

# Rocky Mount YMCA Class Schedule—Sept 2020

## Monday

7:30am to 8am | Wabata | Patti   
8am to 8:45am | Happy Hour | Patti   
8am to 9am | 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   
5:30pm to 6:30pm | Bootcamp | Alice  
6pm to 7pm | Aqua Cardio Dance | Dee 

## Tuesday

5:30pm to 6:30pm | X-Train | Missy G.





## Wednesday

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

## Thursday

9am to 10am | Power Yoga | Tara

## Friday

7:30am to 8am | Wabata | Patti   
8am to 8:45am | Happy Hour | Patti   
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.

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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  
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## 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!

**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.

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

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

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

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

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

**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 REV:** A fun cardio workout mixed with drums.

**Wabata:** High Intensity Interval Training in the pool