

Class Description

LesMills

BODYPUMP

Using light to moderate weights with lots of repetition, BodyPump gives you a total body workout. You will be coached through scientifically proven movements and methods such as squats, presses, deadlifts, and curls. You will also be met with encouragement and great music for motivation.

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BODYFLOW

Designed to strengthen the whole body, increase flexibility, enhance joint mobility, and provide a sense of calmness. BodyFlow includes a combination of simple yoga, Tai Chi, and Pilates.

LesMills

BODYCOMBAT

A high energy martial arts inspired class. Designed to improve agility, balance, and coordination. BodyCombat incorporates different martial art styles such as Karate, Boxing, Muay Thai, Kung Fu, and Capoeira. You will be coached through easy to follow movements and use functional training movements including squats, lunges, and push ups.

CHAIR YOGA

Chair yoga is a practice that is beneficial to all. In these classes you will use the support of a chair to arrive in yoga poses, move, breathe, and ultimately feel good! Benefits of chair yoga include increased mobility, increase strength, stretch the body, reduce stress, reduce pain, and clear the mind. Chair yoga works hand and hand with physical therapy, promotes healing and is for all ages!

CYCLE

Cycle is an indoor cycling class that blends together cardio, endurance training, and strength. Designed to be high intensity and low impact. Cycle is suitable for all ages and fitness levels.

Interval Training

High intensity interval workout, utilizing body weight and various equipment with the focus being on strength, cardio and core.

Silver Sneakers

Designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

Silver Sneakers Stretch

Designed to increase flexibility, blood flow, and provide relaxation and stress relief. Silver Sneakers Stretch utilizes a variety of different stretches and class can be modified depending on fitness levels.

20/20/20

20/20/20 is described as 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core/balance with stretching. This gives you a total body workout.

PiYo

A hybrid, athletic workout, which combines the mind/body practices of yoga and Pilates, as well as the principles of stretch, strength training, conditioning, and dynamic movement. We crank up the music, the speed, and the fun to give you an intense, yet low-impact workout.

YOGA

This yoga practice is designed to align and calm your body, mind, and spirit in preparation for relaxation. Our teachers pay close attention to the alignment of each posture and modifications are offered. Movement is coordinated with breath to flow from one pose to the next. This method is designed to systematically cultivate awareness, stability, flexibility, and strength.



A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.

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THE ZOO HEALTH CLUB

OVIEDO GROUP FITNESS SCHEDULE

EFFECTIVE SEPTEMBER 1st, 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM	CYCLE SCOTT	LES MILLS BODYPUMP JENNIFER	CYCLE EMILY	LES MILLS BODYPUMP KRISTEN	CYCLE SCOTT	8:00 AM YOGA ANDY	
9:00 AM	LES MILLS BODYPUMP DIANE	LES MILLS BODYCOMBAT DAWN	PIYO LIVE KAT	LES MILLS BODYBALANCE LAURA	LES MILLS BODYCOMBAT DAWN	LES MILLS BODYPUMP JENN	
10:00 AM	PIYO LIVE KAT	10:15 AM ZUMBA gold WENDY	LES MILLS BODYPUMP DIANE	20/20/20 CORE STRENGTH AEROBICS KAT	PIYO LIVE KAT	CYCLE LYN	
11:15 AM	SilverSneakers by Tidy Health KAT	SILVER STRETCH SHARON	SilverSneakers by Tidy Health LYN	CHAIR YOGA BETH	SilverSneakers by Tidy Health KAT		
12:15 PM	SilverSneakers by Tidy Health LAURA	SilverSneakers by Tidy Health KAT	SilverSneakers by Tidy Health MELISSA		SilverSneakers by Tidy Health KAT		
5:45 PM	LES MILLS BODYPUMP Mary Charlotte	20/20/20 CORE STRENGTH AEROBICS KAT	LES MILLS BODYPUMP Mary Charlotte	INTERVAL TRAINING LYN			
6:45 PM	CYCLE PETER	YOGA ANDY	CYCLE LYN				

Channel the Animal

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