



St. Augustine Family YMCA
500 Pope Road
St. Augustine, FL 32080
904.471.9622

Group Exercise Schedule Modified Aug 12 - 18

MONDAY		TUESDAY		WEDNESDAY	
AM	PM	AM	PM	AM	PM
Cycle Cycle Studio - Katie 5:45am - 6:45am	SilverSneakers Classic Group Ex Studio- Shawna 12:45pm - 1:45pm	BODYPUMP Basketball Gym- Shelley 5:45am - 6:45am	Chair Yoga Group Ex Studio - Livi 12:45p - 1:45pm	Cycle Cycle Studio - Melody 5:45am - 6:45am	Kid Fitness Basketball Gym- Maura 4:30pm - 5:15pm
Core Express Basketball Gym- Daniel 8:10am - 8:25am	Tai Chi Group Ex Studio- Wanda 3:15pm - 4:15pm	Pilates Basketball Gym- Carol 7:00am - 8:00am	Gentle Yoga Outside - Maura 3:30pm - 4:25pm	Core Express Bball Gym- Christina 8:10am - 8:25am	BODYCOMBAT Outside - Kelly 5:30pm - 6:15pm
Yoga Basketball Gym- Lisa V. 8:30am - 9:25am	Core Outside- Lori W. 5:00pm- 5:25pm	Core Express Basketball Gym- Daniel 8:10am - 8:25am	Kid Yoga Bball Gym - Lisa V. 4:30pm - 5:15pm	Yoga Basketball Gym- Kristen 8:30am - 9:25am	Cycle Cycle Studio - Lori W. 5:30pm - 6:30pm
BODYPUMP Basketball Gym- Shelley 9:30am - 10:25am	H.I.I.T Outside- Lori W. 5:30pm - 6:25pm	Body Sculpt Basketball Gym- Lori W. 8:30am - 9:25am		BODYPUMP Basketball Gym- Colleen 9:30am - 10:25am	
REFIT@ Dance Basketball Gym- Lori W. 10:30am-11:25am	Vin Yin Yoga Outside- Lisa R. 6:30pm - 7:25pm	H.I.I.T Basketball Gym- Lori W. 9:30am - 10:25am		Cycle Cycle Studio - Jessica 9:30am - 10:30am	
Prime, Foam Roll & Stretch Basketball Gym- Daniel 10:30am-11:25am		AOA Basketball Gym - Lori W. 10:30am - 11:25am		REFIT@ Dance Basketball Gym- Lori W. 10:30am - 11:25am	
Aqua Aerobics Pool - Susan 11:00am - 12:00pm		Aqua Aerobics Pool - Wanda 11:00am - 12:00pm		Aqua Aerobics Pool - Susan 11:00am - 12:00pm	
Flow Yoga Basketball Gym- Annie 11:30am - 12:25pm		Zumba Bball Gym - Annmarie 11:30am - 12:25pm		Flow Yoga Basketball Gym- Annie 11:30am - 12:25pm	
				SilverSneakers Classic Group Ex Studio- Shawna 12:45pm - 1:45pm	

THURSDAY		FRIDAY		SATURDAY	SATURDAY
AM	PM	AM	PM	AM	PM
BODYPUMP Basketball Gym - Shelley 5:45am - 6:45am	Tai Chi Group Ex Studio - Wanda 3:15pm - 4:15pm	Cycle Cycle Studio - Jessica 5:45am - 6:45am	Flow Yoga Basketball Gym - Annie 11:30am - 12:25pm	Stretch and Strength Basketball Gym - Lori W. 8:30am - 9:25am	Gentle Yoga Basketball Gym - Annie 12:00pm - 1:00pm
Core Express Bball Gym - Daniel 8:10am - 8:25am	Kid Zumba Bball Gym - Brittany 4:30pm - 5:15pm	Core Express Basketball Gym - Lori B 8:10am - 8:25am	SilverSneakers Classic Group Ex Studio - Shawna 12:45pm - 1:45pm	Cycle Cycle Studio - Katie 8:30am - 9:30am	
Body Sculpt Basketball Gym- Lori W. 8:30am - 9:25am	Zumba Outside - Daly 6:30pm - 7:30pm	Power Yoga Basketball Gym - Lori B 8:30am - 9:25am		Aqua Aerobics Pool - Wanda 9:00am - 10:00am	
H.I.I.T Basketball Gym - Lori W. 9:30am - 10:25am		BODYPUMP Basketball Gym - Colleen 9:30am - 10:25am		BODYPUMP Basketball Gym - Shelley 9:30am - 10:25am	
AOA Basketball Gym - Lori W. 10:30am - 11:25am		Cycle Cycle Studio - Carol 9:30am - 10:30am		Zumba Basketball Gym - Daly 10:45am - 11:45am	
Aqua Aerobics Pool - Wanda 11:00am - 12:00pm		Prime, Foam Roll & Stretch Basketball Gym- Daniel 10:30am-11:25am			
Zumba Bball Gym - Annmarie 11:30am - 12:25pm		BODYCOMBAT Basketball Gym - Colleen 10:30am - 11:25am			
Chair Yoga Group Ex Studio - Livi 12:45pm - 1:45pm		Aqua Aerobics Pool - Susan 11:00am - 12:00pm			

