



# GROUP EXERCISE SCHEDULE

JAMES P. GILLS FAMILY YMCA

## MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<b>Cycle &amp; Strength</b> <b>CR2</b> 5:50-6:35 Kathy (14)	<b>Body Sculpting</b> <b>GE</b> 5:50-6:35 Clark (20)	<b>Cycle</b> <b>CR2</b> 5:50-6:35 Kathy (14)	<b>Body Sculpting</b> <b>GE</b> 5:50-6:35 Maribel (20)	<b>Cycle</b> <b>CR2</b> 5:50-6:35 Kathy (14)	<b>BodyPump</b> <b>GE</b> 8:00-8:50 Stephen (17)
<b>HIIT</b> <b>GYM</b> 9:00-9:45 Denise (30)	<b>Cardio Lite</b> <b>GE</b> 8:50-9:20 Cathy R (20)	<b>HIIT</b> <b>GYM</b> 9:00-9:45 Denise (30)	<b>Cardio &amp; Strength</b> <b>GYM</b> 9:00-9:45 Denise (30)	<b>Cardio Lite</b> <b>CR1</b> 9:00-9:30 Karen E. (20)	<b>Yoga</b> <b>CR1</b> 8:15-9:00 Justin (15)
<b>Cycle</b> <b>CR2</b> 9:00-9:45 Carrie (14)	<b>Strength Lite</b> <b>GE</b> 9:20-9:50 Cathy R (20)	<b>Cardio Lite</b> <b>GE</b> 9:00-9:30 Cathy R (20)	<b>Cycle</b> <b>CR2</b> 9:00-9:45 Karen E (14)	<b>HIIT</b> <b>GYM</b> 9:00-9:45 Carrie (30)	<b>HIIT Cycle</b> <b>CR2</b> 9:15-9:45 Jammie (14)
<b>Cardio Lite</b> <b>CR1</b> 8:50-9:20 Jennifer (20)	<b>Cardio &amp; Strength</b> <b>GYM</b> 9:00-9:45 Denise (30)	<b>Cycle</b> <b>CR2</b> 9:00-9:45 Cortney (14)	<b>Water Exercise</b> <b>POOL</b> 10:00-11:00 Cathy R (25)	<b>Core &amp; More</b> <b>GE</b> 9:00-9:45 Denise (20)	<b>Cardio &amp; Strength</b> <b>GE</b> 9:15-10:00 Kelly (15)
<b>Strength Lite</b> <b>CR1</b> 9:20-9:50 Jennifer (20)	<b>Cycle</b> <b>CR2</b> 9:00-9:45 Clark (14)	<b>Strength Lite</b> <b>GE</b> 9:30-10:00 Cathy R (20)	<b>BodyFlow</b> <b>GE</b> 10:00-10:55 Denise (20)	<b>Cycle</b> <b>CR2</b> 9:00-9:45 Clark (14)	<b>BodyFlow</b> <b>CR1</b> 10:30-11:30 Kelly (15)
<b>Step</b> <b>GE</b> 9:05-9:50 Kelly (17)	<b>Water Exercise</b> <b>POOL</b> 10:15-11:15 Cathy R (25)	<b>Water Exercise</b> <b>POOL</b> 10:00-11:00 Sasha (25)		<b>Strength Lite</b> <b>CR1</b> 9:30-10:00 Karen E. (20)	<b>Zumba</b> <b>GE</b> 10:30-11:30 Ashley (20)
<b>Water Exercise</b> <b>POOL</b> 10:00-11:00 Sasha (25)	<b>Tabata</b> <b>GYM</b> 10:00-10:45 Jammie (25)	<b>BodyPump</b> <b>GYM</b> 10:00-11:00 Denise (30)		<b>Water Exercise</b> <b>POOL</b> 10:00-11:00 Jennifer (25)	
<b>BodyFlow</b> <b>CR1</b> 10:00-10:50 Denise (15)	<b>BodyCombat</b> <b>GE</b> 10:00-10:55 Carrie R (20)	<b>Yoga</b> <b>GE</b> 12:00-1:00 Alicia (20)		<b>BodyPump</b> <b>GYM</b> 10:00-11:00 Kelly (30)	
<b>Zumba</b> <b>GE</b> 10:05-10:50 Cathy R (20)	<b>BodyFlow</b> <b>GE</b> 11:15-12:15 Jammie (20)			<b>BodyCombat</b> <b>GE</b> 10:00-10:55 Jammie (20)	
<b>BodyPump</b> <b>GYM</b> 10:00-11:00 Cortney (30)				<b>BodyFlow</b> <b>CR1</b> 11:15-12:15 Jammie (20)	
<b>Zumba Gold</b> <b>GE</b> 12:00-12:45 Jennifer (20)					

