

Rocky Mount YMCA Class Schedule

Monday

6:00am | Bootcamp Xpress | Bradley | Gym
8:00am | Strong Seniors | Lucy | Studio 2 ●
9:00am | Cycle | Ronda | Studio 1
9:00am | INSANITY | Jessica M. | Studio 2
10:05am | Total Body Strength | Jessica M. | Studio 2
10:30am | Zumba | Norma | Studio 1
4:30pm | HIIT Xpress | Abby | Gym
5:15pm | P90X | Abby | Gym
6:05pm | Core de Force | [Rotating] | Studio 2
7:00pm | Zumba | Toni | Studio 2
(starts 12/10!)
7:00pm | Bootcamp | Alice | Gym

Thursday

6:00am | Bootcamp | Alice | Gym
9:00am | X-Train | Jessica M. | Gym
9:00am | Turbokick | Kristina | Studio 2
9:00am | Power Yoga | Tara | Studio 1
5:00pm | Mindfulness Meditation | Mike | Studio 1 ●
5:15pm | INSANITY | Abby | Studio 2
6:00pm | Bootcamp | Amber | Gym
7:00pm | SRONG by Zumba | Ronda B. | Studio

Tuesday

5:45am | Cycle | Christina | Studio 1
8:00am | Fit & Fab | Mittie | Studio 2
9:00am | Yoga | Mittie | Studio 2 ●
9:00am | X-Train | Tara | Gym
10:00am | Core de Force | Amber | Studio 2
4:30pm | Kettlebell Xpress | Christina | Gym
5:00pm | Upper Body Strength and Core | Emilee | Studio 2 ●
6:00pm | Yoga | Emilee | Studio 2 ●
6:00pm | X-Train | Missy G. | Gym
7:00pm | TurboKick | Kristina | Studio 2

Friday

5:30am | Strength & Tone | Jann | Studio 2
8:00am | Strong Seniors | Lucy | Studio 2 ●
9:00am | P90X | Jessica G. | Studio 2
9:00am | Cycle | Abby | Studio 1
10:05am | Total Body Strength | Abby | Studio 1

Wednesday

6:00am | Bootcamp Xpress | Bradley | Gym
8:00am | Strong Seniors | Lucy | Studio 2 ●
9:00am | Full Body Conditioning | Missy | Studio 2
9:00am | Cycle | Ronda | Studio 1
9:15am | Tai Chi | Kat | Gym
10:05am | Abs | Missy | Studio 2
5:00pm | Yoga-Lates | Tammy | Studio 1 ●
5:15pm | Total Body Strength | Jessica G. | Studio 2
6:05pm | Full Body Conditioning | Amber | Studio 2
7:00pm | Hip Hop Cardio | Toni | Studio 2

Saturday

8:00am | Full Body Conditioning | Jann | Gym
9:00am | P90X/INSANITY/Core de Force/TurboKick | [Rotating] | Studio 2
9:00am | Cycle | Reyhan | Studio 1
10:05am | Yoga | Katie | Studio 2 ●

DOWNLOAD OUR NEW
MOBILE APP!

● Denotes Low Impact Class

NEW CLASSES & TIME/LOCATION CHANGES HIGHLIGHTED IN



CLASS DESCRIPTIONS

Abs-Core & Abdominal strengthening

Bootcamp– Mix of ropes, tires, sprints, etc. for a full body workout

Core De Force–Mix of MMA, kickboxing and body weight moves

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

Fit & Fab–Low impact aerobic and weights to help burn body fat & tone

Full Body Conditioning– Combination of aerobic and resistance training circuits for a full body workout

HIIT Xpress–30 minutes of intense intervals designed to get you in and out quick! Kettlebells, ropes, sprints, etc.

Hip Hop Cardio–Dance to hip hop!

Insanity–High intensity intervals for a total body workout

Kettlebell Xpress–30 minutes of kettlebell work designed for strength and endurance. Get in and get out!

Mindfulness Meditation– secular sitting and walking meditation, no experience necessary!

Power Yoga–Intense, fast-paced yoga for flexibility and strength

P90X– Total body workout including cardio and strength

Cycle & Strength–An hour of cycle followed by 30 minutes of total body strength

Spin & Stretch–30 minutes of intense cycle followed by 30 minutes of strengthening and stretching yoga practice

Strength & Toning –Weight-based circuit training

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

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

Total Body Strength—Total body workout with weights/body weight

TurboKick—A high-energy kickboxing workout with a party feel

Upper Body Weights & Abs–Mix of upper body and core work with weights

Xtrain–Cross-training class focusing on strength and endurance

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

Yogalates– Yoga Postures Pilates & core workout

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