

Group Exercise & Cycling Schedule

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio/Strength Combo Laura 5:45 AM	Cycling Renee 6:00 AM	Karen 6:00 AM	Cycling Marta 6:00 AM	Jackie 6:00 AM		
Karen 8:45 AM	Yoga Sandy 9:00 AM	Multi-Step Sandy 9:00 AM	KickBoxing Kathy 9:00 AM	Multi-Step Kathy 9:00 AM	rotation 8:15 AM	
Cycling Allen 9:00 AM	Cycling Allen 9:00 AM	Cycling Jean 9:00 AM	Cycling Allen 9:00 AM	Cycling Jean 9:00 AM	Cycling Deniesse 9:30 AM	
Active Adult Carol 10:00 AM	Step Sandy 10:00 AM	Active Adult Liz 10:00 AM	Step Kathy 10:00 AM	Active Adult Ileen 10:00 AM	Multi-Step Sandy 9:30 AM	
	Silver Cycling 10:15 Jean		Silver Cycling 10:15 Jean			
Jean 11:00 AM	Abs Diana 11:00 AM	Jean 11:00 AM	Abs Diana 11:00 AM	Jean 11:00 AM	Rotation 10:30 AM	
	Pilates Gretchka 12:30 PM		Pilates Denise 12:30 PM			Cycling Marta 2:00 PM
Kids Patti 4:30-5:15pm	Jean 4:15 PM	**Kids in Motion Jean 4:30-5:15 pm	Gretchka 4:15 PM	**Tumbling Beg. Diane/Brenda 3:15 PM		Rotation 3:15 PM
Patti 5:30 PM	Marta 5:25 PM	Step Laura 5:30 PM	Marta 5:25 PM	**Tumbling-Int. Diane/Brenda 4:00 PM		
Cycling Eileen 5:30 PM	Cycling Gretchka 6:30 PM	Cycling Eileen 5:30 PM	Cycling Yolonda 6:30 PM	**Tumbling-Adv. Diane/Brenda 5:00 PM		
Pilates Gretchka 6:30 PM	Susan 6:30 PM	Kickboxing Liz 6:30 PM	Gretchka 6:30 PM	Family Yoga Liz 6:30 PM		
*Intro to Cycling 6:45 PM Rotation						
**Bootcamp 7:00pm-8:15pm	**Goju 7:30-8:30 pm		**Goju 7:30-8:30 pm			

** Program Fee Information at the Welcome Center @ (386) 736-6000

* No Fee 4 Week Sessions - Information and registration at the Welcome Center.

Group exercise classes held in Group Exercise Studio. Cycling held in Cycling Room.

Notice: Group exercise classes are 55 minutes, and spinning classes are 1 hour.

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

DeLand Family YMCA - 761 E. International Speedway Blvd. - DeLand, FL 32724 www.vfymca.org

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