## EVENING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
<b>Silver Sneakers Classic</b> <b>GE</b> 1:00-2:00 Jennifer (20)	<b>Silver Sneakers Circuit/Yoga</b> <b>GE</b> 1:00-2:00 Cathy R (20)	<b>Silver Sneakers Classic</b> <b>GE</b> 1:15-2:00 Jennifer (20)	<b>BodyFlow</b> <b>GE</b> 5:00-5:50 Denise (20)	<b>Silver Sneakers Circuit</b> <b>GE</b> 12:00-1:00 Jennifer (15)	<b>BodyCombat</b> <b>GE</b> 11:15-12:10 Vanisa (20)
<b>Enhance Fitness</b> <b>GE</b> 3:30-4:30 Nelson (20)	<b>BodyFlow</b> <b>GE</b> 5:00-5:50 Kelly (20)	<b>Enhance Fitness</b> <b>GE</b> 3:30-4:30 Chelsea (20)	<b>HIIT</b> <b>GE</b> 6:00-6:45 Jean (15)	<b>Silver Sneakers Chair Yoga</b> <b>GE</b> 1:00-2:00 Jennifer (15)	<b>Cycle</b> <b>CR2</b> 12:15-1:00 Carrie (14)
<b>BodyPump</b> <b>GE</b> 5:00-6:00 Denise (17)	<b>Cycle</b> <b>CR2</b> 6:00-6:45 Clark (14)	<b>BodyPump</b> <b>GE</b> 6:00-6:50 Jammie (17)	<b>Cycle</b> <b>CR2</b> 6:00-6:45 Jammie (14)	<b>Enhance Fitness</b> <b>GE</b> 3:30-4:30 Chelsea (20)	<b>Yoga</b> <b>GE</b> 1:00-2:00 Alicia (20)
<b>Cycle</b> <b>CR2</b> 6:00-6:45 Karen (14)	<b>Cardio &amp; Strength</b> <b>GE</b> 6:00-6:50 Jean (15)	<b>Cycle</b> <b>CR2</b> 6:00-6:45 Karen G (14)	<b>Zumba</b> <b>GE</b> 7:00-8:00 Ashley (20)		
<b>BodyCombat</b> <b>GE</b> 7:00-8:00 Heather (20)	<b>BodyPump</b> <b>GE</b> 7:05-8:05 Stephen (17)	<b>BodyCombat</b> <b>GE</b> 7:05-8:05 Jammie (20)			
<b>Yoga</b> <b>CR1</b> 7:00-8:00 Zhanna (15)		<b>Yoga</b> <b>CR1</b> 7:00-8:00 Justin (15)			



## LEGEND

**GE:** Group Exercise Room

**GYM:** Gymnasium

**CR1:** Community Room 1

**CR2:** Community Room 2



# GROUP EXERCISE SCHEDULE

JAMES P. GILLS FAMILY YMCA

**BODYCOMBAT** ~ A cardio workout inspired by mixed martial arts

**BODYFLOW** ~ A yoga, tai chi and pilates inspired workout

**BODYPUMP** ~ The original barbell weight class that builds strength, tones your body and pushes you to the limit

**Body Sculpting** ~ A total body workout utilizing a variety of resistance equipment to strengthen and tone major muscle groups.

**BOOT CAMP** ~ A program that includes calisthenics, plyometrics and cardiovascular conditioning

**CARDIO AND STRENGTH** ~ Fitness training with periods of high-intensity work alternating with rest periods of lower intensity, combining strength training and cardiovascular conditioning

**CARDIO LITE** ~ A class that is cardiovascular in nature, using large muscle groups and keeps one foot on the floor at all times

**CORE AND MORE** ~ A class that strengthens the core which includes abdominal muscles, obliques and lower back. This class improves core function as well as improves posture

**CYCLING** ~ A stationary-bike cardiovascular workout to music simulating an outdoor bike ride

**ENHANCE FITNESS** ~ A supportive group exercise program that motivates individuals with arthritis to stay active throughout their life. Participants overcome the obstacles of living with arthritis & revitalize their well being. **\*Pre-registration is required \*\*Last day 1/15/21**  
~ We are re-launching this program soon

**HIIT** ~ Cardiovascular-based class including varying levels of intensity to increase your heart rate. Class will include core work, phases of strength work, plyometrics and kickboxing drills.

**HIIT CYCLE** ~ A high-intensity interval training (HIIT) class on an indoor bike that uses short bursts of all-out energy to push your limits, increase your heart rate and burn more calories, propelling you toward your fitness goals

**SILVERSNEAKERS CIRCUIT** ~ Upper body strength workout with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises

**SILVERSNEAKERS CLASSIC** ~ A variety of exercises designed to increase muscular strength, range of movement, and activities of daily living

**SILVERSNEAKERS YOGA** ~ Move your whole body through a complete series of seated and standing yoga poses

**STEP** ~ A cardiovascular class consisting of choreographed moves using an elevated step

**STRENGTH LITE** ~ A low-impact strength class incorporating cardiovascular exercise and using a variety of fitness tools

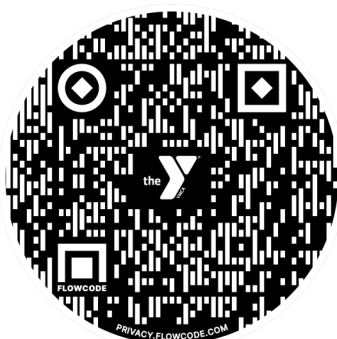
**TABATA** ~ A high-intensity interval training workout. Each drill consists of 20 seconds of work followed by 10 seconds of recovery

**WATER EXERCISE** ~ Combines a light to moderate aerobic workout with exercises in the shallow and deep water to help increase endurance, core strength, and flexibility

**YOGA** ~ The goal of yoga is attainment of physical and mental well-being through mastery of the body, achieved through exercise, holding postures, proper breathing and meditation

**ZUMBA** ~ A fusion of Latin and international music and dance themes creating an effective workout

**ZUMBA GOLD** ~ A modified Zumba class that recreates the original moves you love at a lower intensity



**Reserve your spot today!**



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