





55 minute classes unless otherwise specified.

Fitnasium Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:45 AM	BODYPUMP Kelsi		BODYPUMP Kelsi		BODYPUMP Kelsi			
6:15 AM		Cardio Strength (45 minutes) Meggin		Cardio Strength (45 minutes) Kim T				
7:15 AM	Tai Chi Esther		Tai Chi Esther		Tai Chi Esther			
8:30 AM	Cardio Strength */* Karen S	Strength Meggin	Cardio Strength */* Kirk	Strength Melissa H	Cardio Strength */* Kim Z	SWAT **/* Kelsi		
9:30 AM	Cardio Strength Karen S	Step Tim	BODYPUMP Kelsi	Step Melissa H	Chair Stretch * Nancy K 9:45 AM (45 minutes)	Zumba Jhon		
10:45 AM	Group Games Ages 3-12 (45 minutes)	Mommy and Me 12-36 Months (45 minutes)	Yoga Suzanne	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) Tim	BODYPUMP Tim	Cardio Strength (45 minutes) Heather H	BODYPUMP Tim	Cardio Strength (45 minutes) Hector	BODYPUMP Bari		
1:00 PM	Silver Sneakers Lenny		Silver Sneakers Joanmarie		Silver Sneakers Nadia			Step Tim
3:30 PM	<i>Visit http://www.centralfloridaymca.net for instructor names and up to date changes!!!</i>							BODYPUMP Tim
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)			
4:30 PM	BODYPUMP Bari	Cardio Strength 4:45 PM (45 minutes) Cori	Boot Camp **/* Laura	Cardio Strength 4:45 PM (45 minutes) Meggin	BODYPUMP Nancy G			
5:30 PM	CardioBox Meggin	Step Tim	DanceTrance Elisa	Step & Sculpt Kirk	CardioBox Meggin			
6:30 PM	Cardio Strength Kim T	Strength Nancy K	BODYPUMP Nancy G	Latin Cardio Cuic	DanceTrance Renee			
7:30 PM			Yoga Beth S					

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

WEEKDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM		Yoga (60 minutes) Suzanne	Abs Stretch (15 min.) Beth S	Yoga (60 minutes) Karen S	
6:45 AM	Abs Stretch (15 minutes) Bridget		Power Yoga **/** Beth S (45 minutes)		Abs Stretch (15 minutes) Laura
8:00 AM	QuickFit (45 minutes) Melissa		Cardio Box (45 minutes) Heather H		QuickFit (45 minutes) Kelsi
9:00 AM	Cardio Box (45 minutes) Tim	QuickFit (45 minutes) Heather H	QuickFit (45 minutes) Kim Z	QuickFit (45 minutes) Rachel	Cardio Box (45 minutes) Kelly
9:45 AM	Stretch (45 minutes) Kim Z	Power Yoga **/** Suzanne (45 minutes)	Stretch (55 minutes) Bre-elle	Power Yoga **/** Kim (45 minutes)	SWAT (45 minutes) Kelsi
10:45 AM	Yoga (60 minutes) Annabel		Pilates ** Bre-elle (45 minutes)		Yoga (60 minutes) Kim Z
NOON		Pilates (60 minutes) Heather H		Pilates (60 minutes) Joanmarie	
4:30 PM	Pilates (55 minutes) Rachel	Power Yoga **/** Kim Z (55 minutes)	Pilates (55 minutes) Heather H	Power Yoga **/** Kim Z (55 minutes)	
5:30 PM	Abs Stretch (25 minutes) Rachel	Abs Stretch (25 minutes) Kim Z	Abs Stretch (25 minutes) Tim	Abs Stretch (25 minutes) Kim Z	Abs Stretch (25 minutes) Heather H
6:00 PM	Zumba (55 minutes) Lourdes	Zumba (55 minutes) Yvonne	20/20 (40 minutes) Tim	20/20 (40 minutes) Tim	
6:45 PM			Abs Stretch (15 minutes) Tim	Abs Stretch (15 minutes) Tim	Power Yoga 6:30PM **/** (45 min) Kim Z
7:00 PM	Yoga (60 minutes) Joanmarie	Pilates (60 minutes) Cara	Karate (120 minutes) Fred/Jeff/Kathy	Pilates (60 minutes) Cara	Gentle Yoga 7:15PM **/ (45 min) Kim Z

WEEKEND	SATURDAY	SUNDAY
		
8:15 AM	Abs Stretch (15 minutes) Laura	
8:30 AM	QuickFit (45 minutes) Laura	
9:30 AM	Yoga ** Kim Z (60 minutes)	
10:45 AM	Power Yoga **/** Kim Z (60 minutes)	
2:00 PM		Yoga (75 minutes) Erika
4:00 PM	Karate (120 minutes) Fred/Jeff/Kathy	
5:30 PM		Abs Stretch (15 minutes) Hector
		

Classes in...

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Body, & Spirit

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Combo/Variety/
Other

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Strength

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

All Classes Taught To All Levels

Cycling Studio Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:15 AM			45 MINUTES Laura					
6:00 AM	45 MINUTES Bridget	45 MINUTES Bridget		45 MINUTES Suzanne	45 MINUTES Laura			
6:15 AM			45 MINUTES Laura					
7:15 AM		45 MINUTES Beth S		45 MINUTES Beth S		60 MINUTES Laura		
8:45 AM	45 MINUTES Sheila	45 MINUTES Suzanne	45 MINUTES Beth L	45 MINUTES Suzanne	45 MINUTES Sheila	45 MINUTES Beth L		
9:45 AM	30 MINUTES Sheila		30 MINUTES Beth L		30 MINUTES Sheila	45 MINUTES Bridget		
12:15 PM		45 MINUTES Cliff		45 MINUTES Cliff		 		
4:30 PM	45 MINUTES Hector		45 MINUTES Nancy K		45 MINUTES Bari			60 MINUTES Hector
6:00 PM	45 MINUTES Nancy G	45 MINUTES Heather B	45 MINUTES Allyson	45 MINUTES Beth L	45 MINUTES Bridget			
7:15 PM		45 MINUTES Heather B		45 MINUTES Luis				

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

All classes are 55 minutes.

Water Fitness Schedule

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

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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 Liz		Easy Liz
6:00 PM	Challenging Paul	Easy/Moderate Teresa	Moderate/Challenging Paul	All Levels Paul/Teresa



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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.

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