



**POWERING
POTENTIAL**



**Florence Family YMCA
Group Fitness
Schedule**

**Group Fitness Studio,
Spin Studio and Indoor Pool**

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------|--|----------------------------------|--|----------------------------------|--------------------------------------|
| | 5:30am The Pit (In Gym) | | 5:30am The Pit (In Gym) | 5:30am The Pit (In Gym) | |
| 8:30am Zumba & Z Toning (LeCole) | 8:30am Yoga (Laura) | 8:30am Zumba & Z Toning (LeCole) | 8:30am Yoga (Laura) | 8:30am Zumba & Z Toning (LeCole) | 9:00am Spin (Various) |
| | 8:30am Spin (Brenda) S | | 8:30am Spin (Brenda) | | |
| 9:35am Pilates Fusion (Dana) | 10:00am Fit 50 (Laura) | 9:35am Pilates Fusion (Dana) | 10:00am Fit 50 (Laura) | 9:35am Pilates Fusion (Dana) | 10:00am Weights On Weights (Various) |
| | 11:10am SilverSneakers Classic (Laura) | | 11:10am SilverSneakers Classic (Laura) | | |
| 2:30pm Senior Yoga (Sheree) | 2:30pm Tai Chi (Bill) | 2:30pm Tai Chi (Bill) | 2:30pm Senior Yoga (Sheree) | | |
| | 4:55pm Cardio Kickboxing Express (Laura) | | 4:55pm Cardio Kickboxing Express (Laura) | | |
| 5:15pm Kettlebell (Stephanie) | 5:30pm HIT Training (Reggie) | 5:15pm Kettlebell (Stephanie) | 5:30pm HIT Training (Reggie) | | |
| 6:05pm Abs Express (Stephanie) | 6:00pm Spin (Karen) | 6:05pm Abs Express (Stephanie) | 6:00pm Spin (Karen) | | |
| 6:30pm Zumba (Sofia) | 6:35pm Yoga (Sheree) | 6:30pm Zumba (Sofia) | 6:35pm PiYo (Stephanie) | | |

Indoor Pool Group Fitness Schedule - P

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|-------------------------------|-----------------------------------|----------------------------------|----------------------------|----------------------------------|
| 8:00am Water Duo (Dana) | | 8:00am Water Duo (Dana) | | 8:00am Water Duo (Laura) | |
| 9:00am Aqua Sculpt (Laura) | 8:45am Power Water TNT (Dana) | 9:00am Aqua Sculpt (Laura) | 8:45am Power Water TNT (Carolyn) | 9:00am Aqua Sculpt (Laura) | 9:30am Power Water TNT (Various) |
| 10:00am Twinges in Hinges (Laura) | 6:30pm Aqua Zumba (Laura) | 10:00am Twinges in Hinges (Laura) | | 10:00am Aqua Zumba (Laura) | |



- Abs Express-** A 20 minute abdominal class using mats and strength tools to work your core muscles. (B,I)
- Cardio Kickboxing Express** - An intense 30 minute cardio workout with kickboxing, core and aerobics moves all combined with energetic music make for great choreography and calorie burn. B, I, A)
- Fit After Fifty-** Senior exercise class that incorporates aerobics, strength training, flexibility, balance, and fun! (B, I)
- HIT Training – High Intensity Interval Training** is a cross training class that incorporates various muscle groups, working them until exhaustion. The instructor supervises form and technique for a safe environment. (I, A)
- Kettlebell Chaos-** A whole body workout focusing on the core. The movements are controlled for optimal results. (B,I,A)
- Pilates Fusion**—Pilates combined with other core strengthening moves. The 34 Pilates moves are combined with yoga and other core strengthening moves. (B,I,A)
- PiYo-** A combination of Pilates and Yoga. (B,I,A)
- The Pit-** The Pit is a member lead boot camp style workout. It is held in the gymnasium. (B,I,A)
- Silver Sneakers® Classic-** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support. (B)
- Senior Yoga** – This class is a perfect fit for people who want to increase their muscle strength, flexibility and balance. A chair is provided for seated and standing support. Stretching and breathing exercises help relax and rejuvenate the body.
- Spin** – This intense indoor cycling class will push you both physically and mentally. This class is a great low impact, high intensity cardio class that concentrates on the calf and quadriceps muscles. (B, I, A)
- Tai Chi** – Slow upper and lower body movements are used to improve balance and flexibility. (B, I)
- Women On Weights**—This class combines cardio, weights, and core abdominal exercise for a full body workout. (B,I,A)
- Yoga-** Let your workout be about feeling good. Yoga practice will improve your sense of balance while you gain strength and increase your flexibility. (B, I, A)
- Zumba-** Ditch the workout & join the party! An aerobic workout combined with popular dance moves to keep your heart racing and your body moving. Latin, Hip Hop and other dance genres combined with traditional aerobics designed to keep your workout fun. (B, I, A)
- Zumba Toning-** Adds resistance by using Zumba® Toning Sticks (or light weights) to help you focus on specific muscle groups while dancing your weight away. (B,I,A)
- Aqua Sculpt** – Shallow water toning and strength training with cardio to burn calories and strengthen the heart and lungs. (B, I, A)
- Aqua Zumba-** Bring the dance party to the pool! Great music and dance moves tone your muscles and build endurance without the pressure on your joints. (B,I,A)
- Power Water TNT** – This powerful water aerobics class includes stretching, cardio toning and cool down without added pressure on the joints. Add 20 minutes of tightening and toning (TNT) moves to our Power Workout. (B,I,A)
- Twinges in Your Hinges** – Our popular Arthritis exercise program. Warm water exercise strengthens muscles and increases range of motion. (B,I)
- Water Duo** – A steady-paced water workout that combines heart-pumping moves with underwater resistance toning in the shallow and deep ends of the pool. (B,I,A)
- Family Fun Zone**– We created a space for the ENTIRE family to enjoy fitness together. There’s an elliptical machine, jump ropes, hula hoops, and other fun fitness equipment. The Family Fun Zone is available in the Youth Activity Center when it is not in use. Parents MUST stay with their children when using it as the Family Fun Zone.

Fitness Levels:

Beginner/Low Impact: (B) For participants who are new to aerobic exercise or those who have knee and back problems. Includes basic movements and sequences that are low impact.

Intermediate/Medium Impact: (I) For the slightly more experienced participant. Includes simple patterns that may vary in intensity levels.

Advanced/High Impact: (A) For the experienced aerobic participant. Includes more challenging patterns at higher intensity levels.