



Ferrum YMCA Group Fitness Class Schedule, FALL 2016

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|---|-----------------------------------|--|----------------------------------|----------|
| Cycle * 6:30- 7:30 a.m. | | Cycle * 6:30- 7:30 a.m. | | Cycle * 6:30-7:30 a.m. | |
| Yoga 12- 1 p.m. | | | | | |
| | Zumba 5:15- 6:15 p.m. | | Zumba 5:15- 6:15 p.m. | | |
| | Yoga w/ Katie 6:20- 7:20 p.m. | | Yoga w/ Leah 6:20- 7:20 p.m. | | |

*Some Cycle class times will be different during the fall (Please see the front desk attendant for more info.)

**LET'S GET
FIT TOGETHER**
Programs > Group Exercise & Fitness



About our classes:

CYCLE- Rebecca Brittle, ATC

Our cycling class offers an hour long intensive workout focusing on strength and endurance. Each rider is challenged to transform their life and bodies as they engage in this journey. Cycling is for everyone of all fitness levels as the rider is in control of their own speed and resistance, while receiving positive encouragement and direction from the instructor. We invite all to come on this journey!

ZUMBA- Ronda Bryant, AFAA

Zumba® is an energetic dance fitness format that incorporates Latin and other international rhythms. This format mixes high-and low-intensity moves to provide an interval feel to the workout. Zumba® combines all elements of fitness – cardio, muscle conditioning, balance and flexibility, and you'll leave class feeling awesome!

YOGA- Katie Zernhelt & Leah Yetzer

The practice of yoga is for all ages and will be a great benefit no matter what your skill level may be. You will gain flexibility and strength as well as become in tune with your breath and your body. The hatha style of yoga presented here is a beginner friendly style that is beneficial to all levels. Advanced students will have opportunities to learn advanced poses.

