



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE CLASS SCHEDULE

1001 BURNS AVENUE, LAKE WALES, FL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
All In	5:30pm - Tim		5:30pm - Tim	5:30pm - Tim			
Cardio	5:30pm - Marie	5:30pm - Marie					
Circuit Training			8:30am - Nick		8:30am - Nick		
Pump-It-Up		8:30am - Stella	5:30pm - Stella	8:30am - Stella 5:30pm - Stella	5:30pm - Stella	9:00am - Stella	
Silver Sneakers			11:30am Carlotta MSROM		11:30am Carlotta MSROM		
Body Recall	9:30am - Carlotta		9:30am - Carlotta		9:30am - Carlotta		
Senior Fit		9:45am - Jaleen		9:45am - Jaleen			
Spinning	6:00am - Sandy 8:30am - Missy 5:30pm - Missy	6:00am - Arianne 4:15pm - Elizabeth 5:30pm - Trudi 6:45pm - Trudi	6:00am - Sandy 4:15pm - Sandy	6:00am Arianne 4:15pm - Missy	6:00am - Sandy 5:30pm - Trudi	8:00am - Trudi	
Yoga	11:00am - Eileen		10:30am - Jaleen Yoga 101	6:30pm - Stella	10:30am - Jaleen Yoga 101		
Zumba	9:30am - Sandy 6:30pm - Jane	4:15pm - Sandy	6:45pm - Cheryl	4:15pm - Sandy	4:15pm - Sandy	10:15am - Jane	
Zumba Toning	4:15pm - Jane	6:45pm - Jane		6:45pm - Jane			
Zumba Senior			10:30am - Carlotta		10:30am - Carlotta		

All In: This class combines unorthodox exercises into a really fun and challenging class that produces results.

Cardio: A constant cardio workout that will burn calories and build muscle.

Circuit Training: Get a total body workout as you make your way through various stations.

Pump-It-Up: Squat, lunge, press, and curl your way to a new body in this high intensity exciting class.

Silver Sneakers: Muscle Strength Range Of Motion, that is what seniors will focus on in these classes.

Body Recall: Keep your bodies in top shape in this class designed for active older adults.

Senior Fit: This is a great class for seniors who are looking to maintain an optimum level of physical fitness.

Spinning: Join this class for an amazing workout on our stationary bikes.

Yoga: Strengthen those muscles, and relax your mind!

Zumba: Come be a part of the fun! Dance your way to weight loss.

Zumba Toning: Take Zumba and add dumbbells, this is a recipe for some serious toning.

Zumba Senior: Seniors get your party groove on while exercising to Latin American music.

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