SUMTER FAMILY YMCA

Group Exercise Schedule – November 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GROUP EXERCISE CLASSES – GROUP EXERCISE ROOM						
5:45 am					Stretch Jodi	
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 Nichole	Barre Fusion Roslyn	
10:15 am	Cardio Sculpt Erika	Zumba Brii	Cardio Sculpt 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 Active Roslyn			
5:30 pm	Zumba Kayce	Group Power Erika	Group Core Jami	Chisel Rebecca	Zumba Astrid	
6:30 pm		Group Blast 30 Kayce	6:00 pm Zumba Faith	Restorative Yoga Krystina		
INDOOR CYCLE – INDOOR CYCLE STUDIO						
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			
SMALL GROUP TRAINING – MX4 STUDIO						
Daytime			10:15 am Boxing Brandon			
Evening				4:30 pm Boxing 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 Brandon		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 Gayle		Aquacize Jessica		Aquacize Jessica	

PRIMARY FOCUS | RESISTANCE | CARDIO | CARDIO & RESISTANCE | GENTLE FOCUS

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 movemnts 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 over all 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.
Stretch: A 30 minute class of basic stretches to help maintain flexibility.
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.

SUMTER FAMILY YMCA 510 Miller Road, Sumter, SC 29150 803-773-1404 www.ymcasumter.org

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