

# Ferrum YMCA Class Schedule

## Monday

6:15am | Cycle | Rebecca | Studio A ●

12:00 | Yoga | DVD | Studio A ●

## Tuesday

6:15am | Cycle | Rebecca | Studio A ●

12:00pm | Yoga | DVD | Studio A ●

5:15pm | Zumba | Ronda | Studio A

## Wednesday

6:15am | Cycle | Rebecca | Studio A ●

12:00pm | Yoga | Katie | Studio A ●

## Thursday

6:15am | Cycle | Rebecca | Studio A ●

12:00pm | Yoga | DVD | Studio A ●

## Friday

6:15am | Cycle | Rebecca | 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: 8/1/2019



## 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”