish the workout. Minimal equipment will be required. Easy to learn, easy to do, easy to get in and out.
Abs Stretch	The 'Abs' portion emphasises all the central muscles, including ,but not limited to, abdominal (all), lateral back flexors, hip flexors, and back extensors and flexors. 'Stretch' is an essential but often overlooked component of a well balanced fitness program, with maximum benefit after the core is warm.
Boot Camp	Typically a more challenging workout, Boot Camp incorporates basic calisthenic movements with various strengthening stations to challenge balance, strength, speed, agility, coordination, and endurance in 55 hard core minutes of non-stop movement. Teamwork is often incorporated as a motivational tool. Variations are given to allow all levels of participants to succeed.
BODYPUMP	This class is a total body barbell strength training event, suitable for just about everyone over 15 years of age. Burn lots of calories and have fun while strengthening and toning to high energy music.
CardioBox	Drawing on elements from many martial arts, this class incorporates both upper and lower body movement in isolation and combination to achieve a multi-level and easy to follow workout for cardio training at its best.
Cardio Strength	This class includes techniques designed to train your most important muscle - the heart. Elements of this class may include Step, Kickbox, Dance, Hi/Lo, callisthenics, or other exercises which will tax your entire Cardio Vascular and Respiratory system. See the Strength description below for elements that may be introduced to satisfy your strengthening needs.
Child Development	Group exercise isn't just for the adults. Several programs listed in purple share our wonderful exercise space to allow the little ones a chance to get their cardio on. Check with our knowledgeable and friendly Child Development team for all the details on what our youngest members can expect from their workouts.
DanceTrance	A fusion dance format, drawing from the best of all worlds! Latin, Jazz, Urban, Country, and more all influence and infuse this hour long dance party. No partner needed, but you'll want to bring all your friends to maximize your fun. All levels of ability will find success as our staff keep your feet moving while your heart races to the thrill of the dance.
Karate	Our knowledgeable and high level sensei's will take you and your little grasshoppers through the Karate continuum while seperating by ability in groups custom tailored to accelerate learning in a safe environment. Self defense is a wonderful fringe benefit of the martial art form that works mind and body in unison.
Latin Cardio	Latin dance based movement is taught to a high intensity level, designed to challenge even the most fit with a fun workout that will leave you breathless and asking for more. Plenty of opportunities to catch your breath between energy filled tracks.
Master's Swim	This free group activity welcomes all 18 and up who are competent in at least one stroke and want to develop into a faster, stronger, or more well rounded swimmer. All are welcome at the practices, and those looking to test themselves can take it to the next level, participating in meets held throughout the state.
Pilates	A class designed to strengthen and streamline the muscles. Breathing control and flexibility exercises are used to improve posture and alignment.
Power Yoga	More focused on strength and power, your instructors will challenge you with a low impact, but high intensity lengthening & strengthening workout that draws on several schools of discipline within the worldwide phenomenon that is Yoga. Flexibility will be taken to your individual limits with safe instruction from well certified and qualified leaders. Modifications will be explained for participants in need of accomodation.
QuickFit	15 minutes of Cardio training followed by 15 minutes of Strength training followed by 15 minutes of Core and Stretch. A total body workout in a shorter class format with minimal need for equipment. Check this class out when the clock is running.
Silver Sneakers	For our Seniors looking to stay active in the sunset years, this class utilizes a chair for a seated workout designed to keep muscles strong and hearts healthy. From absolute beginners to experienced exercisers, this low impact/low intensity format still has all the essential components of fitness covered in a fun filled hour.
Strength	A conditioning program to tone and firm the entire body. The class uses resistance exercises to develop muscle strength and endurance. Hand weights, bands, balls, tubing, and a step bench may be utilized during class.
Step	These classes use the Step as the primary training tool. Classes are typically structured to involve basic to advanced choreography. The nature of these classes challenge the cardiovascular system. Agility, balance, and coordination are also developed.
Step & Sculpt	This is a hybrid of our Step and Strength formats above. This total body workout lets you sculpt and tone your long lean muscle mass, never neglecting to work on the all important essential cardio strengthening component. Your heart, mind and body will thank you.
Stretch	Stretch is an essential but often overlooked component of a well balanced fitness program. Injury prevention, enhanced athletic performance, pain management, and improved range of motion are just a few of the benefits of this class.
Studio Cycling	Never the same class twice, this workout will sometimes challenge your physical strength in addition to the amazing Cardio results you get from this fun, music driven experience. Road ride visualization simulation can take you on a sunny ride during the coldest, rainiest days. Two pedals, a seat, handlebars, and a resistance knob are all you have to concern yourself with.
SWAT	Developed by an actual Orlando SWAT Commander, SWAT delivers what it promises; Serious Weight Loss and Aerobic Training. This class is designed for all levels with easy to follow exercises and modifications. Light weights and a mat are all you need.
Tai Chi	Tai Chi is the ancient art of carefully coordinated exercises that follow a natural, relaxed pattern of gradual movement that promotes balance and coordination.
Yoga	Designed to relieve stress and center peace of mind, body, and spirit. Most Yoga will focus on breathing techniques, stretching, toning, and relaxation. Some will bring in elements of strength and power.
Water Fitness	Taught in our indoor pool, Water Fitness is the perfect workout for the exerciser looking to maximize results in a fun, minimal impact environment. Deep classes utilize flotation belts to keep the workout focused on movement and not keeping your head above water. Both shallow and deep may incorporate bouyancy and aqua resistance toys (equipment).
Zumba	Latin dance based movement is taught to a moderate intensity level, designed to bring better Cardio health to all levels with a fun workout that will leave you smiling and asking for more while never letting you feel the 'work' in your 'workout'. Plenty of opportunities to catch your breath between energy filled tracks.

