

# SUMTER FAMILY YMCA

## Group Exercise Schedule – October 2026



|                                                                                                                             | Monday                       | Tuesday                  | Wednesday                    | Thursday                  | Friday                       | Saturday                      |
|-----------------------------------------------------------------------------------------------------------------------------|------------------------------|--------------------------|------------------------------|---------------------------|------------------------------|-------------------------------|
| <b>GROUP EXERCISE CLASSES – GROUP EXERCISE ROOM</b>                                                                         |                              |                          |                              |                           |                              |                               |
| 5:45 am                                                                                                                     |                              |                          |                              |                           | Group Core Erika             |                               |
| 8:15 am                                                                                                                     | Group Power Nichole          |                          | Group Power Nichole          |                           |                              | 8:30 am Group Core Alternates |
| 9:15 am                                                                                                                     | Barre Fusion Roslyn          | Group Active Roslyn      |                              | Group Active Roslyn       | Barre Fusion Roslyn          |                               |
| 10:15 am                                                                                                                    | Cardio Sculpt Erika          | Zumba Brii               | Group Active Erika           | Zumba Brii                | Cardio Sculpt Erika          | 10:00 am Line Dance Faith     |
| 11:15 am                                                                                                                    | Golden Sneakers Jessica      | Golden Sneakers Emily    | Golden Sneakers Roslyn       | Golden Sneakers Jessica   | Tai Chi Joseph               |                               |
| 12:15 pm                                                                                                                    | Chisel Tina                  |                          | Chisel Tina                  |                           | Chisel Omega                 |                               |
| 1:15 pm                                                                                                                     | RESERVED FOR ENHANCE FITNESS | Chair Yoga Crystine      | RESERVED FOR ENHANCE FITNESS | Chair Yoga Crystine       | RESERVED FOR ENHANCE FITNESS |                               |
| 4:30 pm                                                                                                                     | Group Power Jami             |                          | Group Power Jami             |                           | Group Active Kayce           |                               |
| 5:30 pm                                                                                                                     | Zumba Kayce                  | Group Power Erika        | Group Core Jami              | Chisel Rebecca            | Zumba Astrid                 |                               |
| 6:30 pm                                                                                                                     |                              | Group Blast 30 Roslyn    | 6:00 pm Zumba Faith          | Restorative Yoga Krystina |                              |                               |
| <b>INDOOR CYCLE – INDOOR CYCLE STUDIO</b>                                                                                   |                              |                          |                              |                           |                              |                               |
| Earlier Morning                                                                                                             |                              |                          | 5:45 am R30 Erika            |                           |                              |                               |
| Morning                                                                                                                     |                              | 8:15 am Group Ride Joan  |                              | 8:15 am Cycle Joan        | 8:15 am R30 Joan             | 9:15 am R30 Alternates        |
| Evening                                                                                                                     | 5:30 pm Group Ride Rebecca   | 4:45 pm R30 Jami         | 5:30 pm Cycle Rebecca        |                           |                              |                               |
| <b>SMALL GROUP TRAINING – MX4 STUDIO</b>                                                                                    |                              |                          |                              |                           |                              |                               |
| Daytime                                                                                                                     |                              |                          | 10:15 am Boxing Brandon      |                           |                              |                               |
| Evening                                                                                                                     |                              |                          |                              | 4:30 pm Boxing 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 Brandon   |                           | 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 Gayle               |                          | Aquacize Jessica             |                           | Aquacize Jessica             |                               |
| <div>PRIMARY FOCUS</div> <div>RESISTANCE</div> <div>CARDIO</div> <div>CARDIO &amp; RESISTANCE</div> <div>GENTLE FOCUS</div> |                              |                          |                              |                           |                              |                               |

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.

# 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.

## RESISTANCE

**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.

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

**Group Core®:** Loaded movements that integrate your entire core and elevate strength to stabilize and mobilize your center.

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

## CARDIO

**Boxing:** Boxing inspired drills and exercises on and off the bag. Focus is placed on developing well-rounded skills, while enhancing overall fitness (30 minutes).

**Cycle:** Indoor cycle workout 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)

**Group Blast 30®:** 30-minute cardio workout that uses The STEP as its primary training tool. Motivating music combined with functional integrated exercises, and sports drills so you can HAVE A BLAST!

**Group Ride®:** An inspiring soundtrack is the wind at your back as you bring the outdoors in, rolling over hills, conquering climbs, and flying through flats during this 55 minute indoor cycling workout.

**R30®:** A 30-minute, music-based indoor cycling workout. Race, climb, and coast, as you build endurance, cardio health, and leg strength. You're at the wheel, choosing your intensity from start to finish line.

**Line Dance:** Easy to follow dance steps, with repeating patterns, performed by all dancers in the line, to get you energized and on the move!

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

## 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 Active®:** Step-based cardio, strength, balance and flexibility. Have fun while you get it all in!

## GENTLE APPROACH

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

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

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

**Yoga:** A series of postures to connect the mind, body and breathe. **CHAIR:** to improve balance, flexibility and strength, with the assistance of a chair. **RESTORATIVE:** slower practice where postures are held for longer periods of time for strain-free, physical, mental and emotional relaxation.

