

# Smith Mountain Lake YMCA Class Schedule

## Monday

6:30am to 8am | Winter Sculpting | Luisa  
8:30am to 10:00am | 30/30/30 | Becky  
9am to 10:30am | Cardio Dance | Erica  
10am to 11am | Cardio Cycle | Becky  
10am to 11am | Barre | Lynn  
11am to 12:15pm | Yoga | Becky  
2pm to 3pm | Beginner Tai Chi | Kat  
3pm to 4pm | Tai Chi | Kat  
6pm to 7pm | Monday Night Burn | Janet

## Tuesday

8am to 9am | 30/30 | Lauren  
9am to 10am | Cardio Cycle | Mary Ruth  
9am to 10am | Cardio Express Ball | Sue  
10am to 11am | Yoga | Mary Ruth  
11am to 12pm | Stronger Seniors | Linda\*  
5:30pm to 6:30pm | Cardio Cycle | Becky  
6:30pm to 7:30pm | Yoga | Becky

## Wednesday

6:30am to 8am | Winter Sculpting | Luisa  
8am to 9am | Trim & Tone | Erica  
8am to 9am | Cardio Cycle | Mary Ruth  
9am to 10am | Cardio Sculpt | Mary Ruth  
9am to 10:30am | Cardio Dance | Erica  
10am to 10:30am | Ab Lab | Mary Ruth  
10:30am to 11:15pm | Gentle Yoga | Mary Ruth  
11:15am to 12:00pm | Barre | Lynn  
6pm to 7pm | HIIT | Kristina

## Thursday

8am to 9am | Interval Training | Lauren  
9am to 10am | Cardio Cycle | Lauren  
9am to 10am | Body Sculpt | Mary Ruth  
10am to 11am | Pilates | Mary Ruth  
11am to 12pm | Yoga | Becky  
5:30pm to 6:30pm | Cardio Cycle | Kristina  
6:30pm to 7:30pm | Yoga | Janet

## Friday

6:30am to 8am | Winter Sculpting | Luisa  
8am to 9am | Cardio Cycle | Lauren  
8:30am to 10am | 30/30/30 | Mary Ruth  
9am to 10:30am | Cardio Dance | Erica  
10am to 11am | Gentle Yoga | Mary Ruth  
11am to 12pm | Raise the Barre | Lynn

## Saturday

8:30am—9:30am | Switch it up Saturday | Rotating  
9:30am to 10:30am | Cardio Cycle | Mary Ruth  
10:30am to 11am | Ab Lab | Mary Ruth

## Sunday

1 pm—2 pm | Tai Chi | Kat  
2:30pm—3:30pm | yoga | Emilee

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### REMINDERS

- Always sign the class roster!
- If you're taking a cycling class make sure to call and reserve a bike! You can reserve a bike the day of the class as early as 7am.
- Make sure to wipe down equipment used in classes and return to its original placement.

## CLASS DESCRIPTIONS

**Body Sculpt:** 60 minute work out challenges all your major muscle groups. Toning & sculpting your body using weights, balls & bands for the ultimate workout experience.

**Cardio Cycle:** Participants are guided through a series of workout phases on spin bikes including warm-up, steady up, tempo cadences, sprints, climbs, cool-downs and more. Bring a towel and a water bottle!

**Cardio Sculpt:** Traditional cardiovascular, high and low impact exercises combined with resistance training using weights, bands and tubes to strengthen and tone muscles.

**Extreme Abs:** Concentrates on strengthening and toning the abdominals, oblique's and back.

**Gentle Yoga:** Traditional yoga designed at a gentle pace focusing on improving balance, flexibility, relaxation and proper breathing techniques.

**Interval Training:** High intensity, cardiovascular exercise, alternated with periods of lower intensity activities involving weights, bands and exercise balls.

**Pilates:** Exercise for developing stomach muscles. A form in which you develop the muscles in your abdomen in order to control your body movement and protect your back.

**Trim & Tone:** A total body fitness class that emphasizes on slow precision movements that strengthen, condition and tone your muscles. The workout uses resistance training, free weights, bands, stability balls and tubes and is adjusted to all types of fitness levels.

**Tai Chi:** A healing martial art that combines many martial arts movements with Qi (energy) circulation, breathing and stretching.

**Yoga:** This class concentrates on improving balance, flexibility, relaxation and breathing techniques. This is a great way to learn how to manage and relieve stress.

**Ab Lab:** 30 minutes of core work with mixed weight training.

**Cardio Dance:** 1 hour of calorie burning fun through dance with mixed weights and core training at the end.

**Winter Sculpt:** Improve your strength, muscle tone, and burn fat with this 12 week progressive program! This class will emphasize fat loss muscle toning via intermittent superset.

**Stronger Seniors:** Perfect for the active older adult and is primarily performed in a chair with some standing exercises. Tubing and other equip. may be used to improve strength, flexibility and balance.

**30/30/30:** Scorch calories with 30 minutes of cardio, 30 minutes of weight training, and 30 minutes of core.

**30/30:** 30 minutes of a high energy warm up on the spin bikes, then moving to Studio A for weight training.

**Cardio Express Ball:** Easy to follow cardio fusion with innovative movement variations using the ball and creating core stability.

**Barre:** Is a dynamic fusion of cardio, yoga, ballet and core conditioning. This an all body workout using classic ballet moves that attack those dreadful problem areas—legs, butt, thighs, and arms.

**Raise the Barre:** Take your Barre workout up a notch! This workout uses the same components as bar, but with higher intensity.

**Monday Night Burn:** Start your work week workouts right with an hour of cardio, strength and core in an intensifying strength interval workout.

**Pilates & More:** A pilates class focused on the entire core. Front, back and sides of the body plus hips and glutes. You will feel stronger and stand taller. A great way to start your day!

**HIIT:** High intensity interval training is an intense 30 minute workout that is perfect for someone who may have time limitations!

**Switch it up Saturday:** This rotating Saturday class will highlight classes throughout the week that you may not be able to get to. A separate schedule will list what each Saturday will highlight.

**Couch to 5k:** A 9 week running program designed to get you prepared to run in the Oktoberfest 5k on October 14th. This is a paid program from August 15th to October 13th. Ask the front desk for more information!