



# HEALTHY LIVING GROUP CLASS SCHEDULE DOWNTOWN MIAMI YMCA



| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  |
|---|---|---|---|---|---|
| 7:00 – 8:00 AM<br><b>Boot Camp</b><br>HZ<br>Chris               | 6:15 – 7:00 AM<br><b>Cycling</b><br>CS<br>Charlotte     | 7:00 – 8:00 AM<br><b>Cross Circuit</b><br>MC HZ       | 6:15 – 7:00 AM<br><b>Cycling</b><br>CS<br>Charlotte         | 7:00 – 8:00 AM<br><b>Cross Circuit</b><br>MC HZ                 | 8:15 – 9:15 AM<br><b>Yoga</b><br>MS<br>Elissa           |
| 7:00 – 7:45 AM<br><b>Cycling</b><br>CS<br>Brad                  | 7:00 – 8:00 AM<br><b>Total Body</b><br>MS<br>Charlotte  | 7:00 – 7:45 AM<br><b>Cycling</b><br>CS<br>Brad        | 7:00 – 8:00 AM<br><b>Total Body</b><br>MS<br>Byron          | 7:00 – 7:45 AM<br><b>Cycling</b><br>CS<br>Charlotte             | 9:00 – 9:45 AM<br><b>Cycling</b><br>CS<br>Robert        |
| 7:00 – 8:00 AM<br><b>Beyond Booty</b><br>MS Begins 8/12<br>Levi |   |   |   | 7:00 – 8:00 AM<br><b>Beyond Booty</b><br>MS Begins 8/16<br>Levi | 9:30 – 10:30 AM<br><b>Barre Pilates</b><br>MS<br>Elissa |
| 8:00 – 9:00 AM<br><b>Yoga Flow</b><br>MS<br>Levi                | 8:00 – 9:00 AM<br><b>Stretch &amp;</b><br>MS<br>Elissa  | 8:00 – 9:00 AM<br><b>Power Yoga</b><br>MS<br>Angela   | 8:00 – 9:00 AM<br><b>Stretch &amp;</b><br>MS<br>Elissa      | 8:00 – 9:00 AM<br><b>Yoga Flow</b><br>MS<br>Levi                | 10:00 – 10:30AM<br><b>MX4*</b><br>HZ<br>Robert          |
| 12:30 – 1:00 PM<br><b>MX4*</b><br>HZ<br>Yusuf                   | 12:00 – 12:45 PM<br><b>Total Body</b><br>MS<br>Byron    | 12:30 – 1:00 PM<br><b>MX4*</b><br>HZ<br>Robert        | 12:00 – 1:00 PM<br><b>Barre Pilates</b><br>SS<br>Elissa     | 12:00 – 12:45 PM<br><b>Total Body</b><br>MS<br>Byron            |   |
| 12:30 – 1:30 PM<br><b>Cycling</b><br>CS<br>Robert               | 12:30 – 1:30 PM<br><b>Boot Camp</b><br>HZ<br>Chris      | 12:30 – 1:30 PM<br><b>Cycling</b><br>CS<br>Mauricio   | 12:30 – 1:30 PM<br><b>Boot Camp</b><br>HZ<br>Chris          | 12:30 – 1:00 PM<br><b>MX4*</b><br>HZ<br>Yusuf                   |   |
| 12:45 – 1:45 PM<br><b>Power Yoga</b><br>MS<br>Kristin           |   | 12:45 – 1:45 PM<br><b>Power Yoga</b><br>MS<br>Kristin |   | 12:30 – 1:30 PM<br><b>Cycling</b><br>CS<br>Robert               |   |
| 6:15 – 7:00 PM<br><b>Cycling</b><br>CS<br>Robert                | 12:45 – 1:45 PM<br><b>Zumba</b><br>MS<br>Byron          | 6:15 – 7:00 PM<br><b>Cycling</b><br>CS<br>Robert      | 12:45 – 1:45 PM<br><b>Zumba</b><br>MS<br>Nathalia           | 12:45 – 1:45 PM<br><b>Zumba</b><br>MS<br>Byron                  |   |
| 6:15 – 7:00 PM<br><b>Core &amp; Legs</b><br>MS<br>Nick          | 6:15 – 7:15 PM<br><b>Zumba</b><br>MS<br>Byron           | 7:15 – 8:15 PM<br><b>Total Body</b><br>MS<br>Byron    | 6:15 – 7:00 PM<br><b>Total Body</b><br>MS<br>Michaela (sub) |   |   |
|   | 6:15 – 7:00 PM<br><b>S.W.E.A.T.</b><br>MS<br>Matt       |   |   |   |   |
| 7:00 – 8:00 PM<br><b>Zumba</b><br>MS<br>Sandra                  | 7:00 – 8:00 PM<br><b>Power Yoga</b><br>MS<br>Angela     | 7:00 – 7:30 PM<br><b>MX4*</b><br>HZ<br>Kara           | 7:00 – 8:00 PM<br><b>Yoga Flex</b><br>MS<br>Elissa          |   |   |
| 7:00 – 7:30 PM<br><b>MX4*</b><br>HZ<br>Kara                     | 7:00 – 7:45 PM<br><b>Cycling</b><br>CS<br>Mauricio      | 7:30 – 8:00 PM<br><b>Core Stretch</b><br>HZ<br>Kara   | 7:00 – 7:45 PM<br><b>Cycling</b><br>CS<br>Mauricio          |   |   |
| 7:30 – 8:00 PM<br><b>Core Stretch</b><br>HZ<br>Kara             | 7:00 – 7:30 PM<br><b>MX4*</b><br>HZ<br>Matt             |   | 7:00 – 7:30 PM<br><b>MX4*</b><br>HZ<br>Matt                 |   |   |
|   | 7:30 – 8:00 PM<br><b>Core Stretch</b><br>HZ<br>Michaela |   | 7:30 – 8:00 PM<br><b>Core Stretch</b><br>HZ<br>Michaela     |   |   |

