



YMCA AT BAPTIST NORTH GROUP EXERCISE SCHEDULE APRIL 2017

11236 Baptist Health Drive, Jacksonville, FL 32218
904.592-9622
www.firstcoastymca.org

Monday

8:00-9:00am	Yoga	Bonnie/MP Room
8:30-9:15am	Cycle	Darnell/Cycle Studio
9:15-10:15am	BodyPump	Ashley/GX Studio
10:30-11:15am	SilverSneakers	Kelly/GX Studio
5:30-6:30pm	BodyPump	Paulina/GX Studio
6:45-7:45pm	Zumba	Paulina/GX Studio
7:00-8:00pm	Yoga	Sandy/MP Room

Tuesday

6:00-6:45am	Cycle	Sky/Cycle Studio
8:00-8:30am	CORE	Alexis/GX Studio
9:00-10:00am	Hip Hop Step	Alexis/GX Studio
9:30-10:30am	Yoga	Sandy/MP Room
10:30-11:15am	SilverSneakers	Judy/GX Studio
11:30-12:30pm	Zumba	Sandy/GX Studio
2:00-3:00pm	Line Dance	Kim/GX Studio
5:30-6:30pm	BodyCombat	Amanda/GX Studio
6:00-6:45pm	Cycle	Josh/Cycle Studio
6:00-6:30pm	Beginner Tae Kwon Do	Cyril/MP Room
6:30-7:15pm	Int. Tae Kwon Do	Cyril/MP Room
6:45-7:45pm	Zumba	Kyndall/GX Studio
7:15-8:00pm	Adv. Tae Kwon Do	Cyril/MP Room

Wednesday

8:00-9:00am	Line Dance	Kim/GX Studio
8:30-9:15am	Cycle	Darnell/Cycle Studio
9:15-10:15am	BodyPump	Ashley/GX Studio
9:30-10:30am	Yoga	Elyse/MP Room
10:30-11:00am	Kids Yoga	Elyse/MP Room
10:30-11:00am	SilverSneakers	Sky/GX Studio
5:30-6:30pm	BodyPump	Georgette/GX Studio
6:45-7:45pm	Zumba	Tamara/GX Studio
7:00-8:00pm	Yoga	Dorie/MP Room

Thursday

6:00-6:45am	Cycle	Sky/Cycle Studio
8:00-8:30am	CORE	Alexis/GX Studio
9:00-10:00am	Hip Hop Step	Alexis/GX Studio
10:30-11:15am	SilverSneakers	Judy/GX Studio
11:30-12:30pm	Zumba	Tamara/GX Studio
2:00-3:00pm	Line Dance	Kim/GX Studio
5:30-6:30pm	BodyCombat	Jennifer D./GX Studio
6:00-6:45pm	Cycle	Josh/Cycle Studio
6:00-6:30pm	Beginner Tae Kwon Do	Cyril/MP Room
6:30-7:15pm	Int. Tae Kwon Do	Cyril/MP Room
6:45-7:45pm	Zumba	Kyndall/GX Studio
7:15-8:00pm	Adv. Tae Kwon Do	Cyril/MP Room

Friday

9:30-10:30am	Yoga	Bonnie/MP Room
10:00-11:00am	Zumba	Tamara/GX Studio
11:00-11:45am	SilverSneakers	Sky/GX Studio
6:00-7:00pm	Zumba	Khirston/GX Studio

Class format, time & instructor are subject to change. Tae Kwon Do and Gymnastics are fee-based programs which require separate registration.

Saturday

9:00-10:00am	BodyPump	Staff/GX Studio
9:00-9:45am	Cycle	Josh/Cycle Studio
9:00-11:00am	Gymnastics	Milan/MP Room
10:00-11:00am	BodyCombat	Jennifer R./GXStudio
11:00-12:00pm	Zumba	Khirston/GX Studio
11:15-11:45am	CORE	Jennifer R./MP Room

Facility Hours

Monday - Thursday	5:00am-8:30pm
Friday	5:00am-7:00pm
Saturday	8:00am-12:00pm
Sunday	Closed

KidZone Hours

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

Class Descriptions

BODYCOMBAT™ – This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

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.

CORE - 30 minutes of intense core work. Set to upbeat music, you will work your entire core in this class as well as have a lot of fun! This class is for all fitness levels, and is a great way to fit a quick but challenging workout into your busy day.

Cycle – This indoor cycling class provides a fun and challenging cardiovascular workout for all fitness levels. Set to heart pumping music you will run, jump, climb and sprint your way to increased speed, strength and calorie burn. Please bring water and wear proper attire including closed toe athletic or cycling shoes.

Hip Hop Step - It's a step aerobic, hip-hop dance hybrid that is the hottest thing in town. Hip Hop Step feels like more of a club scene than a class. The music and choreography create a vibe to enhance the your rhythm. It's funky and it is a cool way to throw more variety into your cardio mix.

Kid's Yoga - Kid's Yoga explores yoga poses, breathing exercises, visual imagery and relaxation techniques and conveys lessons in self-expression and positive thinking.

Line Dance - This class will have you kicking up your heels with a unique version of country and western style line dancing. All are invited to participate.

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

Yoga – A combination of stretching and strengthening while connecting with the spirit, mind and body. This restore and renew Yoga class integrates asana, with deep abdominal breathing and relaxation.

Zumba – Dance to a fusion of Latin and International music! A dynamic, exciting, effective fitness class maximizing caloric output, fat burning and total body toning. Dance your way into fitness!