



SPURLINO FAMILY YMCA

JANUARY GROUP FITNESS SCHEDULE

Classes are 55 minutes unless otherwise specified.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 a.m. BODYPUMP® Carlos		5:30 a.m. BODYCOMBAT® Sara		5:15 a.m. BODYPUMP® Mary		
8:30 a.m. HIIT Lina (45min)	8:30 a.m. BODYPUMP® Jessica S.	8:30 a.m. HIIT Elyse (45 mins)	8:30 a.m. BODYPUMP® Jessica S.	8:30 a.m. CARDIO KICKBOXING Natalie	8:00a.m. ZUMBA® Shalimar	
9:30 a.m. BODYPUMP® Sandra	9:30 a.m. STRONG BY ZUMBA® Lina	9:30 a.m. BODYPUMP® Carlos	9:30 a.m. STRONG BY ZUMBA® Lina	9:30 a.m. BODYPUMP® Jen	9:00 a.m. BODYPUMP® Jessica S.	
10:30 a.m. ZUMBA® Chantal S.	10:30 a.m. CXWORX® (30 mins) Carlos	10:30 a.m. ZUMBA® Natalie	10:30 a.m. CXWORX®(30 mins) Athena	10:30 a.m. ZUMBA® Chantal S.	10:00 a.m. CXWORX® Carlos/Audrey	
11:30 a.m. ZUMBA® GOLD Damaris	11:30 a.m. SILVER & FIT (AOA) Lina	11:30 a.m. ZUMBA® GOLD Damaris	11:30 a.m. AGING IN SHAPE (AOA) Lina		10:30 a.m. BODYCOMBAT® Mechelle/Jessica B.	
		12:30 p.m. DANCE & TONE (AOA) Emma			11:30 a.m. HIIT Elyse	
4:30 p.m. BODYCOMBAT® Mechelle	4:30 p.m. ZUMBA® Natalie	5:30 p.m. BODYATTACK® (30 mins) Gigi	4:30 p.m. BODYSTEP® Melanie	4:30 p.m. HIIT Elyse		
5:30 p.m. BODYPUMP® David	5:30 p.m. BODYSTEP® Christy	6:00 p.m. BODYPUMP® Tiffani	5:30 p.m. ZUMBA® Shalimar	5:30 p.m. BODYPUMP® Jamie		
6:30 p.m. UJAM Heather	6:30 p.m. BODYPUMP® Ilia	7:00 p.m. BODYCOMBAT® Tiffani	6:30 p.m. BODYPUMP® Stacey			
7:30 p.m. ZUMBA® OJ			7:30 p.m. ZUMBA® OJ			

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SPURLINO FAMILY YMCA
JANUARY MIND/BODY SCHEDULE

Classes are 55 minutes unless otherwise specified.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			6:30 a.m. YOGA Mariya	6:30 a.m. YOGA Mariya		
8:30 a.m. BARRE Chantel D.		8:30 a.m. BARRE Natalie			8:30 a.m. BARRE Mechelle	
9:30 a.m. PILATES Chantel D.	9:30 a.m. YOGA Natalie	9:30 a.m. PILATES Chantel D.	9:30 a.m. YOGA Natalie	9:30 a.m. PILATES Linda		
10:30 a.m. BODYFLOW® Sandra	10:30 a.m. PIYO Natalie	10:30 a.m. BODYFLOW® Athena	10:30 a.m. PIYO Natalie	10:30 a.m. BODYFLOW® Jen		
11:30 a.m. NIA - NON IM-PACT AEROBICS Gail		11:30 a.m. NIA - NON IM-PACT AEROBICS Gail		11:30 a.m. BARRE Natalie	11:30 a.m. YOGA Mariya	
	4:30 p.m. PILATES Rachel W.		4:30 p.m. PILATES Rachel W.			
5:30 p.m. PILATES Bobbi	5:30 p.m. YOGA Rachel W.	5:30 p.m. PILATES Bobbi	5:30 p.m. YOGA Rachel W.			
6:30 p.m. YOGA Bobbi		6:30 p.m. YOGA Bobbi				

Class Descriptions

BODYCOMBAT®: A high-energy, no-contact cardio workout inspired by martial arts such as karate, boxing, tai chi, and muay thai. You'll destroy up to 740 calories per hourlong class.

BODYFLOW®: A mat-based class that combines Yoga, Tai Chi, and Pilates into a full body workout that builds flexibility and core strength while leaving you feeling calm and centered.

BODYPUMP®: The original barbell workout that challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curl to build muscle and burn up to 430 calories*. Individual weight selections let you choose to go light or heavy.

BODYATTACK— Is the sports inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

CXWORX®: This 30-min program is the ultimate way to get a tight and toned core, by honing abs, glutes, back, obliques and "slings," which connect upper and lower body. You'll work with tubes, weight plates, and your own body weight.

BODYSTEP—is an energizing step workout. Using a height adjustable step and simple movements on, over and around the step. You get huge motivation from sing a long music. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

CARDIO KICKBOXING—This class combines martial arts techniques with fast paced cardio. High energy workout challenges the beginner and elite athlete alike. Build stamina and improve your coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

HIIT— stands for high intensity interval training. A workout that varies from week to week. Challenge the entire body's cardiovascular and muscular capabilities. This type of training gets and keeps your heart rate up and burns more fat in less time.

YOGA: Let the worries of the day-to-day grind melt away while improving flexibility, strength, balance and achieving overall relaxation!

PILATES: A low-impact workout that improves the stability and strength of the core as you strengthen and tone your body.

NIA- NON IMPACT AEROBICS — The NIA (Non Impact Aerobics) technique is a mind/body movement practice based on the science of the body. There is no jumping or jarring of the joints! NIA is an inspiring blend of dance arts, martial arts & healing arts.

