










The YMCA of the Suncoast - Clearwater Branch Group Exercise Class Schedule

Revised February 19, 2009



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 am	6:00 – 7:00 Boot Camp (\$)	6:00 – 7:00 Step I /Strength	5:45-6:45 Boot Camp (\$)		6:00 – 7:00 Boot Camp (\$)		
	6:00 – 6:45 Y Cycling	6:00 – 6:45 Y Cycling	6:00 – 6:45 Y Cycling	6:00 – 6:45 Y Cycling	6:00 – 6:45 Y Cycling		
7 am	7:15 - 8:15 Beg. Tai Chi Chuan	7:15 - 8:15 Int. Tai Chi Chuan	7:15 - 8:15 Beg. Tai Chi Chuan	7:15 - 8:15 Int. Tai Chi Chuan	7:15 - 8:15 Tai Chi Basics		
8 am	8:30 – 9:30 Step Aerobics	8:30 – 9:30 Hi/Lo Aerobics		8:30 – 9:30 Hi/Lo Aerobics	8:30 – 9:30 Zumba® Gold	8:00-9:00 Water Aerobics	
	8:30-9:30 Y Cycling				8:30 – 9:30 Pilates (MU)	8:45 - 10:00 Instructors Choice	
					8:30-9:30 Y Cycling		
9 am	9:00 – 10:00 Boot Camp (\$)	9:00 – 9:45 Y Cycling	9:00 – 9:30 30 Minute Abs & Glutes	9:00 – 9:45 Y Cycling	9:00-10:00 Boot Camp (\$)	9:00 – 9:45 Y Cycling	
	9:30-10:30 Water Aerobics	9:30-10:30 Water Aerobics	9:00- 10:00 Boot Camp (\$)	9:30-10:30 Water Aerobics	9:30-10:30 Water Aerobics		
	9:45 – 10:15 30 Minute Abs & Glutes	9:45 – 11:00 Body Sculpting	9:30-10:30 Water Aerobics	9:45 – 11:00 Body Sculpting	9:45 – 10:15 30 Minute Abs & Glutes		
			9:45 – 11:00 Step Aerobics I				
10 am	10:00 – 10:45 Y Cycling	10:00 - 11:00 Flow Yoga	10:00 – 10:45 Y Cycling	10:00 - 11:00 Flow Yoga			
	10:30 – 11:30 Water Aerobics	10:30 – 11:30 Water Aerobics	10:30 – 11:30 Water Aerobics	10:30 – 11:30 Water Aerobics	10:30 – 11:30 Water Aerobics	10:15-11:15 Latin Cardio Dance	
	10:15 - 10:45 30 Minute Pump it Up				10:15 - 10:45 30 Min Pump it Up		
11 am	11:30-12:30 SilverSneakers® Cardio Circuit 	11:30 – 12:25 SilverSneakers® Muscular Strength and Range of Motion 	11:30-12:30 SilverSneakers® Cardio Circuit 	11:30 – 12:25 SilverSneakers® Muscular Strength and Range of Motion 	11:30 – 12:15 SilverSneakers® Cardio Circuit 		
	11:30 – 12:30 Power Yoga	11:15 – 12:15 Flow Yoga		11:15 – 12:15 Flow Yoga			11:30-12:45 Line Dancing
12 pm & 1 pm		12:30 – 1:30 SilverSneakers® I 		12:30 – 1:30 SilverSneakers® I 			1:00-2:00 Zumba®
		12:30 – 1:30 Senior Yoga		12:30 – 1:30 Senior Yoga			
4 pm	4:30-5:15 Beginner Tai Chi	4:00-5:00 Water Aerobics	4:30-5:15 Beginner Tai Chi	4:00-5:00 Water Aerobics			
5 pm	5:30 - 6:30 Step Aerobics II	5:30 - 6:30 Cardio Pump	5:30 - 6:30 Step/Interval (alt)	5:30 – 6:30 Hi/Lo Aerobics	5:30 - 6:30 Step Aerobics II		
		5:30 - 6:30 Y Cycling			5:45 - 6:30 Y Cycling		
6 pm	6:00 – 7:00 Boot Camp (\$)		6:00 – 7:00 Boot Camp (\$)	6:00 – 6:45 Y Cycling	6:35-7:35 Zumba®		
	6:00 – 6:45 Y Cycling		6:00 – 6:45 Y Cycling	6:30-7:30 YMCA 727 Dance Crew			
			6:30 – 7:35 Pilates II				
7 pm & 8 pm	7:00 – 7:30 30 Minute Abs & Core	7:30 – 8:00 30 Minute Abs & Core	7:00 - 7:30 30 Minute Pump it Up	7:30 – 8:00 30 Minute Abs & Core			
	7:00-7:45 Y Cycling	7:30 - 8:30 Belly Dancing	7:00-7:45 Y Cycling	7:30-8:30 YMCA 727 Dance Crew			
	7:35 - 8:35 Kundalini Yoga	8:30 - 9:30 Int. Belly Dancing (\$)	7:30 – 8:00 30 Minute Abs & Core	7:30-8:30 Water Aerobics starting March 4			
		7:30-8:30 Water Aerobics starting March 2	7:35 - 8:35 Flow Yoga				

-  Cycling Studio
-  Group Exercise Room
-  Pool
-  Multi-Use Room
-  Community Room

New Classes are in bolded boxes.

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