

# Ferrum YMCA Class Schedule

## Monday

6:15am | Cycle | Rebecca | Studio B ●  
11:45am | Yoga | Shannon | Studio A ●  
12:15pm | Walk/Run Group | Vic/Kayla/Lori  
\*meet out front the Y

## Tuesday

6:15am | Cycle | Rebecca | Studio B ●  
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 ●  
11:30am | Power Yoga | Shannon | Studio A ●  
12:15pm | Walk/Run Group | Vic/Kayla/Lori  
\*meet out front the Y  
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 ●  
11:15am | 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 ●  
12:15 | Core Conditioning | Victoria | Studio A ●

● Denotes Low Impact Class

DOWNLOAD OUR NEW MOBILE APP!



LIKE OUR PAGE TO STAY INFORMED

Ferrum YMCA | 333 Wiley Drive | Ferrum, VA 24088 | (540)365-4228  
www.franklincountymca.org | ferrumymca@gmail.com | starts: 4/3/2019



## **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.

**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

**Walk/Run Group**– Get Active in April, activity tracker and pedometers available for use.

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