



GROUP EXERCISE SCHEDULE

**GYM HOURS: Monday-Thursday 5:15am-10:00pm.
Friday 5:15am-9:00pm. Saturday and Sunday 7:00am to 5:00pm**

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM	Total Body Zeus		Total Body Margaret	Core Strength Zeus	H.I.I.T Emily		
7:30AM		Total Body Margaret		Total Body Margaret			
8:00AM						Total Body Zeus	
8:15AM			Zumba Rebecca				
8:30AM	Cardio Kickbox Leah	Total Body Leah		Vinyasa Yoga Melanie	Core Strength Margaret		
9:00AM						Vinyasa Yoga Melanie	Total Body Zeus
9:15 AM	BodyPump 60 Gio		BodyPump 60 Gio				
9:30AM		Total Body Doug ----- Nutrition Class \$\$ Mel (Heat Room)		Total Body Emily			
10:00AM						Total Body Leyla	Step & Strength Jorge
10:30AM	Mat Pilates Margaret ----- Hatha Yoga Silvia (West)	Gentle Yoga Grisell (West)	Mat Pilates Margaret ----- Hatha Yoga Silvia (West)	Gentle Yoga Melanie (West)	Mat Pilates Margaret ----- Vinyasa Yoga Melanie (West)		
11:00AM						Zumba Jackie	Vinaysa Yoga Instructor Varies
12:30PM	Meditation Grisell (West)	Tai Chi Grisell (West)	Nutrition Class \$\$ Michael (West)				
4:30PM		Total Body Lilly		Total Body Leyla			
5:30PM	Zumba Nathalia ----- (\$) Teen Athletic Ernesto (Varies)	Step & Strength Jorge ----- (\$) W.O.W Natasha (Varies)	Zumba Nathalia ----- (\$) Teen Athletic Ernesto (Varies)	Step & Strength Jorge ----- (\$) W.O.W Natasha (Varies)	Cardio Kickbox Leyla	<ul style="list-style-type: none"> Group Ex Instructors may decline participants if class is full and/or the class is too far along. Instructors may be subbed last minute. Download the YMCA South Dade App for Notifications. Each class is Appx. 55 minutes long. 	
6:30PM	Mat Pilates Lilly (West) ----- Total Body Zeus	Zumba Joceyln	Mat Pilates Margaret (West) ----- BodyPump 45 Nathalia	Zumba Jocelyn	Yogilates Maria		
7:00PM	Nutrition Class \$\$ Michael (Heat Room)	Power Yoga Carla (WEST)		Power Yoga Carla (WEST)			
7:30PM	Total Body Natasha ----- Stretch Class Maria (West)	BodyPump 45 Natasha	Total Body Natasha	BodyPump 45 Natasha			
8:30PM	AB Lab Natasha (20 min)	Zumba Ronald	AB Lab Natasha (20 min)	Zumba Ronald			

Kid Zone Hours:
Monday-Saturday:
7:15am to 12:15pm
Monday-Thursday:
4:15pm to 8:30pm
Friday:
4:30pm to 7:30pm.
Sunday CLOSED

GROUP EXERCISE CLASS DESCRIPTIONS

AB Lab – This 20 minute core concentrated class is designed to feel the “burn” of your abs!

BodyPump – is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate to heavy weights with a lot of repetition, BODYPUMP gives you a total body workout.

Cardio Kickbox –Fusion of Boxing & Aerobics done rhythmically with music. Offers an intense cross-training & total body workout.

Core Strength – Burn and lean those abs while strengthening your back muscles. Great before or after any other workout.

Gentle Yoga - Gentle Yoga integrates traditional yogic concepts like asana (physical postures), pranayama (breathing techniques), meditation, and guided imagery to improve overall health. Classes are meant to move slowly to connect to what's happening on the inside. Gentle Yoga classes are designed to create space in areas that are compressed, improve range of motion, build strength and help induce the relaxation response.

Hatha Yoga - Hatha is the yoga style that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, promoting flexibility and prepares the body for meditation.

H.I.I.T – High Intensity Interval Training.

Mat Pilates – Performed on a mat, Pilates trains the core muscles through stabilization exercises that will challenge and improve your strength, coordination and flexibility and help develop lean, strong muscles.

Meditation (Energy + Breath + Meditate) – Energization exercises awaken the energy & release any stored bodily tension, basic breathing, advanced breathing techniques, yoga nidra (guided relaxation), & visualization. Conscious breathing to Stimulate brain chemicals known as endorphins which reduce depression, reduce toxins in the lungs, cleanse blood, energize and increases vitality, & regulates pH balance which helps with stress management. Meditation to calm the Nervous System, reduce stress and anxiety, focus the energy, optimize the circulatory system, boost the Immune System & improves concentration.

The class ends with a 15 minute Meditation.

Power Yoga –Emphasizes developing one’s physical flexibility and nurtures the desire for self discipline. It will enhance sports performance, improve posture and muscle definition. Promotes a sense of well being & helps to relieve stress and anxiety.

Stretch– A form of physical exercise in which specific muscles or tendons are deliberately flexed or stretched in order to improve the muscle's felt elasticity and achieve comfortable muscle tone. Results in feeling of increased muscle control, flexibility, & ROM.

STRONG by Zumba - STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep while toning arms, legs, abs and glutes.

Step & Strength – Is an energetic and full body routine choreographed to great music mixes. It begins with a solid 40 min Cardio workout that burns Calories, and concludes with dancing, and a free weights routine complete with Abs.

Tai Chi – A series of movements performed in a slow, focused manner accompanied by deep breathing. **Tai chi**, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. Class is for beginners or advanced.

Total Body- Full body workouts guided by different instructors using strength training exercises and body weight movements to build muscular strength, definition and endurance. This class incorporates one or all of the equipment available for use.

Yogilates– The best of yoga and Pilates integrated into one balanced system of exercise. Creates functional strength for the body. Strengthen, tone, correct imbalances in muscular development, gain new skills, and improve performance.

Zumba – Zumba combines high energy and motivating music with unique moves and combinations to dance your worries away. It’s fun and easy to do and is not only great for the body, but great for the mind.

W.O.W. (Women On Weights) (\$) - Is designed to empower women to lift weights and transform their bodies. The goals of W.O.W. are to assist women in improving their posture and increasing their strength. Small Group Personal Training.

T.A.T. (Teen Athletic Training) (\$) – Work out under the guidance and supervision of a certified Personal Trainer. Weight training is necessary for muscle gain and toning, but only while using the right technic, especially at a younger age.

GYM HOURS **Mon – Thurs: 5:15 AM-10 PM Fri: 5:15 AM-9 PM Sat – Sun: 7 AM-5 PM**

K.A.Z. HOURS **Mon – Thurs: 7:15 AM-12:15 PM and 4:15 PM-8:30 PM**

Fri: 7:15 AM-12:15 PM and 4:30 PM-7:30 PM

Sat: 7:15 AM-12:15 PM (CLOSED SUNDAY)