



SOUTH LEVY YMCA OF THE SUNCOAST

January Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am							
6am							
7am							
8:30am	BODYPUMP		STEP 30-min.		STEP 30-min.		
9am			Pilates		Pilates		
10am	Silver Sneakers Classic		Silver Sneakers Classic		Silver Sneakers Classic		
11am							
12pm							

Class Descriptions

BODYPUMP™: This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight will inspire you to get results fast!

STEP: An energizing workout using an adjustable step and simple movements on, over and around the step. Cardio blocks push fat burning systems into high gear. Muscle conditioning tracks shape and tone your body.

Pilates: A body conditioning method which strengthens and stretches the entire body. The focus will be on the core of the body (back and abdominal muscles) and lower body workout.

Silver Sneakers Cardio: Safe, heart-healthy and gentle on the joints. This workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Silver Sneakers Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

Silver Sneakers Strength: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Silver Sneakers Classic: A variety of exercises designed to increase muscular strength, range of movement and activities of daily living.