CYCLING

YOGA

MX4

**Barre:**

Barre training improves balance and flexibility, but strength is also a major component. Learn progressive barre training techniques that build strength and tone your muscles.

**Barre Stretch and Strength:**

Use the latest Barre techniques to gain flexibility and mobility. These are key components to progressing with barre training and improve overall movement patterns. (All skill levels)

**Beyond Booty:**

For those that want a glute class that provides real, lasting results! Bring your friends and come experience a class that will lift, tone and build your glutes!

**Boot Camp:**

A high-intensity cardio and strength conditioning class that includes athletic strength training and military-style drills. The instructor will stress correct movement technique and will show modifications for all levels.

**Core and Legs:**

This lower body and core strength workout includes a variety of exercises targeting the glutes, hips, thighs, abs, and back. Techniques change from exercise to exercise and include slow, heavy training, fast-paced endurance exercises and core moves that challenge balance, stamina, and stability.

**Core Stretch:**

Walk taller, feel stronger! This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility.

**Cross Circuit:**

This workout is designed to define your muscles, build endurance and give you the results you desire! We will use hand weights, weight bars, body weight, and other equipment to tone your upper body, lower body, and core.

**Cycling:**

This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. ... Cardio Kickboxing – Strength, endurance, and interval moves are all part of this workout.

**Total Body:**

Start your day right with movement preparation and proper exercise progressions in this total body session led by our personal trainers.

**Yoga:**

Traditional Hatha Yoga holds poses for much longer, while Vinyasa flows from one technique to the next seamlessly.

**Yoga Flex:**

Yoga Flex is designed specifically to improve flexibility and mobility while progressing towards more advanced yoga poses.

**Zumba:**

Zumba is a fitness program inspired by various rhythms and dancing styles. The routines feature aerobic/fitness interval training with a combination of fast and slow dance moves that tone and sculpt the body. Some popular genres in my class are reggaeton, pop, hip-hop, cumbia, merengue and more.

**MX4 High Intensity Interval Training (HIIT)** (fee based):

Only MX4 combines best-in-class training tools with exciting workouts to help you improve cardiovascular fitness, power, strength, and endurance in a way that's right for your body and abilities.

Single sessions = \$30

4 sessions = \$100

8 sessions = \$160

12 sessions = \$216

OR

UPGRADE to a Platinum Membership today to include UNLIMITED MX4 HIIT Small Group Training Sessions!

**FOLLOW US ON SOCIAL MEDIA :**

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