

Monday

6:30am to 7:45am | Happy Hour | Patti 🏊
8am to 9am | Water Moves | Diane 🏊
8am to 9am | Stronger Seniors | Tammy | Studio 2
9am to 10am | Deep Water | Mittie 🏊
9am to 10am | Aqua Aerobics | Diane 🏊
9am to 10am | Y Drum Fit | Tammy | Studio 2
9am to 10am | Body Blast | Jessica G. | Studio 1
10am to 11am | Yoqua/Aqua Pilates | Mittie 🏊
10:15am to 11:00am | Zumba | Rebecca | Studio 2
5:30pm to 6:30pm | Cardio Fusion | Ashely | Studio 1
5:30pm to 6:30pm | Bootcamp | Alice | Gym
6pm to 7PM | Latin Aqua Cardio Dance | Dee 🏊

Tuesday

5:45am to 6:45am | Cardio Cycle | Christina G. | Studio 1
9am to 10am | Step Fitness | Tara | Studio 2
9am to 9:55am | Body Evolution | Tammy | Studio 1
10am to 10:50am | Gentle Chair Yoga | Tammy | Studio 1
5pm to 6pm | KidFit | Gym
5:15pm to 6:15pm | Full Body Conditioning | Hope | Studio 1
5:30pm to 6:15pm | BrickFit | Natosha | Studio 2
6:30pm to 7:30PM | Yoga | Emilee | Studio 2

Wednesday

6:30am to 7:45am | Happy Hour | Patti 🏊
8am to 9am | Water Moves | Diane 🏊
8am to 9am | Stronger Seniors | Tammy | Studio 2
9am to 10am | Deep Water | Mittie/Charlie 🏊
9am to 10am | Aqua Aerobics | Diane 🏊
9am to 10am | Full Body Conditioning | Missy S. | Studio 1
9:15am to 10:15am | Turbo Kick | Britnie | Studio 2
10am to 11am | SMILE | Wendy 🏊
5:30pm to 6:30pm | X-Train | Missy G. | Gym

Thursday

5:45am to 6:45am | Cardio Cycle | Jessica M. | Studio 1 (Starting 9/14)
7am to 8am | Walking Club | Indoor Walking Track
9am to 10am | Power Yoga | Tara | Studio 2
10am to 1pm | Social Pickleball | Gym
12:15pm to 1pm | Lunch Time Spin | Lauren | Studio 1
5:30pm to 6:30pm | Bootcamp | Missy | Gym 🏊
6pm to 7PM | Latin Aqua Cardio Dance | Dee
7pm to 8pm | Zumba | Norma | Studio 2

Friday

6:30am to 7:45am | Happy Hour | Patti 🏊
8am to 9am | Water Moves | Diane 🏊
9am to 10am | Aqua Aerobics | Diane 🏊
9am to 10am | Deep Water | Mittie
9am to 10am | Body Blast | Jessica G. & Ashley | Studio 1
9am to 9:45am | Turbo Kick | Britnie | Studio 🏊
10am to 11am | Yoqua/Aqua Pilates | Mittie
10am to 11am | Y on the Mat | Tammy | Studio 2
3pm to 4pm | Rock Steady Boxing | Abby | Studio 2(Call to Register)
7pm to 9pm | Social Pickleball | Gym

Saturday

8am to 9am | Full Body Conditioning | Hope | Studio 2
3:30pm to 5pm | Social Pickleball | Gym

Sunday pickleball play may be available. Call (540)489-9622 for more information.

RM YMCA September 2023 Class Schedule

REMINDERS

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



New Class Spotlight

Rocky Mount YMCA

Join Lauren for lunch time spin at the Rocky Mount YMCA every Thursday from 12:15pm - 1:00pm! Participants are guided through a choreographed workout on spin bikes including warm-up, sprints, climbs and cool-downs to music so fun that you'll forget you're working out! Bring a towel and a water bottle!

Stay Healthy. Work Out Safely.
Get your flu and COVID vaccines.

www.vaccinefinder.com



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: Mixture of body sculpt, dance, pilates, yoga, bar, and mobility.

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

Exalter Warrior: Come start your day with powerful yet peaceful yoga poses that combine with the support of our warm water pool. Set your intentions for your day opening yourself and increasing your balance, flexibility, body awareness and core stability, while bringing peace, calm and tranquility to your day.

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.

Yogua/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

BrickFit: Weights and body weight exercises to gain muscle mass, while achieving cardiovascular endurance. This class will now include more strength and abs.

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 Fitness: Moderate to high intensity workout using an elevated platform combined with plyometrics, body sculpting, and abdominal work

Sunscapades: Escapades revved up as the sun rises. High energy, medium-high intensity with no to low impact on your joints. Combining cardio segments (HIIT, Wabata, kickboxing and various routines) along with various equipment to help strengthen and tone all major muscle groups. Think boot-camp with a smile ;)

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

Zumba: Perfect For everybody and every body! Each Zumba® class is designed to bring people together to take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party."

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.