



SUMTER FAMILY YMCA Group Exercise Schedule September 2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AEROBIC ROOM						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am	RIP Nichole	Yoga Katie (45 min)	RIP Nichole	Yoga Katie (45 min)		
9:15 am	Barre Fusion Liz	Zumba Rebekah	Barre Fusion Liz	Zumba Rebekah	RIP Laura	Strong Instructor Rotates
10:15 am	Cardio Sculpt Erika	Dance Fitness Liz	Cardio Sculpt Erika	Shake your Soul Liz	Cardio Sculpt Erika	
11:15 am	Silver Sneakers Ashley	Silver Sneakers Liz	Silver Sneakers Liz	Silver Sneakers Liz	Tai Chi Joseph	
12:15 pm	Chisel Tina (45 min)	Core Challenge Nichole (30min)	Chisel Tina (45 min)	Core Challenge Nichole (30 min)	Chisel Tina (45 min)	
4:30 pm	RIP Jami	Cardio Core Alyssa	RIP Jami	Cardio Core Alyssa	RIP Jami	
5:30 pm	Zumba Kayce	Chisel Rebecca	Zumba Kayce	Chisel Rebecca	Zumba Rebekah	
6:30 pm		Yoga Crystine		Yoga Krystina		
MX4 ROOM						
9:15 am		T-50 Nichole		T-50 Ashely		
6:30 pm		MX4Plus Omega (45 min)				
LOWER GYM						
5:45 am	Functional Fitness Tammy (45 min)	Functional Fitness Tammy (45 min)		Functional Fitness Tammy (45 min)		
9:15 am	Functional Fitness Tina (45 min)		Functional Fitness Ashley (45 min)		Functional Fitness Liz (45 min)	
5:30 pm					Boot Camp Rebecca	
6:30 pm	Boot Camp Matt		Boot Camp Matt			
CYCLE ROOM						
8:15 am		Cycle Joan (45 min)		Cycle Joan (45 min)	Cycle Nichole (45 min)	
9:15 am						Cycle Rotation (45 min)
4:30 pm		Cycle Fusion Jami (45 min)		Cycle Fusion Jami (45 min)		
5:30 pm	Cycle Rebecca (45 min)		Cycle Rebecca (45 min)			
POOL						
10:00 am						

Classes are 55 minutes unless otherwise specified

Reservation using Myzone app recommended

- High Intensity
- Gentle Intensity
- Mobility/Stability/Core
- Extra Gentle
- Moderate Intensity
- Group Training
- Strength Training
- Change in class from previous month

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

GROUP EXERCISE CLASS DESCRIPTIONS

Barre Fusion: A hybrid workout class combining Barre, Pilates, Yoga, with cardio and strength exercises.

Boot Camp: Engage in this 45-minute conditioning workout focusing on the pillars of fitness and performance. The workouts are scalable to match athletes of all ages and abilities.

Cardio Core: Low impact cardio and core strengthening in one class. Using a variety of movements from kickboxing, step, Barre and Pilates, this class is for those who like to enjoy a little of everything, not too much, just enough.

Cardio Sculpt: A 45-minute low to moderate impact class that focuses on cardio and strength training.

Chisel: A resistance training class designed to strengthen your entire body in 55 minutes.

Core Challenge: 30-minute mat workout designed to strengthen your entire middle, for a solid foundation.

Cycle: Musically driven intervals designed to simulate various terrains. Work at your own comfort level while climbing the hills, racing the flats, and increasing strength and stamina in the legs and lungs.

Cycle Fusion: Challenge the heart and muscles with a mix of cycle, strength exercises, and core.

Dance Fitness: An upbeat dance-style workout to get your body moving. Perfect for all skill levels.

Functional Fitness: 55-minute, full body, scalable workout to challenge you in all planes of motion.

MX4: 40 minute, 360° interval workout using a variety of equipment in the Functional Training Studio .

RIP® by Group Rx : A full-body barbell class that uses **R**hythm, **I**ntensity, and **P**ower to tone and define the muscles.

Senior Workout: A time for senior citizens, individuals with special needs, and any other individual in need of a water fitness class. Equipment used: foam dumb bells, noodles, balls, and boards.

Shake your Soul: A mind/body/movement practice designed to relax your nervous system, assist in connection and grounding, energize your body, and awaken your soul through dynamic fluid dance/ movement.

Silver Sneakers: 45-minute low impact workout to improve stamina, strength, suppleness, and stability.

STRONG Nation™: Bodyweight, Sport and Kickboxing moves Synced to the music for motivation.

T-50: Functional training and corrective exercises, focusing on power, strength, stability, mobility and endurance

Tai Chi: A noncompetitive, self-paced and gentle class. Postures flow to ensure constant motion. (50 minutes)

Yoga: In this 45-minute all level class, learn to link breath to movement while stretching and strengthening your body.

Zumba® : Easy to follow dance fitness class using internationally inspired moves & rhythms.