

CLASS DESCRIPTIONS

20/20 20 mins of core & 20 mins of strength. Lower reps with heavier weight!

AOA Slightly more advanced than Silver Sneakers. Stay fit, strong and flexible with low impact aerobics, strength training, balancing and gentle stretching. This class does not utilize a chair.

AQUA Exercise in the water is a low-impact activity that puts less stress on the joints. When the entire body is underwater, it experiences almost zero gravity since the water carries 90 percent of the body's weight. This buoyancy helps by improving their balance and strength. **At minimum, if the air temperature is 50 degrees or lower classes are to be cancelled.**

BARRE Combine the best of ballet, Pilates, conditioning, and stretching for a low-impact but intense training that creates long, lean muscle and improved posture.

BODYCOMBAT™ A high-energy, no-contact cardio workout inspired by martial arts such as karate, boxing, tai chi, and muay thai.

BODYBALANCE™ A mat-based class that combines Yoga, Tai Chi, and Pilates into a full body workout to build flexibility and core strength while leaving you feeling calm and centered.

BODYPUMP™ A barbell workout to challenge all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Choose light or heavy weights based on your ability and goals.

CHAIR YOGA A gentler form of yoga using a chair for stability and support.

CARDIO BARRE Cardio Barre is an energetic, low impact workout that blends ballet-inspired movements, strength training, and cardio exercises to improve endurance, tone muscles, enhance balance, and boost overall fitness. Suitable for all fitness levels.

CIRCUIT TRAINING Challenge your entire body while building strength and endurance in this fun, high-paced circuit training routine. Steps, free weights and resistance bands are all fair game

CORE & MORE Improved your posture, strengthen your core and increase flexibility through a variety of exercises that work the muscles of your back, hips, glutes and abdomen.

CRUSHER MAXIMUM efficiency! This class is a quick but challenging 45 minute full body workout designed to improve your cardio and strength endurance. Get ready to elevate your heart rate and burn some major calories!

CYCLING Cardio workout that moves you to the music. Focuses on strength training, speed, intervals or more at the instructor's discretion.

GENTLE YOGA This class focuses on joint mobility in the spine, shoulders, hips and extremities. This class may increase your range of motion, reduce pain, alleviate stress, and improve your quality of life.

H.E.A.T. High energy athletic training—A total body workout where anything goes. Drills, lunges, calisthenics, plyometric and agility training. A challenging workout for the high energy athlete. Modifications shown.

HIGH FITNESS High Fitness is a full body workout that improves overall endurance, stamina, strength, and cardiovascular health. It is an intense yet fun fitness class that incorporates aerobic interval training with music and easy choreography. HIGH Fitness produces a high caloric burn and full-body toning

HIIT 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.

HIIT CYCLE A fast-paced workout combining high-intensity cardio intervals with weighted exercises to build strength.

PILATES Combine strength & flexibility, with an emphasis on challenging the core muscles in each movement. Pilates is a challenging yet safe method to sculpt your body & feel increased agility in your every day movements.

RESTORTIVE YOGA Restorative yoga is a gentle, relaxing style of yoga that uses supported poses, props, and slow breathing to help the body and mind deeply relax.

SCULPT Tone up and sculpt your entire body! This class is designed to improve muscular strength and endurance with resistance training exercises that target major muscles using a variety of equipment.

SHAPESTM™ is a low-impact, full-body workout that combines elements of sculpt training, Pilates, and power yoga to build strength and improve flexibility

SILVER SNEAKERS® CARDIO A safe, effective aerobic class that is heart-healthy and easy on the joints. Easy-to-follow, low-impact movement, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

SILVER SNEAKERS @ CLASSIC Exercises designed to increase muscular strength, range of movements and activities for daily living. Hand-held weights, elastic tubing and a Silver Sneakers ball are all offered for resistance. A chair is used for seated exercises and/or standing support.

SILVER SNEAKERS @ YOGA Incorporates gentle stretching, correct breathing and relaxation techniques. A chair is offered for support.

SLOW FLOW YOGA A mindful yoga flow that connects breath with movement. Slow Flow focuses on stretching, mobility, balance, and relaxation, making it a great option for all fitness levels.

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

TOTAL BODY CONDITIONING Blend of cardio, strength training, power and balance to work your entire body.

YOGA Focus on breathing, moving, and meditating for complete physical and mental well-being in these mat-based classes. Practice at the instructor's preference.

YOGALATES Mixture of Pilates and Yoga, designed to increase core strength, while increasing flexibility and reducing stiffness.

