

SUMTER FAMILY YMCA

Group Exercise Schedule – December 2024



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GROUP EXERCISE CLASSES - GROUP EXERCISE ROOM						
8:15 am	Group Power Nichole	Yoga Katie	Group Power Nichole		Group Power Nichole	8:30 am Group Core Alternates
9:15 am	Barre Fusion Liz			Step Blast Nichole	Yoga Katie	
10:15 am	Cardio Sculpt Erika	Zumba Rebekha	Cardio Sculpt Erika	Zumba Rebekha	Cardio Sculpt Erika	
11:15 am	Silver Sneakers Jessica	Silver Sneakers Liz	Silver Sneakers Jessica	Silver Sneakers Liz	Tai Chi Joseph	
12:15 pm	Chisel Tina	Group Core Nichole	Chisel Tina	Group Core Nichole	Chisel Tina	
1:15 pm		Chair Yoga Crystine				
4:30 pm	Group Power Jami	Pilates Alyssa	Group Power Jami		Group Power Olivia	
5:30 pm	Zumba Kayce	Group Power Olivia	Zumba Faith	Group Power Erika	Zumba Rebekha	
6:30 pm		Strong CJ	Yoga Crystine	Restorative Yoga Krystina		
INDOOR CYCLE - INDOOR CYCLE STUDIO						
5:30 am	Cycle X-press Tiara		Cycle X-press Tiara			
8:15 am		Indoor Cycle Joan		Indoor Cycle Joan		9:15 am Cycle Alternates
5:30 pm	Indoor Cycle Rebecca		Indoor Cycle Rebecca			
SMALL GROUP TRAINING - MX4 STUDIO						
Daytime		9:15 am T50 CJ	10:15 am MMA-X Brandon			
Evening				4:30 pm MMA-X Brandon		
LARGE GROUP TRAINING - LOWER GYM						
5:45 am	Functional Fitness Tammy	Functional Fitness Tammy		Functional Fitness Tammy		
9:15 am	Functional Fitness Brandon		Functional Fitness Olivia		Functional Fitness Brandon	
6:30 pm	Boot Camp Matt		Boot Camp Matt		5:30 pm Boot Camp Rebecca	
AQUA FITNESS - WARM WATER POOL						
10:15 am	Aquacize Jessica		Aquacize Olivia			

PRIMARY FOCUS

MOBILITY/STABILITY

CARDIO

EXTRA GENTLE

CARDIO & RESISTANCE

RESISTANCE

Each class features a primary focus, to help you achieve a well-rounded routine throughout the week. Classes are scalable, allowing every individual to choose their success options.



GROUP EXERCISE CLASS DESCRIPTIONS



Each class features a primary focus, to help you achieve a well-rounded routine throughout the week. Classes are scalable, allowing every individual to choose their success options. Classes marked as "Gentle Approach" are designed for individuals requiring a lower intensity approach. All classes are 55 minutes in length unless otherwise noted.

MOBILITY/ STABILITY

Barre Fusion: A low impact, muscular endurance workout. Using exercises inspired by conditioning from the world of dance, a mixture of small and isometric movements are used to focus on the muscles of the legs, hips and core.

Pilates: A traditional series of stretches on the mat focusing on the "powerhouse" (the core). Lengthen and Strengthen from head to toe.

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



CARDIO

Aquacize: Join in on the fun, and discover the joint friendly, low impact workout that warm water resistance can provide

Cycle X-press: All the fun of Indoor Cycle, in less time (30 minutes).

Indoor 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. (45 minutes)

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

Step Blast: Athletic moves using skills like power, cardiovascular endurance, agility, and coordination, set to motivating music and performed on, off, and all around The Step®.

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



GENTLE APPROACH

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

Chair Yoga: A series of postures to connect the mind, body and breathe. Guided movements aim to improve balance, flexibility and strength, with the assistance of a chair.

Tai Chi: A noncompetitive, gentle class to work focus and balance. Postures flow to ensure constant motion.

Restorative Yoga: A 45-minute slower practice where relaxing postures are held for longer periods of time and supported with props to allow strain-free, physical, mental and emotional relaxation.



CARDIO & RESISTANCE

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

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

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

Group Core: 30 action packed minutes of full body exercises, power through your core.

MMA-X: Mixed Martial Arts inspired drills and exercises on and off the bag. Focus is placed on developing well-rounded skills, while enhancing over all fitness (30 minutes).

MX4: 40-minute, 360° interval workout using a variety of equipment.

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



RESISTANCE

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

Group Power: Get muscle and movement strong with this barbell and body weight, musically driven fitness class.

