



WINTER PARK YMCA Group Exercise Class Schedule

**HEALTH SEEKER
STEP-UP
TRAINING FOR LIFE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am-6:45am Boot Camp Gymnasium	5:45am-6:45am Group Power Fitnasium	5:45am-6:45am Strength Training Fitnasium	5:45am-6:45am Group Power Fitnasium	5:45-6:45am Boot Camp Gymnasium		
6:45am-7:30am TRX		5:45am-6:30am TRX		6:45am-7:30am TRX		
8:00am-8:55am Cardio Step Fitnasium	8:00am-8:55am Pilates Fitnasium	8:00am-8:55am Cardio Step Fitnasium	8:00am-8:55am Pilates Fitnasium	8:00am-8:55am Cardio Step Fitnasium		
	8:30am-9:00am The Next Level Studio X		8:30am-9:00am The Next Level Studio X		8:30am-9:25am Yoga Fitnasium	
9:00am-9:25am Basic Core Fitnasium	9:00am-9:20am Foam Roller Stretch Studio X	9:00am-9:25am Basic Core Fitnasium	9:00am-9:20am Foam Roller Stretch Studio X	9:00am-9:25am Basic Core Fitnasium		
9:30am-10:25am Group Power Fitnasium	9:30am-10:25am Yoga Fitnasium	9:30am-10:25am Group Power Fitnasium	9:30am-10:25am Ballet Strength Fitnasium	9:30am-10:25am Group Power Fitnasium	9:30am-10:25am Zumba Fitnasium	
9:30am-10:00am The Next Level Studio X	9:30am-10:25am Boot Camp Gymnasium	9:30am-10:00am The Next Level Studio X	9:30am-10:25am Boot Camp Gymnasium	9:30am-10:00am The Next Level Studio X		
10:00am-10:20am Foam Roller Stretch Studio X		10:00am-10:20am Foam Roller Stretch Studio X		10:00am-10:20am Foam Roller Stretch Studio X		
	10:30am-11:15am TRX		10:30am-11:15am TRX			
10:30am-11:25am Zumba Fitnasium	10:30am-11:00am Basic Yoga Fitnasium	10:30am-11:25am Zumba Fitnasium	10:30am-11:00am Basic Yoga Fitnasium	10:30am-11:25am Zumba Fitnasium	10:30am-11:00am Basic Core Fitnasium	
10:30am-11:00am The Next Level Studio X	10:30am-11:00am The Next Level Studio X	10:30am-11:00am The Next Level Studio X	10:30am-11:00am The Next Level Studio X	10:30am-11:00am The Next Level Studio X		
11:00am-11:20am Foam Roller Stretch Studio X	11:00am-11:20am Foam Roller Stretch Studio X	11:00am-11:20am Foam Roller Stretch Studio X	11:00am-11:20am Foam Roller Stretch Studio X	11:00am-11:20am Foam Roller Stretch Studio X	11:00am-11:55am Pilates Fitnasium	
11:30am-12:00pm Basic Yoga Fitnasium	11:00am-11:55am Yoga Fitnasium	11:30am-12:00pm Basic Yoga Fitnasium	11:00am-11:55am Yoga Fitnasium			
12:00pm-12:55pm Yoga Fitnasium	12:15pm-1:10pm Group Power Fitnasium		12:15pm-1:10pm Group Power Fitnasium	12:00pm-12:55pm Yoga Fitnasium		12:15pm-1:10pm Group Power Fitnasium
5:00pm-5:55pm Pilates Fitnasium	4:30pm-5:25pm Yoga Fitnasium	5:00pm-5:55pm Pilates Fitnasium	4:30pm-5:25pm Yoga Fitnasium			1:15pm-2:30pm Power Yoga Fitnasium
	5:30pm-5:55pm Core Fitnasium		5:30pm-5:55pm Core Fitnasium			
6:00pm-6:55pm Group Power Fitnasium	6:00pm-6:55pm Boot Camp Fitnasium	6:00pm-6:55pm Group Power Fitnasium	6:00pm-6:55pm Boot Camp Fitnasium			
7:00pm-7:45pm TRX		6:00pm-6:45pm TRX				
7:15pm-8:15pm Yoga Fitnasium		7:15pm-8:15pm Yoga Fitnasium	7:00pm-7:55pm Zumba Fitnasium			

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE
WELLNESS DIRECTOR: Emma Schulte eschulte@cfymca.org



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am-6:30am Cycle Fusion Cycle Studio	5:45am-6:30am Cycle Fusion Cycle Studio	5:45am-6:30am Cycle Cycle Studio	5:45am-6:30am Cycle Cycle Studio	5:45am-6:30am Cycle Fusion Cycle Studio		
7:00am-7:55am Cycle Cycle Studio		7:00am-7:55am Cycle Cycle Studio		7:00am-7:55am Cycle Cycle Studio		
					7:30am-8:15am Cycle Fusion Cycle Studio	
	8:00am-8:45am Cycle Cycle Studio		8:00am-8:45am Cycle Cycle Studio			
8:30am-9:15am Cycle Cycle Studio		8:30am-9:15am Cycle Cycle Studio		8:30am-9:15am Cycle Cycle Studio	8:30am-9:15am Cycle Fusion Cycle Studio	
	9:15am-9:30am Cycle Setup and Intro Cycle Studio		9:15am-9:30am Cycle Setup and Intro Cycle Studio			
9:30am-10:15am Cycle Cycle Studio	9:30am-10:15am Cycle Cycle Studio	9:30am-10:15am Cycle Fusion Cycle Studio	9:30am-10:15am Cycle Cycle Studio	9:30am-10:15am Cycle Cycle Studio		
					10:00am-10:45am Cycle Cycle Studio	
		10:30am-11:15am Cycle Cycle Studio		10:30am-11:15am Cycle Cycle Studio		
12:15pm-1:00pm Cycle Cycle Studio		12:15pm-1:00pm Cycle Cycle Studio				12:15pm-1:15pm Cycle Cycle Studio
	4:00pm-4:45pm Cycle Fusion Cycle Studio		4:00pm-4:45pm Cycle Fusion Cycle Studio			
5:00pm-5:45pm Cycle Fusion Cycle Studio		5:00pm-5:45pm Cycle Fusion Cycle Studio				
	5:45pm-5:55pm Cycle Setup and Intro Cycle Studio					
6:00pm-6:45pm Cycle Fusion Cycle Studio	6:00pm-6:45pm Cycle Fusion Cycle Studio	6:00pm-6:45pm Cycle Cycle Studio	6:00pm-6:45pm Cycle Cycle Studio	6:00pm-6:45pm Cycle Cycle Studio		
		7:00pm-7:45pm Cycle Cycle Studio				

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