

# GROUP EXERCISE

last updated: 01/11/09

## Brooks Family YMCA

Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:05a	Studio C		Group Cycle		Group Cycle			
5:45a	Studio A		BODYSTEP		BODYCOMBAT			
	Gym	BODYPUMP		BODYPUMP		BODYPUMP		
6:00a	Studio C	Group Cycle	Group Cycle	Group Cycle	Group Cycle	Group Cycle		
	Lap Pool			Master's Swim		Master's Swim		
7:30a	Studio C						Group Cycle	
	Gym						BODYPUMP	
	Lap Pool			Stroke Improv				
8:15a	Studio A					Circuit Training		
8:30a	Studio A						BODYSTEP Exp.	
	Studio C		Group Cycle				Group Cycle	
	Gym			BODYPUMP				
9:00a	Studio C						Group Cycle	
9:30a	Studio A		BODYATTACK	BODYSTEP	Zumba			
	Studio B		Stretch & Tone		Stretch & Tone	Int. Pilates		
	Studio C		Group Cycle	Group Cycle	Group Cycle			
	SMB	Yogalates		Yoga		Gentle Yoga	BODYFLOW	
	Gym	BODYPUMP				BODYPUMP	BODYPUMP	
10:00a	Studio C						Group Cycle	
	Lap Pool						Aqua Fitness	
10:15a	Studio C						Group Cycle	
10:30a	Studio A	BODYSTEP	AbSoulution	BODYJAM	BODYATTACK	Low Impact	Zumba	
	Studio B				AbSolution		BODYATTACK	
	Studio C	Virtual Cycle				Group Cycle		
	SMB	Yoga	Gentle Yoga	Pilates	BODYFLOW	Int. Yoga	Fitness Yoga	
	Gym					BODYCOMBAT	BODYCOMBAT	
	Conf Room	SilverSneakers		SilverSneakers				
	Lap Pool	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness		
11:10a	Therapy Pool						Aqua Arthritis	
11:30a	Studio A	Line Dancing	Forza		BODYSTEP Exp.	Line Dancing		
	Studio B							
	Studio C		Group Cycle		Group Cycle			
	SMB		BODYFLOW					
	Gym	BODYPUMP		BODYPUMP		BODYPUMP		
12:10p	Studio C	Group Cycle		Group Cycle				
	Therapy Pool	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis		
12:30p	Studio A			Line Dancing				
	SMB	Pilates Fusion	Yoga			Fitness Yoga		
1:10p	Therapy Pool	Aqua Arthritis		Aqua Arthritis		Aqua Arthritis		
2:00p	Studio A		MS Fitness	Adaptive Zumba	MS Fitness			
	Gym							BODYPUMP
<b>Visit <a href="http://firstcoastymca.org">firstcoastymca.org</a> for instructor names and up to date changes!</b>								
3:00p	Studio A							BODYSTEP
3:30p	SMB							
4:00p	Studio A							Zumba
	SMB							Fitness Yoga
4:30p	Studio A	Line Dancing				Dance Step		
	Studio C	Group Cycle				Group Cycle		
	Gym		BODYPUMP		BODYPUMP			
5:30p	Studio A		BODYATTACK	BODYSTEP				
	Studio B					Adaptive Zumba		
	Studio C	Group Cycle	Group Cycle	Group Cycle	Group Cycle			
	SMB	Pilates	Fitness Yoga	Pilates				
	Gym	BODYPUMP			BODYCOMBAT	BODYPUMP		
6:00p	Lap Pool	Master's Swim	Aqua Fitness	Master's Swim	Aqua Fitness			
6:10p	Therapy Pool	Aqua Arthritis						
	Lap Pool	Adapt Aqua Zumba						
6:35p	Studio A	BODYSTEP	BODYSTEP		BODYATTACK	ZUMBA		
	Studio B		Zumba	Intro to Zumba				
	Studio C	Group Cycle	Group Cycle	Group Cycle	Group Cycle			
	SMB	BODYFLOW	Gentle Yoga	BODYFLOW	BODYFLOW	Yoga		
	Gym	BODYCOMBAT		BODYPUMP				
7:40p	Studio A	BODYJAM	BODYPUMP	Zumba	BODYJAM			
	Studio B	Ballroom Dance		AbSolution	Forza			
	Studio C							
	SMB	Absolution		Fitness Yoga	Belly Dancing	Absolution		
	Gym							



**NOTES:**

- Classes are held in Studio A (downstairs), Studio B (upstairs), Studio C (upstairs), Spirit-Mind-Body (SMB) (downstairs), Conference Room 3, in the basketball gym (downstairs), in the Lap Pool (through the locker room), and in the Therapy Pool (through the locker room).
- We are a proud participant of the Les Mills program, which is world known and unique. All classes beginning with "BODY" are Les Mills classes and are updated with a new series every 12 weeks.

