



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MARCH 2011 GROUP FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:25 To 9:25AM	Gentle Yoga Tina C.- 1		Gentle Yoga Tina C.- 1		Gentle Yoga Tina C.- 1	Step Amy/Rebecca -2
9:30 To 10:30AM	LES MILLS BODYFLOW Jenn C.- 2, 3	LES MILLS BODYPUMP Tina R. 2, 3	ZUMBA FITNESS Eve- 2, 3	Cardio Kickboxing Tina R. 2, 3	Boot Camp Charlene 3	LES MILLS BODYPUMP Maureen/Karen 2,3
10:35 To 11:35AM			LES MILLS BODYPUMP Eve - 2, 3		Pilates Mabel- 2	ZUMBA FITNESS Instructors Rotate -2, 3
10:45 To 11:45AM	ZUMBA FITNESS Active Adult- 10:45 (45 min)- Tina C	Active Adult- 10:45am Silver Sneakers® (MSROM) Carol -1		Active Adult- 10:45am Silver Sneakers® (MSROM) Carol 1		
4:30/4:45 To 5:30 PM		LES MILLS BODYFLOW Alicia- 2, 3	LES MILLS BODYPUMP Cindy- 2, 3	4:45 Total Body Conditioning Xpress- Chantel/Sheila- 2, 3		
5:30/5:45 To 6:30PM	Pilates Chantel- 2, 3	Boot Camp Alicia. -2, 3	ZUMBA FITNESS 5:45pm(45 min) Family Friendly Heather- 2	LES MILLS BODYFLOW Deanna 2, 3		
6:30PM To 7:30PM	LES MILLS BODYPUMP Chantel -2,3	ZUMBA FITNESS Eve - 2, 3	Cardio Kickboxing Sheila- 2, 3	ZUMBA FITNESS Kim - 2, 3		
7:30 To 8:30PM	Yoga Mabel -2	Body Sculpt Karen - 2	LES MILLS BODYFLOW LaMor - 2, 3	LES MILLS BODYPUMP Deanna- 2,3		

INDOOR CYCLING

AM		8:30am Ride to the Rhythm- Tina 10:00am (30 min) Beginners/Active Adults - Tina C.	5:45am Strength- Tina C.	8:30am Strength- Lisa 10:00am (30 min) Beginners/Active Adults- Tina C.	5:45am Strength- Tina C.	8:40am Ride to the Rhythm Gigi/Bruce
5:15pm/ 5:30pm	5:15pm Express (35 min) Deanna		5:35pm Express (35 min) Barbaree			
6:30pm		Strength- Nancy	Intervals- Nancy	Ride to the Rhythm- Tina C.		




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Group Exercise Class Descriptions

All youth ages 10-14 may attend group exercise classes after completion of Youth Orientation and must show Youth Orientation Completion card to participate in class. Please see welcome center to sign up for Youth Orientation. Body Pump participants must be age 14 or over.

Body Sculpting	Improve your total body strength! Resistance exercises are performed using great music and a variety of equipment.
Bootcamp	A class that takes on an “anything goes” motto. Drills may include lunges, boxing, and jump roping. This class works well for all fitness levels!
Cardio Kickboxing	The fitness version of the martial arts form! Punch, jab, and kick your way through this great cardio workout!
Gentle Yoga	A low impact class that focuses on mental and physical strength, flexibility, and relaxation. Includes a chair option for those needing extra assistance. Suitable for all levels. A mat-based class that combines Yoga, Tai Chi, and Pilates into a full body workout that builds strength and flexibility while leaving you feeling calm and centered.
	
	The original barbell workout that strengthens your whole body. Challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls. Great music, awesome instructors, and your choice of weight inspire you to get results fast!
Pilates	A great low impact workout that improves the stability, strength, and appearance of the core, as well as strengthening and toning the whole body.
SilverSneakers® (MSROM)	<i>Muscular Strength & Range of Movement</i> 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.
Step	A cardio workout with choreographed step patterns designed for all fitness levels. This class will improve cardiovascular endurance and strength while having fun. Step up to the challenge!
Total Body Conditioning Express	A 45 minute workout that includes sculpting and toning elements that will get your muscles tingling and your heart pumping!
Yoga	Take your mind and body to another level of strength, flexibility and relaxation. Breathing, posture, and stress management.
	
Family Zumba	The family-friendly version of the latin dance favorite.
Zumba– Active Adults	A lower impact version of the latin dance favorite designed especially for active adults.

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3097 S. Kingsway Rd. • Seffner, FL 33584 • 813.685.5402 • www.tampaymca.org