

Ferrum YMCA Class Schedule

Monday

6:15am | Cycle | Rebecca | Studio B ●
11:00am | Barbell | Vic | Weight Room
11:45am | Yoga | Shannon | Studio A ●

Tuesday

6:15am | Cycle | Rebecca | Studio B ●
9:00am | Strong Seniors | Vic | Studio A ●
12:00pm | Yoga | Katie | Studio A ●
5:15pm | Zumba | Ronda | Studio A
7:00 pm | Strong | Ronda | Studio A
8:00pm | R.R Boxing Cond. | Mario | Studio A

Wednesday

6:15am | Cycle | Rebecca | Studio B ●
11:00am | Barbell | Vic | Weight Room
11:30am | Power Yoga | Shannon | Studio A
5:15pm | Yoga | Katie | Studio A ●

Thursday

6:15am | Cycle | Rebecca | Studio B
8:00am | BootCamp | Vic | Studio A ●
9:00am | Strong Seniors | Vic | Studio A ●
11:30am | P90x | Abby | Studio A
5:15pm | Zumba | Ronda | Studio A
8:00pm | R.R Boxing Cond. | Mario | Studio A

Friday

6:15am | Cycle | Rebecca | Studio B ●
7:00am | Core Conditioning | Vic | Studio A ●

● Denotes Low Impact Class

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Ferrum YMCA | 333 Wiley Drive | Ferrum, VA 24088 | (540)365-4228
www.franklincountymca.org | ferrumymca@gmail.com | starts: 2/25/2019



CLASS DESCRIPTIONS

Cycle–Burn calories while having fun climbing hills and sprinting to great music

Core Conditioning– Develop and strengthen your core while burning calories through circuit exercises.

Barbell – Work through the barbell circuits, develop proper form and technique to build strength, endurance and power

BootCamp– Combination of aerobic and resistance training circuits for a full body workout

P90X– Total body workout including cardio and strength

STRONG – A **NON-DANCE** class that uses HIIT style movements in sync with high impact music

R.R Boxing Conditioning– High intensity aerobic and strength training while focusing on striking techniques and combination punches

Strong Seniors–Improve strength, core control, balance & flexibility in a fun format

Yoga– Improve flexibility, balance, muscular strength, bone density & mental focus

Zumba– Latin & International music for a dance inspired aerobic workout “party”