Classes in...

Blue are Mind, Body, & Spirit

Green are Cardio

Yellow are Combo/Variety/ Other

Red are Strength

Purple are Children





What's Changed?

FITNASIUM

- 6AM BODYPUMP starts 15 minutes earlier.
- Tuesday/Thursday 6:30AM Boot Camp becomes 6:15AM Cardio Strength
- Saturday's 9:30AM Step becomes Zumba with our latest dance instructor addition. Come meet Jhon!
- Cardio Strength takes over on Tuesday/Thursday at 4:45PM from Power Yoga, which moves into Studio X at 4:30PM.
- 5:30PM sees a few changes.
 - Monday/Friday become CardioBox with Meggin and an assistant so you can punch your aggression away.
 - Wednesday Step becomes DanceTrance, recently premiered and overwhelmingly applauded by our members.
 - Thursday Step adds a sculpting component.
- 6:30PM also sees a few changes.
 - Monday Boot Camp becomes Cardio Strength.
 - Thursday Latin Cardio moves back down to the Fitnasium.
 - DanceTrance takes over Friday nights.
- Sunday BODYPUMP moves back to 3:30PM, creating better flow and synergy with the 2PM Yoga and the 4:30PM Cycle.

CYCLING STUDIO

The only change on our Cycling schedule is Wednesday mornings with the dividing of the wildly popular 6AM class. Rather than turn away dozens of would be participants over the course of a month, we're taking the 6AM and splitting it into two rides, 5:15AM & 6:15AM. Now members who can get here by 5:00AM can enjoy the 5:15AM ride, while the addition of the 6:15AM class allows those needing a little more time to arrive in the morning the opportunity to still get a workout. We've doubled the capacity for our Wednesday morning exercisers.

STUDIO X

Our newest addition provides us with the biggest opportunity for positive change. Opened for programming in June, we've had three months to learn how to best program this amazing space for all our members. The following are some differences for September:

- 8AM goes to 3 mornings a week
- 10AM Stretch move up 15 minutes to 9:45AM

- 11AM Yoga move up 15 minutes to 10:45AM and goes to 60 minutes
- Noon Pilates adds 15 minutes
- 4:30PM takes on a strong Mind/Body focus with Pilates & Power Yoga for 55 minutes.
- 5:30PM sees the return of the 25-minute Abs and Stretch class. 15 minutes to warm your core. 10 to lengthen tight muscles
- 6PM Thursdays sees Latin Cardio moving back to the Fitnasium, giving us time for a 20/20, followed by Abs Stretch
- 6:30PM Friday sees the revival of the 90-minute Yoga format, starting with the first 45 focused on power and the last 45 a gentle decrescendo to a peaceful start to your weekend.

Why Change?

In early August, we held a Town Hall meeting for the purpose of discussing the Fall 2009 Group Exercise schedule. Members, instructors, and leaders were all present. Programming philosophies were discussed heavily and a smaller Scheduling committee was chosen at the Town Hall. The committee developed a survey in partnership with leadership which was returned by over 400 members, 20% of whom do not even participate in Group Exercise, letting us hear from as wide a sampling as would contribute. From these surveys, patterns emerged, allowing us to make minimal, but necessary changes for the good of the whole program. The timing of all this lines up with the usual Fall change based around back to school schedules for the kids.

What's Next?

As we continue to improve our Family Center, one of the soon to come changes will be a complete overhaul of the indoor Pool. This means for less than two months, the Aqua Fitness classes will be minimally disrupted. When dates are final, we will notify the membership about any potential downtime.

We're also looking into Saturday PM classes, which will start with demos and trials initially, so they will not make the published schedules, but will be announced on a case-by-case basis. Stay tuned to <http://www.centralfloridaymca.net> for updates, as well as following us on Twitter @DowntownYMCA.

Special Thanks...

To all who participated in the Town Hall meeting, and those completing our survey, and a bigger thanks to our Scheduling Committee volunteers, Hayley, Julie, Kathy, Kimberly, Susan, & Penny, for sharing your time and thoughts.