ZUMBA® Mix low- and high-intensity moves for an interval style, calorie-burning Latin-inspired dance fitness party! Come ready to sweat and leave empowered and feeling strong

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOTIVATION
SUPPORT

QUARTERLY GROUP FITNESS SCHEDULE
OCT / NOV / DEC 2026

FACILITY HOURS

Mon-Thurs	5:00am-9:30pm
Friday	5:00am-8:30pm
Saturday	7:00am-6:00pm
Sunday	8:00am-5:00pm



Download our mobile app YMCA360 to view the full schedule and class descriptions or visit us on the web at www.tampaymca.org.

STAY & PLAY HOURS

Mon-Fri	8:45am-12:00pm & 4:00pm-8:00pm
Saturday	8:45am-12:00pm
Sunday	8:45am-12:00pm

Green = Active Older Adults **Purple= Mind and Body**
Blue = Aqua **Orange= Cardio**
Red = Strength

GROUP FITNESS SCHEDULE

Classes are 50 minutes unless otherwise specified.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Crusher 6:30am Becca		
20/20 9:00am Nikki	HIGH FITNESS 9:00am Audrey	BODY SCULPT 9:00am Syreeta	LES MILLS- BODYPUMP™ 9:00am Mark	HIIT 9:00am Randy	LES MILLS STRENGTH DEVELPMENT™ 9:00am Julie (coming soon)	
HIIT 10:00am Nikki	LES MILLS STRENGTH DEVELPMENT™ 10:00am Kelly C	HIGH FITNESS 10:00am Audrey	HEAT 10:00am Mark	TOTAL BODY 10:00am Randy	CIRCUIT 10:00am Christine	
ZUMBA GOLD® 11:00am Maria	ZUMBA® 11:00am Vivian	CIRCUIT 11:00am Chantel	CORE & MORE 11:00am Randy			
SilverSneakers® 12:00pm Debbie	SilverSneakers® CARDIO 12:00pm Debbie	AOA 12:00pm Chantel	SilverSneakers® 12:00pm Kelly C	CHAIR YOGA 11:00am Marria		
	AOA 1:00pm Debbie	ZUMBA GOLD® 1:00pm Vivian	SilverSneakers® YOGA 1:00pm Kelly C			
LES MILLS- BODYPUMP™ 5:00pm Mark			ZUMBA® 5:00pm Syreeta	ZUMBA® 5:00pm Kenya		
HEAT 6:00pm Mark	LES MILLS BODY- COMBAT™ 6:00pm Jessica	BODY SCULPT 6:00pm Christine	LES MILLS- BODYPUMP™ 6:00pm Kelli			

WATER FITNESS SCHEDULE

Classes are 50 minutes unless otherwise specified.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			AQUA 8:30am Chantel			
	AQUA YOGA 9:30am Angie					
AQUA 10:30am Debbie		AQUA ZUMBA® 10:30am Syreeta				

INDOOR CYCLING SCHEDULE

Classes are 50 mins unless otherwise specified

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			LES MILLS SPRINT™ 6:00am (30 mins) Chris			
LES MILLS SPRINT™ 9:30am (30 mins) Kelly B		LES MILLS SPRINT™ 9:30am (30 mins) Kelly B		HIIT CYCLE 9:30am Alexis	CYCLE 8:30am Rotation	
	HIIT CYCLE 10:30am Alexis		HIIT CYCLE 10:30am Alexis			
LES MILLS SPRINT™ 5:30pm (30 mins) Chris		LES MILLS SPRINT™ 5:30pm (30 mins) Chris				

MIND BODY SCHEDULE

Classes are 50 minutes unless otherwise specified.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CARDIO BARRE 6:30am (45 min) Katie					
SLOW FLOW YOGA 9:00am Matt			LES MILLS PILATES™ 9:00am Kenya		LES MILL SHAPE™ 8:00am Julie (coming soon)	
LES MILLS- BODYBALANCE™ 10:00am Sue		BARRE 10:00am Becca	LES MILL SHAPE™ 10:00am Kenya	LES MILLS- BODYBALANCE™ 10:00am Sue	SLOW FLOW YOGA 10:00am Audra	
	GENTLE YOGA 11:00am Angie					GENTLE YOGA 11:00am Namgay (75 min)
		PILATES 5:00pm Christine				
YOGALATES 6:00pm Audra	RESTORATIVE YOGA 6:00pm Audra		YOGA 6:00pm Syreeta			