

Rocky Mount YMCA

Class Schedule—September 2021

Monday

7:30am to 8am | Wabata | Patti 🏊
 8am to 8:45am | Happy Hour | Patti 🏊
 8am to 9am | Stronger Seniors | Tammy
 9am to 10am | Y Drum Fit | Tammy
 9am to 9:45am | Deep Water | Mittie 🏊
 9am to 9:45am | Water Works | Diane 🏊
 10am to 11am | Yoqua/Aqua Pilates | Mittie 🏊
 5pm to 6:30pm | KidFit | Zach
 5:30pm to 6:30pm | Bootcamp | Alice
 5:30pm to 6:30pm | Cardio Cycle | Jessica M.
 6pm to 7pm | Aqua Cardio Dance | Dee 🏊

Tuesday

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

Wednesday

7:30am to 8am | Yoqua | Patti 🏊
 8am to 8:45am | Happy Hour | Patti 🏊
 8am to 9am | Stronger Seniors | Tammy
 9am to 9:45am | Water Works | Diane 🏊
 9am to 10am | Full Body Conditioning | Missy S.
 9:50am to 10:40am | Aqua SMILE | Wendy 🏊
 5pm to 6:00pm | Body Evolution | Tammy
 5pm to 6:30pm | KidFit | Zach
 5:15pm to 6:15pm | Full Body Conditioning | Hope

Thursday

9am to 10am | Power Yoga | Tara
 5pm to 6pm | Step & Thrive | Tammy
 5:30pm to 6:30pm | Bootcamp | Missy

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 | Body Blast | Jessica G. & Ashley
 10am to 11am | Yoqua/Aqua Pilates | Mittie 🏊
 10am to 11am | Y on the Mat | Tammy

Saturday

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



Get your group exercise picture featured on one of our schedules!
 Submit your photos to info@franklincountyyymca.org

TRAPEZE YOGA

BONUS CLASSES

Tuesday's: 1:00PM & 6:30PM @ SML

Wednesday's: 10:30AM @ SML

Saturday's: 8:00AM @ SML

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



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.

Body Evolution: A combination class that will incorporate yoga postures, Pilates and core workout.

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

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

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!

Wabata: High Intensity Interval Training in the pool

Water Works: Shallow water cardio and Strength Training

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.



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.

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!



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.