

Wellness Youth Policy

YMCA of Central Florida



AGES 8+ >

GROUP EXERCISE CLASSES

With parent present and supervising

- Aqua Zumba
- Basic Yoga
- Yin Yoga
- Yoga
- BODYATTACK
- BODYCOMBAT
- Stretch
- Zumba

OTHER ACTIVITIES

With parent present and supervising

- Cardio Machines
- Racquetball Courts
- Lap Swimming, only if child is green band



AGES 12+ >

GROUP EXERCISE CLASSES

Parent not required to be present

- Cycling
- Cycle-Connect
- Core
- HIIT
- Deep Water Fitness
- Power Yoga
- Shallow Water Fitness

OTHER ACTIVITIES

Parent not required to be present

- Omnia / Kinesis
- Strength Circuits (No Free Weights)



AGES 16+ >

GROUP EXERCISE CLASSES

- Barre
- BODYPUMP
- Boot Camp
- Cardio Strength
- CXWorx
- Next Level

OTHER ACTIVITIES

- Free Weights