Facility Hours

Monday-Thursday: 5:30am - 9:00pm
Friday: 5:30am - 8:00pm
Saturday: 7:00am - 5:00pm
Sunday: 1:00pm - 5:00pm

KidZone Hours

Monday-Friday: 8:00am - 12:30pm
Monday-Thursday: 4:00pm - 7:30pm
Saturday: 8:00am-12:00pm

UPDATED July 25, 2019. Instructor, time and/or format are subject to change. **Kid's classes are in RED** New Classes in BLUE

CLASS DESCRIPTIONS

AOA Low impact cardiovascular movements designed to increase your heart rate combined with exercises to strengthen and tone.

BODY SCULPT Cardio exercises and weight training that uses a variety of equipment such as tubes, free weights, and body weight.

BODYPUMP™ This 60-minute workout challenges all of your major muscle groups by using the best weight room exercises such as squats, presses, curls and lifts. The ultimate in a full body, weight training experience.

BODYCOMBAT™ In this class you'll punch and kick your way to fitness, burning up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. You'll release stress, have a blast and feel like a champ.

CHAIR YOGA This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

CYCLE Class format includes a variety of resistances, speeds, and positions on the specialized bike. Water and towel are a must for this awesome cardio workout! *(Tickets are handed out 30 minutes prior to class to guarantee a bike)*

CORE A class that will strengthen and tone your core and glutes by using body weight, resistance bands, and hand held weights.

CORE EXPRESS A 15 min. express class that will strengthen and tone your core and glutes with a series of body weight exercises. A guaranteed burn.

FLOW YOGA Vinyasa, also called flow because of the smooth way that the poses run together, is one of the most popular contemporary styles of yoga. It's a broad classification that encompasses many different types of yoga. Each movement is synchronized to a breath.

GENTLE YOGA A great class for beginners—and everyone interested in exploring a gentle practice. This class includes basic breathing exercises, as well as a variety of foundational postures.

H.I.I.T A high intensity interval training class with combinations of cardio and toning segments designed to give you a healthy and lean body!

INTRO TO CYCLE Participants will learn basic setup, safety, and a short ride in this low impact class- the best way to start a workout.

PILATES Mat Pilates is a way to stretch and strengthen your body, primarily the muscles of the core. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Classes will blend the Classical Pilates Method with exercise variations and by using props and light weights. Pilates mat is a challenging yet safe method to sculpt your body and to feel increased agility in your every-day movements.

POWER YOGA A vigorous, fitness-based approach to vinyasa-style yoga.

PRIME, FOAM ROLL & STRETCH Focus on specific muscle groups each week that cause instability or muscle imbalances. The first 30 minutes will be strengthening with the last 30 minutes as stretching. The purpose of this class is to help people gain knowledge on exercises they can implement into their daily routines.

REFIT® CARDIO DANCE Cardio dance fitness class designed to engage the body, heart, and soul.

RESTORATIVE YOGA A slow-paced style of yoga with long-held, passive floor poses that mainly work the lower part of the body—the hips, pelvis, inner thighs, lower spine. These areas are especially rich in connective tissues. The poses are held for up to five minutes, sometimes longer.

SENIOR FITNESS TRIO A safe and effective low-impact cardio combined with toning and yoga exercises. A variety of easy to follow movements to promote heart healthy, total body conditioning improvements to increase endurance, flexibility and overall strength.

SILVERSNEAKERS CLASSIC This chair-based class offers a variety of activities to help you have fun as you increase muscle strength, tone and joint flexibility.

STRETCH AND STRENGTH This class has a little bit of everything to improve your flexibility and increase your muscle strength. You can expect to train both standing and on the floor. There will be moments that will challenge all levels, but options are provided to help you meet your individual physical requirements.

TAI CHI Originally developed in ancient China for self-defense, tai chi evolved into a graceful form of exercise that's now used for stress reduction and to help with a variety of other health conditions.

VIN-YIN YOGA This class will combine the best of what yoga has to offer for a healthy, happy human being! A combination of Vinyasa Flow to help warm up the body with breath and movement for flexibility and ending with Yin for extended relaxation and Yin supported postures to relax both body and mind.

YOGA This mind-body mat-based workout will strengthen and lengthen your muscles, help improve posture, enhance stability, increase core muscle strength, and improve flexibility using Ashtanga practices and poses.

ZUMBA Dance to a fusion of Latin and International music! It's a dynamic, exciting, and effective fitness class that maximizes caloric output, fat burning, and total body toning. Dance your way into fitness!