BARRE—A full body workout that fuses the best elements of ballet, pilates, sports conditioning and stretching for a truly unique and fun experience. The moves are low impact but high intensity of strength training with deep stretching. This workout will sculpt the entire body.

PIYO—This is a Beachbody class combining pilates and yoga. It's a low impact workout that strengthen and sculpts the body, and enhances flexibility.

ZUMBA®: Ditch the workout! Join the fun! Zumba mixes low intensity and high intensity moves for an interval style, calorie burning dance fitness party! A total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave a class.

STRONG BY ZUMBA— Is a high intensity interval training that combines bodyweight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to mach every single move. Every squat, lunge, burpee is driven by music, helping you make it to that last rep and maybe even more! THIS IS NOT A DANCE CLASS

ZUMBA GOLD — This class is specially designed low to moderate impact fitness for active older adults and first timers based upon the same dance moves used in the original Zumba classes.

AOA—(Active Older Adults) - Get up and go with a fitness class thats safe, heart healthy and gentle on the joints. The workout includes easy to follow, low impact movement, and upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

SILVER & FIT (AOA) — Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills.

AGING IN SHAPE (AOA) — Combine fun with fitness for a full body workout with low impact aerobics to increase your cardiovascular and muscular endurance power while using a variety of fitness equipment, such as hand held weights, tubing, and exercise balls; finishing off with stretching. (Chairs for standing support may be used).

DANCE & TONE—(AOA) - A fun workout incorporating dance fitness with weights, tubing and a ball.

UJAM Fitness—Ujam is an athletic urban dance fitness workout that combines dance and high energy music for a workout that is bound to get your heart rate up, your body moving, and make you work up a sweat—all while having fun.

Youth Orientation required for members between 10-14 years of age and can be scheduled with a Wellness Coach.

After Youth Orientation, ages 10-11 are welcome to attend non-weight based classes with a parent. Ages 12-14 may attend all group fitness classes once Youth Orientation has been completed.



SPURLINO FAMILY YMCA

JANUARY WATER FITNESS SCHEDULE

Classes are 55 minutes unless otherwise specified.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 a.m. AQUAPILATES Sharon	9:00 a.m. AQUABATA Lina		9:00 a.m. AQUAPILATES Sharon	
	10:00 a.m. AQUASPLASH Sharon	10:00 a.m. AQUACIRCUIT Lina		10:00 a.m. AQUASPLASH Sharon	

Please bring a bottle of water and towel to every class. Water shoes are optional.

Inclement Weather: Exercise classes will be cancelled 30 mins. prior to the start of class due to inclement weather or when the temperature is lower than 55°F, as determined by weather.com for zip code 33534. Please call the Welcome Center for class status. During colder months, the water heaters are set at 83 degrees.

Members ages 10-11 are welcome to attend group fitness classes with a parent, after completing the Youth Orientation class and have passed the YMCA Swim Test.

Members ages 12-14 may attend all water classes after attending the Youth Orientation class and have passed the YMCA Swim Test.

Class Descriptions

AquaCircuit: This is a great class for those seeking a lower-intensity workout. It's a great overall body workout without the high impact.

AquaBata: Shallow water total body interval workout set to FUN music!

AquaPilates: Strengthen the core and incorporate it while performing isolation exercises for the arms, legs, back and shoulders.

AquaSplash: For those looking for a lower intensity workout without the high impact on the bodies joints, this is a great overall workout for the entire body.

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SPURLINO FAMILY YMCA

JANUARY INDOOR CYCLING SCHEDULE

Classes are 45 minutes unless otherwise specified.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30 a.m. SPRINT® (30 mins) Susan					
8:30 a.m. SPINNING Jamie		8:30 a.m. RPM® Carlos		8:30 a.m. RPM® Dinah	8:00 a.m. RPM® Carlos/Audrey	
				9:30 a.m. SPRINT® (30 mins) Dinah	9:00 a.m. SPRINT® (30 mins) Carlos/Audrey	
	4:30 p.m. SPRINT® (30 mins) Stacey		4:30 p.m. SPRINT® (30 mins) Audrey			
5:30 p.m. RPM® Dinah			5:30 p.m. RPM® Stacey			
6:30 p.m. SPRINT® (30 mins) Dinah	6:30 p.m. SPINNING Audrey					

Indoor cycling is designed to be an individually paced journey to mental and physical wellbeing. All of our instructors are nationally certified. Give yourself time to get “cycle fit” by attending classes regularly to build your endurance. If you are new to cycling, please ask the instructor for assistance in setting up your bike to ensure a safe, fun ride. Bring a bottle of water and a towel; heart rate monitors, bike shorts, special cycling shoes are not required but are certainly permitted.

After class, you'll need to turn the bike's resistance completely to the left and wipe down the seat and handlebars.

Can families cycle together? Yes, though kids between 10 and 12 must be accompanied by an adult, be hip-height to the bike seat and able to reach the pedals. All youth must complete a Youth Orientation session to participate in group exercise classes. Enroll in Youth Orientation at the Welcome Center or speak with a Wellness Coach.

Indoor Cycling Class Descriptions

SPINNING: Each class works a different energy zone. Strength builds lean muscle through consistent moderate to heavy resistance and a steady heart rate. Interval brings the heart rate up and then provides an active recovery.

RPM®: An indoor cycling workout that rides with the rhythm of powerful music. You'll cover mixed terrain, hills, flats, intervals and time trials, sweating your way to a great ride.

SPRINT®: HIIT on a bike! High-intensity interval training that builds lean muscle and burns calories for hours, even after your 30-minute ride!

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