



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule: January 2012

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:15am	BODYPUMP Maureen/Steve	Boot Camp Allison W	LES MILLS BODYPUMP LaMor, 30 mins.	Boot Camp Allison W	CXWORX Deanna, 30 min		*Please see reverse side for evening and Sunday classes.
5:45am			CXWORX LaMor, 30 mins.		* BODY FLOW Deanna 45 mins.		
7:30am						CXWORX Mary 30 mins	
8:00am	ZUMBA Heather * Power Yoga Maria KFC	Body Sculpt Mimi	* BODY FLOW Alicia	Body Sculpt Cary	LES MILLS BODYPUMP Cyndi/Alicia 30 mins. * Yogalates Cary, KFC	Step Amy	
8:30am			CXWORX Heather/Mimi KFC, 30 mins		CXWORX Cyndi/Alicia 30 mins	* PowerYoga LaMor, KFC	
9:00am	BODYPUMP Julie	LES MILLS BODYATTACK Allison/Tiffani	BODY COMBAT Tiffani	BODY STEP Julie	BODY COMBAT Jill	BODYPUMP Amy	
9:30am (Sat only)	Pilates Linda, KFC Boot Camp Allison, gym	Pilates Cary KFC, 45 mins.	Boot Camp Jill, Gym	Pilates Alicia, MP 45 mins		9:30-10:00 CXWORX LaMor KFC	
10:00am	BODY STEP Julie	BODYPUMP Cyndi W	Body Sculpt Julie	BODYPUMP Julie	Body Sculpt Nancy	BODY COMBAT Linda	
10:15am (Mon only)	10:15-10:45 CXWORX Cyndi/Alicia KFC, 30 mins				* Tai Chi Gerald, MP 1 hour, 15 mins 1 hour, 15 mins.		
10:30am			* Tai Chi Gerald, MP				
11:00am	* BODY FLOW Alicia	* ZUMBA Corinne	* BODY FLOW Alicia	* ZUMBA Corinne	* ZUMBA GOLD, Corinne	* ZUMBA OJ	

KFC- Kids' Fitness Center
MP- Multi-purpose room
GYM- Gym

*All classes are 1 hour unless otherwise specified.

Campo Family YMCA

3414 Culbreath Rd. • Valrico, FL 33596 • 813.684.1371 • www.tampaymca.org



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Time	Mon	Tues	Wed	Thur	Fri
4:00pm	Body Sculpt Sam/Amy	BODY COMBAT Jill	Boot Camp Amy	BODY COMBAT Ben	BODYPUMP Deanna
5:00pm	LES MILLS BODYATTACK Kelli/Allison/ Tiffani	LES MILLS BODYPUMP Cindy, 30mins.	Pilates Linda	BODYPUMP Linda/Ben	* ZUMBA OJ
5:30pm		BODY FLOW Deanna, KFC CXWORX Cindy, 30 mins			
6:00pm	BODYPUMP	Step Amy	Step Amy	LES MILLS BODYATTACK Tiff, 30 mins	* BODY FLOW
6:30pm (Thurs only)	Mary			6:30-7:00 CXWORX Ben	LaMor
7:00pm	BODY COMBAT Allison A Pilates Linda KFC	BODYPUMP Deanna	* ZUMBA Eve	BODY COMBAT Allison/Tiffani *Belly dance Karen, KFC	
8:05pm	*Yoga LaMor		* BODY FLOW Deanna/Eve	*Yoga LaMor	

SUNDAY
1:00pm BODY COMBAT Allison A
2:00pm BODYPUMP Linda/Ben
3:00pm BODY STEP Christy
* 4:00pm BODY FLOW LaMor/Eve

Level 1 (L1): No Group Ex experience. All levels welcome
Level 2 (L2): Some Group Ex experience helpful
Level 3 (L3): For experienced Group Ex participants
Level 4 (L4): Family Friendly classes*, Ages 10-12 welcome with parent.

All classes 1 hour in length, unless otherwise noted.

Family Friendly Class: Youth ages 10-12 may attend with an adult present. Orientation classes are provided prior to attending. Members from ages 13-18 may attend all classes upon completion of the Youth Orientation class. See the Welcome Center to enroll.

Campo Family YMCA Class Descriptions

Body Attack is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music will motivate you towards your fitness goals. L1-3

BodyCombat is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness. L1-3

BodyFlow* is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony. L1-4

BodyPump is the original barbell class that strengthens your entire body. This 60-minute workout 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 the results fast! L1-3

BodyStep is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step, you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning L1-3

Body Sculpt is a weight resistance training class that can help you shape your upper & lower body using dumbbells, exer-tubes and resist a-balls. L1-3

Boot camp Need we say more? All over intense workout. L1-3

Pilates is a body conditioning method which strengthens and stretches the entire body. The focus will be on the core of the body (back and abdominal muscles) and lower body workout. L1-4

STEP is a freestyle cardio workout utilizing the step to tone and work the legs. Get your arms pumping to the great music, and you have a total body workout! L1-3

Tai Chi* offers balance of mind and body, strength and flexibility, grace and agility through slow and controlled moves. L1-4

Yoga* classes emphasize breathing, flexibility, strength and core conditioning along with relaxation and stress release. Meditation and quiet time may be available approximately 15 minutes prior to class. Please respect this time as you enter the room to set up for class. Thank you! L1-4

Power Yoga*-Come experience your favorite yoga postures linked together using breath and motion to challenge your mind and body. A great way to take your Yoga practice to the next level. L2-4

ZUMBA* is the newest Latin-based dance workout. Easy to follow choreography that accommodates all fitness levels. A real cardio and spirit booster! L1-4

ZUMBA* Gold- Total body workout designed for the Young at Heart set- and those who want to take it a little slower! Fun and easy dance workout L1-4

Bellydance - A low impact cardio workout that tones and conditions the body. A variety of basic steps are combined into a fun dance fitness class. L1-4

CXWORX-This 30-min program is the ultimate way to get a tight and toned core, honing in on your abs, glutes, back, obliques & "slings", connecting upper & lower body. This workout will leave you looking good and feeling strong! L2-3

Yogalates is a combination of Yoga & Pilates using basic Pilates moves to improve and build your core strength while taking your Yoga practice to the next level. L1-4

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