

## Monday

8am to 8:50am | Happy Hour | Diane 🌊  
8am to 9am | Stronger Seniors | Tammy | Studio 2  
9am to 10am | Y Drum Fit | Tammy | Studio 2  
9am to 9:50am | Deep Water | Mittie 🌊  
9am to 9:50am | Water Works | Diane 🌊  
10am to 11am | Yoqua/Aqua Pilates | Mittie 🌊  
5pm to 6:30pm | KidFit | Kobe | Gym  
5:30pm to 6:30pm | Cardio Fusion | Ashley | Studio 1  
5:30pm to 6:30pm | Bootcamp | Alice | Gym  
6pm to 7pm | Aqua Cardio Dance | Dee 🌊

## Tuesday

9am to 9:55am | Fit & Fab | Tammy | Studio 2  
10am to 10:50am | Gentle Chair Yoga | Tammy | Studio 2  
5:45pm to 6:45pm | X-Train | Missy G. | Studio 1  
6:45pm to 7:45pm | Yoga | Emilee | Studio 1

## Wednesday

8am to 8:50am | Happy Hour | Diane 🌊  
8am to 9am | Stronger Seniors | Tammy | Studio 2  
9am to 9:50am | Water Works | Diane 🌊  
9am to 10am | Full Body Conditioning | Missy S. | Studio 1  
9:15am to 10:15am | Turbo Kick | Britnie | Studio 2  
10am to 11am | Aqua SMILE | Wendy 🌊  
5:15pm to 6:15pm | Full Body Conditioning | Hope | Studio 2

## Thursday

5:45am to 6:45am | Cardio Cycle | Jessica M. | Studio 1  
9am to 10am | Power Yoga | Tara | Studio 2  
5pm to 6pm | Step & Thrive | Tammy | Studio 2  
5:30pm to 6:30pm | Bootcamp | Missy | Gym  
6pm to 6:45pm | Aqua Cardio Dance | Dee 🌊  
6:30pm to 7:30pm | Barre n' Pow{h}er | Christin | Studio 2

## Friday

8am to 8:50am | Happy Hour | Diane 🌊  
9am to 9:50am | Deep Water | Mittie 🌊  
9am to 9:50am | Water Works | Diane 🌊  
9am to 10am | Body Blast | Jessica G. & Ashley | Studio 1  
10am to 11am | Yoqua/Aqua Pilates | Mittie 🌊  
10am to 11am | Y on the Mat | Tammy | Studio 2

## Saturday

8:30am to 9:30am | Full Body Conditioning | Hope | Studio 2

# Rocky Mount YMCA

## Class Schedule—November 2021

Get your group exercise picture featured on one of our schedules!  
Submit your photos to [info@franklincountyyymca.org](mailto:info@franklincountyyymca.org)



### REMINDERS

- Check reverse for class levels
- Water classes indicated with 🌊
- Please bring your own yoga mat.
- Closed toes shoes must be worn during classes and while using gym equipment

Rocky Mount YMCA  
235 Technology Dr.  
Rocky Mount, VA 24151  
(540)489-9622  
[www.franklincountyyymca.org](http://www.franklincountyyymca.org)



## LEVEL ONE

For any and all fitness levels. Modifications can be made in any group exercise class to increase or decrease intensity!

**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.

**Barre n' Pow{h}er:** Barre n' Pow{h}er is for everyone at any fitness level. THE pow{h}er method is rooted in traditional isometric barre fundamentals and takes an attentive neutral spine approach towards building deep muscle strength, tone, flexibility, balance, and alignment.

**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

**Fit & Fab:** 20 minutes of low impact aerobics, 20 minutes of strength training with light weights, 10 minutes of flexibility and stretch exercises

**Gentle 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!

**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!

**Stronger Seniors:** Perfect for the active older adults. We focus on stretching, easy weights, cardio (at your own pace), improving balance as well as adding a few chairs exercises.

**Water Works:** Shallow water cardio and Strength Training

**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.

**Y on the Mat:** A fun cardio workout mixed with drums and ending with yoga and meditation.

**Yoqua/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 Drum Fit:** A fun cardio workout mixed with drums.

## LEVEL TWO

With slightly higher intensity, these classes are for anyone looking to push themselves a little harder. Modifications can be made in any group exercise class to increase or decrease intensity!



**Body Blast:** This is a combination class with cardio, weights and core for muscular strength and endurance that can be modified for any fitness level.

**Cardio Fusion:** 30 minutes of spin and 30 minutes of weights and toning

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

**Step & Thrive:** Get your heart rate up with a fun choreographed step class!

**Turbo Kick** Get your heart rate up with a fun mix of Cardio Dance and Kick Boxing!

## LEVEL THREE



These classes are sure to give you an intense cardio and strength training workout. Modifications can be made in any group exercise class to increase or decrease intensity!

**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!

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

**X-Train:** CrossFit training style class.