






Rocky Mount YMCA Class Schedule—Nov 2020





Monday

7:30am to 8am | Wabata | Patti 
8am to 8:45am | Happy Hour | Patti 
8am to 9am | Stronger Seniors | Veronica
9am to 10am | Y REV | Tammy
9am to 9:45am | Deep Water | Mittie 
9am to 9:45am | Water Works | Diane 
10am to 10:45am | Yoqua/Aqua Pilates | Mittie 
5pm to 6:30pm | KidFit | Kevin
5:30pm to 6:30pm | Bootcamp | Alice
6pm to 7pm | Aqua Cardio Dance | Dee 

Tuesday

9am to 10am | Gentle Yoga | Mittie
10am to 10:45am | Chair Yoga | Mittie
5:45pm to 6:45pm | X-Train | Missy G.
5:45pm to 6:45pm | Yoga | Emilee






Wednesday

7:30am to 8am | Yoqua | Patti 
8am to 8:45am | Happy Hour | Patti 
8am to 9am | Stronger Seniors | Veronica
9am to 9:45am | Water Works | Diane 
9am to 10am | Full Body Conditioning | Missy S.
10am to 10:45am | Aqua SMILE | Wendy 
5pm to 6pm | Yoga-Lates | Tammy
5pm to 6:30pm | KidFit | Kevin
5:15pm to 6:15pm | Full Body Conditioning | Hope

Thursday

9am to 10am | Power Yoga | Tara
5:30pm to 6:30pm | Bootcamp | Missy

Friday

7:30am to 8am | Wabata | Patti 
8am to 8:45am | Happy Hour | Patti 
8am to 9am | Stronger Seniors | Veronica
9am to 9:45am | Deep Water | Mittie 
9am to 9:45am | Water Works | Diane 
9am to 10am | X-Train | Jessica G.
9am to 10am | Cardio Cycle | Ashley
10am to 10:45am | Yoqua/Aqua Pilates | Mittie 

Saturday

9am to 10am | Full Body Conditioning | Hope
9am to 10am | Cardio Cycle | Jessica M.
10am to 10:30am | Ab Lab | Jessica M.

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REMINDERS

- Water classes indicated with 
- Class limit of 5 participants on first come first serve basis for Fit & Fab, Yoga and Cycle.
- Reservations for class will be taken at the front desk the day prior to the class.
- Open to members of the Franklin County YMCA—no guests, punch cards, visitors or reciprocity.

Rocky Mount YMCA
235 Technology Dr.
Rocky Mount, VA 24151
(540)489-9622
www.franklincountymca.org

CLASS DESCRIPTIONS

Aqua Cardio Dance: All the fun of Cardio Dance with the low impact benefits of water exercise

Aqua SMILE: Slower Moves Impact Lowered Exercise. Combines Mobility exercise with gentle movements in the water that target arthritis or any type of physical restricting conditions.

Bootcamp: This class will get your heart rate up and keep it there using a series of drills and exercises.

Cardio Cycle: Participants are guided through a series of workout phases on spin bikes including warm-up, steady up, tempo cadences, sprints, climbs, cool-downs and more. Bring a towel and a water bottle!

Chair Yoga: Yoga poses and exercises that take place seated in a chair and standing poses using the chair for support and balance. Benefits: Loosen and strengthen painful muscles, reduce stress, improve circulation, lower blood pressure, protect joints, improve balance, improve breathing habits, and practice mindfulness. Chair provided & no getting up and down off the floor!

Deep Water: ZERO IMPACT Exercise in Deep end of Lap Pool. This is a Vigorous Intensity Level Exercise Class with and without equipment. Flotation Belts optional

Full Body Conditioning: Combination of aerobic and resistance training for a full body workout.

Gentle Yoga: Yoga for beginners or seniors that is taught in a way that is gently effective. Benefits include increased flexibility, reduced muscle tension, increased ability to relax, injury prevention, improved balance (to reduce falling), and development of body awareness. Bring your own yoga mat.

Happy Hour: Low impact, medium-high intensity exercises benefiting your overall well being, with or without equipment

KidFit: A fun structured class for kids ages 5 to 12 that will get them moving while you're enjoying your workout!

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

Wabata: High Intensity Interval Training in the pool

Water Works: Shallow water cardio and Strength Training

X-Train: CrossFit training style class.

Yoga-Lates: Yoga postures, Pilates and core workout.

Yoga/Aqua Pilates: Yoga Poses and Pilates Exercises modified for the shallow warm pool, designed to improve balance, flexibility, strengthen core muscles, and enhance relaxation and mindfulness

Y REV: A fun cardio workout mixed with drums.