

# SUMTER FAMILY YMCA

## Group Exercise Schedule - January 2025



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>GROUP EXERCISE CLASSES - GROUP EXERCISE ROOM</b>						
8:15 am	Group Power Nichole	Yoga Liz	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		Chisel Tina	
1:15 pm		Chair Yoga Crystine				
4:30 pm	Group Power Olivia	Pilates Alyssa	Group Power Jami		Group Power Olivia	
5:30 pm	Zumba Kayce	Group Power Jami	Zumba Alternates	Group Power Erika		
6:30 pm		Strong CJ	Yoga Crystine	Restorative Yoga Krystina	6:15 pm Zumba Rebekha	
<b>INDOOR CYCLE - INDOOR CYCLE STUDIO</b>						
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			
<b>SMALL GROUP TRAINING - MX4 STUDIO</b>						
Daytime		9:15 am T50 CJ	10:15 am MMA-X Brandon			
Evening				4:30 pm MMA-X Brandon		
<b>LARGE GROUP TRAINING - LOWER GYM</b>						
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	
<b>AQUA FITNESS - WARM WATER POOL</b>						
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

**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.

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



## 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.

**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).

**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.

