



OFFSITE GROUP EXERCISE SCHEDULE

CITRUS MEMORIAL HEALTH FOUNDATION YMCA

All classes are free to members of the Citrus Memorial Health Foundation YMCA.

WEEKLY CLASS SCHEDULE

AT HOMOSASSA UNITED METHODIST CHURCH 8831 W. Bradshaw St., Homosassa

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SILVERSNEAKERS CARDIO 9:30 a.m.		PILATES STRETCH 9:30 a.m.		SILVERSNEAKERS CARDIO 9:30 a.m.	
SILVERSNEAKERS CLASSIC 10:30 a.m.		SILVERSNEAKERS CLASSIC 10:30 a.m.		SILVERSNEAKERS CLASSIC 10:30 a.m.	

AT CRYSTAL RIVER FITNESS LOCATION 780 SE 5th Terrace, Crystal River

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ZUMBA 8:30 a.m.	STEP 5:30 p.m.	ZUMBA 8:30 a.m.	STEP 5:30 p.m.		YOGA 10 a.m.
YOGA 10 a.m.		YOGA 10 a.m.			

CLASS DESCRIPTIONS

PILATES **CORE** **MB** A mat class focusing on core strength and breathing.

PILATES STRETCH **CORE** **MB** A series of exercises to improve core strength and stability, increase flexibility and improve posture. Integrating breath and movement, pilates teaches the body to move more naturally as it tones and tightens the abs, glutes and back. Can be adapted to all levels.

SILVERSNEAKERS CARDIO **C** Easy to follow, low-impact movement and upper body strength, abdominal conditioning, stretching and relaxation.

SILVERSNEAKERS CLASSIC **C** **S** **MB** A variety of exercises designed to increase muscular strength, range of movement, and activities of daily living.

STEP **C** A cardiovascular class consisting of choreographed moves using an elevated step.

YOGA **MB** The goal of yoga is attainment of physical and mental well-being through mastery of the body, achieved through exercise, holding postures, proper breathing and meditation.

ZUMBA **D** A fusion of Latin and international music and dance themes creating an effective workout.

LEGEND

C
Cardio

CORE
Core

S
Strength

D
Dance

MB
Mind/Body



At the YMCA, our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

CITRUS MEMORIAL HEALTH FOUNDATION YMCA
4127 W. Norvell Bryant Hwy., Lecanto FL 34461
P 352 500 YMCA ymcasuncoast.org/citrus