

the  **YMCA Group Exercise**

August 2017

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday

6:00am Sunrise Boot Camp
-Bradley (Gym) I/A

8:00am Strong Seniors
-Lucy (Studio II) B

9:00am MONDAY MELT-DOWN!
-Tara/Jessica (Studio II) I/A

9:00am Cycle
-Rhonda (Gym) B/I/A

9:45am Move With Mommy
-Victoria, (Studio 1) B/I/A

10:15am Zumba Gold
-Linda (Studio II) B

5:30pm Y Pilates
-Steve (Studio II) B/I/A

5:45pm-6:45pm X-Train
-Hope (Gym) I/A

7:00pm Zumba
-Alla (Studio II) B/I/A

Tuesday

5:45am Sunrise Cycle
-Christina (Gym) B/I/A

8:30am Kettlebell Hour
-Randy (Gym) B/I/A

8:30am Fit and Fab
-Mittie (Studio II) B/I

9:00am Power Step + Super Sculpt
-Jessica Greene (Studio I) B/I/A

9:30am Yoga
-Mittie (Studio II) B/I

5:00pm 30min Ab Blast!
-Jessica (Studio II) B/I/A

5:00pm Zumba Gold
-Linda (Studio I) B

5:45pm Low Impact Cardio Sculpt
-Tammy (Studio I) B/I

5:30pm X-Train
- Missie Gerst (Gym) I/A

6:00pm Powerhouse Fit (Weights) - NaTosha Studio II) B/I/A

Wednesday

6:00am Sunrise Boot Camp
-Bradley (Gym) I/A

8:00am Strong Seniors
-Lucy (Studio II) B

9:00-10:00am 1 HOUR! Spin-ergy
-Ronda (Gym) B/I/A

9:00am-10:00am Better Body Bootcamp!
-Missy (Gym & Studio II) I/A

9:45am Move With Mommy
-Victoria, (Studio 1) B/I/A

**10:15am Zumba Gold
-Linda (Studio II) B

5:00pm Yoga-Lates
-Tammy (Studio I) B/I

6:00pm Better Body Bootcamp + Barre!
-Hope (Studio II, Outside) I/A

STUDIO I -UPSTAIRS

STUDIO II-GYM

Thursday

8:30am Kettlebell Hour
-Randy (Gym) B/I/A

6:00am Sunrise Bootcamp
-Hope (gym) I/A

9:00am Power Yoga Fit!
-Tara (Studio II) B/I/A

NEW TIME!!!

10:15 am-11:00am Cardio Quickie & Intense Abs! Jessica Mitchell (Studio II) B/I/A

5:00pm 30min Ab Blast!
-Missy (Studio II) B/I/A

5:35pm Kick it up/Mix it Up
-Steve (Studio II) B/I/A

5:30pm X-Train (45 mins)
Missy Schmidt (Gym) B/I/A

IT'S BACK!!! 6:00pm-6:45pm Pump it Up! -Alla (Studio I)

NEW TIME**6:45pm Dance Cardio Toni Lynn (Studio II) B/I/A

Friday

6:00am Sunrise Boot Camp
-Bradley (Gym) I/A

8:00am Strong Seniors
-Lucy (Studio II) B

9:00am-10:00am 1 HOUR! Spin-ergy (Gym) - Christina B/I/A

NEW**9:00am Summer Body Fit-Jessica Greene (Studio II, Gym) I/A

9:45am Move With Mommy
-Victoria, (Studio 1) B/I/A

Saturday

8:15am Jann's Insane Body Challenge (Gym) I/A

9:00am Total Body Conditioning Hope/Missy (Studio II) B/I/A

10:00am Yoga— Katie (Studio 2) B/I/A

Beach Body Fit– Inside/Outside Circuit Training with Cardio (Sprints, Hills, Drills) and Weight Training.

Body Evolution – Focuses on smaller and larger muscle groups using weights, Pilates and power Yoga moves.

Bootcamp– A mix of calisthenics including pushups, pullups, crunches, lunges as well as drills, sprints, plyometrics & more!

Cardio Quickie– Short sessions of high energy cardiovascular exercises.

Cycle & Spinergy– Guides participants through workout phases. Warm-up, cadences, sprints, climbs, cool-downs, etc. Bring a towel and water bottle!

Dance Cardio— Have fun burning calories with high energy, easy to follow dance moves to your favorite dance music!

Fit and Fab – Burn body fat and tone up while doing low impact aerobics and weight exercises.

Intense Abs—Hard core abdominal conditioning.

Kettlebell Hour– develop serious strength, stamina and mobility. Learn the main Hardstyle kettlebell techniques, with assistance drills, calisthenics and a progressive format. Beginners welcome!

Kick it up, Mix it up – Utilizes various kickboxing moves, floor work, free-weights and some drills. A fun interesting and challenging class.

Low Impact Cardio Sculpt– For all fitness levels... a blend of cardiovascular exercises with light weight training.

Monday Meltdown– High energy cardio w/Kickboxing +weights/core.

Move With Mommy– For new moms! develop strength, stability and cardio with this circuit class. .Wear your baby in a front or back-style carrier.

Powerhouse Fit & Pump it Pump– Weight and body weight circuit training.

Power Step + Super sculpt– Pumping cardio w/ step, weights and core.

Power Yoga Fit– Flexibility, muscle strengthening and toning using your own body weight with faster flows and intense poses. A total mind and body experience.

Strong Seniors – improve strength, core control, balance and flexibility in a fun format, with IFTA Personal Trainer Lucy Kirkpatrick!

Summer Body Fit – Mix of Cardio, Strength and Weight Training with Drills, Sprints, Hills, Intervals, Body Sculpting w/ weights, tons of Ab/Core work.

Sunrise Boot Camp–A great way to start the day. This class will get your heart rate up and keep it there using a series of drills and exercises.

Super Circuit—Form of body conditioning or resistance training using high intensity aerobic activity and weight training. Targets strength building and muscular endurance.

X-Train WOD– Workout of the Day-- Incorporates a variety of different types of exercises into a vigorous and supremely productive workout. Usually 30–45 minutes.

Yoga– Improves flexibility, balance, muscular strength, bone density and mental focus. **Yin Yoga**– Gentle stretching Yoga.

Y Pilates– Yoga postures Pilates and core workout.

Zumba– combines Latin and international music for a one of a kind dance based aerobic workout “party”. Lots of fun and easy to follow! **Zumba GOLD**– A less intense Zumba class great for beginners or seniors with modified movements.

30 min Ab Blast!– Primary focus on exercises for toning and strengthening the core and abdominal muscles.

Butts & Guts—Lower body and abs.

235 Technology Drive
Rocky Mount, VA 24151 *B–Beginner, I–Intermediate, A–Advanced
540-489-9622 *New Classes/Time
www.franklincountyyymca.org