Updates made to schedule
Fee based program

# AQUATICS

Program Pool							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adaptive Zumba	5:00-6:00p (1)						
Adaptive Adult Swim				12:00-1:30p (2)			
Aqua Fitness	10:30-11:30a (3)	10:30-11:30a (3)	10:30-11:30a (3)	10:30-11:30a (3)	10:30-11:30a (3)	10:00-11:00a (3)	
		6:00-7:00p (3)		6:00-7:00p (3)			
Family Swim	3:00-4:30p (1) 7:30-9:45p (2)	2:00-5:00p (2) 7:00-9:45p (2)	3:00-4:30p (1) 7:30-9:45p (2)	2:00-5:00p (2) 7:00-9:45p (2)	3:00-5:00p (1) 6:00-8:45p (2)	12:00-5:45p (2)	12:00-5:45p (2)
Lap Swim	5:15-10:30a (5) 10:30-11:30a (2) 11:30a-3:00p (5) 3:00-6:00p (4) 6:00-7:30p (1) 7:30-9:45p (3)	5:15-10:30a (5) 10:30-11:30a (2) 11:30a-2:00p (5) 2:00-6:00p (3) 6:00-7:00p (2) 7:30-9:45p (3)	5:15-6:00a (5) 6:00-8:30a (1-2) 8:30-10:30a (4) 10:30-11:30a (2) 11:30a-3:00p (5) 3:00-6:00p (4) 6:00-7:30p (1) 7:30-9:45p (3)	5:15-10:30a (5) 10:30-11:30a (2) 11:30a-2:00p (5) 2:00-6:00p (3) 6:00-7:00p (2) 7:30-9:45p (3)	5:15-6:00a (5) 6:00-7:30a (1) 7:30-10:30a (4) 10:30-11:30a (2) 11:30a-3:00p (5) 3:00-7:00p (4) 7:00-8:45 (3)	7:15-10:00a (4) 10:00a-5:45p (3)	7:15a-12:00p (5) 12:00-5:45p (3)
Master's Swim	6:00-7:30p (4)		6:00-7:30a (4) 6:00-7:30p (4)		6:00-7:30a (4) 6:00-7:30p (4)		
Stroke Improvement			7:30-8:30a (3)				
Swim Lessons	Private lessons are available throughout the day.						

## Therapy Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adaptive Kids Swim				5:00-6:30p			
Aqua Arthritis	12:10-1:00p 1:10-2:00p 6:10-7:00p	12:10-1:00p	12:10-1:00p 1:10-2:00p	12:10-1:00p	12:10-1:00p 1:10-2:00p	11:10a-12:00p	
Therapy Swim	5:15-8:45a 5:00-6:00p 7:00-9:45p	5:15a-8:45a 1:00-2:00p 4:00-9:45p	5:15a-8:45a 5:00-9:45p	5:15a-8:45a 1:00-2:00p 4:00-9:45p 6:30-9:45p	5:15a-8:45a 5:00-8:45p	7:15-11:10a 12:00-5:45p	7:15a-5:45p
Pool Closed	9:00a-12:00p 2:00-5:00p	9:00a-12:00p 2:00-4:00p	9:00a-12:00p 2:00-5:00p	9:00a-12:00p 2:00-4:00p	9:00a-12:00p 2:00-5:00p		

**NOTES:** You must be at least **12 years old (and a Green Level swimmer)** to swim in the Program Pool without adult supervision (except during family swim) and **18 years old to use the Therapy Pool (except for specified classes)**. Parents with infants are allowed in the Therapy Pool for water acclimation. During our peak swim times, sharing lanes and circle swimming may be necessary. **(During aquatic staff training, additional lanes may be needed.)**

# GYM

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15a	Gym	Open Gym	Pick-up Bball	Open Gym	Pick-up Bball	Open Gym	<b>Opens at 7:00a</b>	Open Gym
5:45a	Gym	BODYPUMP		BODYPUMP		BODYPUMP		
6:30a	Gym	Open Gym	Open Gym	Open Gym	Open Gym	BODYPUMP		
7:30a	Gym			BODYPUMP		BODYPUMP		
8:30a	Gym			Open Gym		BODYPUMP		
9:30a	Gym	BODYPUMP	Pick-up Bball	Open Gym	Pick-up Bball	BODYCOMBAT	BODYCOMBAT	
10:30a	Gym	Open Gym		BODYPUMP	BODYCOMBAT	Pick-up Bball	Pick-up Bball	
11:30a	Gym	BODYPUMP	Open Gym	Pick-up Bball	Open Gym	Pick-up Bball		
12:30p	Gym	Pick-up Bball		Open Gym	Open Gym	Adaptive Rugby	BODYPUMP	
1:30p	Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
2:00p	Gym			BODYPUMP				BODYPUMP
3:00p	Gym			Pick-up Bball	BODYCOMBAT	Adaptive Bball		
3:30p	Gym			BODYPUMP				
4:30p	Gym	BODYPUMP	Pick-up Bball	BODYPUMP	Volleyball			
5:30p	Gym	BODYCOMBAT	Adaptive Rugby	Pick-up Bball				
6:30p	Gym	Pick-up Bball					<b>Closes at 6:00p</b>	
7:30p	Gym							
9:30p	Gym							