



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## Smith Mountain Lake April Group exercise Schedule (Gym | Studio A | Studio B)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30AM-9:20AM Cardio Cycle w/ Becky	9:00AM-10:00AM Cardio Cycle w/ Mary Ruth	9:00AM-10:00AM Cardio Dance w/ Debbie	8:00AM-9:00AM Cardio Cycle w/ Mary Ruth	9:15AM-10:15AM Calorie Crusher w/ Tonia	8:00AM-9:00AM Cardio Cycle w/ Mary Ruth	10:00AM-11:00AM Trapeze Yoga w/ Tara/Sarah/Andrea
9:00AM-10:00AM Cardio Dance w/ Debbie	10:00AM-11:00AM Yoga w/ Mary Ruth	9:15AM-10:15AM Cycle & Arms w/ Mary Ruth	9:15AM-10:15AM Cardio & Weights w/ Mary Ruth	9:30AM-10:30AM Zumba w/ Jennifer	9:00AM-9:45AM Ab Lab w/ Mary Ruth	
9:30AM-10:30AM Happy Stretch Yoga w/ Becky	11:15AM-12:15PM Stronger Seniors w/ Barbara	10:30AM-11:30AM Zumba w/ Jennifer	10:15AM-11:15AM Yoga w/ Mary Ruth	10:00AM-11:00AM Trapeze Yoga w/Sarah/Tara/Andrea	9:00AM-10:00AM Zumba w/ Jessica	
9:30AM-10:30AM Zumba w/ Jennifer	5:30PM-6:30PM Cardio Cycle w/ Tonia	6:00PM-7:00PM Zumba w/ Jessica	11:30AM-12:30PM Stronger Seniors w/ Barbara		9:15AM-10:15AM Barre w/ Lynn	
1:00PM-2:00PM Rock Steady Boxing w/ Andrea	6:00PM-7:00PM Trapeze Yoga w/ Andrea/Sarah/Tara	6:00PM-7:00PM Yin Yoga w/ Megan	6:00PM-7:00PM Yoga w/ Tonia		9:15AM-10:15AM Boot Camp w/ Tonia (Outdoors)	
2:00PM-3:00PM Beginner Tai Chi w/ Kat	6:30PM-7:30PM Yoga w/ Tonia		6:30PM-7:30PM Zumba Strong w/ Jessica			
3:00PM-4:00PM Tai Chi w/ Kat			(Alternating wks.) Kickboxing w/ Jessica (see flyer)			
6:00PM-7:00PM Zumba w/ Jessica						

**REMINDERS**

- Some classes are limited in size due to Covid, class size or equipment
- Please bring your own yoga mat and equipment
- All equipment has been sanitized during the day—PLEASE spray after use!
- Open to members of the Franklin County YMCA—no guests, punch cards, visitors or reciprocity.

## CLASS DESCRIPTIONS

**Ab Lab:** Designed to target your torso, working all aspects of the abs & back. Sculpting your abs into shape. This 45 minute class will have your core feeling stronger than ever.

**Barre:** Is a dynamic fusion of cardio, yoga, ballet and core conditioning. This an all body workout using classic ballet moves that attack those dreadful problem areas—legs, butt, thighs, and arms.

**Beginner Tai Chi:** Intro to a healing martial art that combines many martial arts movements with Qi (energy) circulation, breathing and stretching.

**Calorie Crusher:** A class that scorches calories with 20 minutes of cardio, 20 minutes of weights, and 20 minutes of abs. This class is designed to help all fitness levels achieve their goals. The quick pace will keep your metabolism guessing while you burn fat and build muscle. Come join the fun!

**Cardio Dance:** 1 hour of calorie burning fun through dance with mixed weights and core training at the end.

**Cardio & Weights:** A total body fitness class that emphasizes on slow precision movements that strengthen, condition and tone your muscles. The workout uses resistance training, free weights, bands, stability balls and tubes and is adjusted to all types of fitness levels.

**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!

**Cycle & Arms:** A combination of cycle and upper body weight training using hand weights.

**Kickboxing:** An action-packed workout that combines a series of punching and kicking combinations, this class improves strength, muscle tone and endurance.

**Happy Stretch Yoga:** Yoga for every level of ability.

**Rock Steady Boxing:** Non-contact Boxing training can be useful for managing symptoms of Parkinson's disease.

**Tai Chi:** A healing martial art that combines many martial arts movements with Qi (energy) circulation, breathing and stretching.

**Trapeze Yoga:** The Yoga Trapeze provides an alternative approach to the typical yoga practice that makes all sorts of poses accessible to students who may be more limited on the mat. Besides those benefits, Yoga Trapeze incorporates functional pulling and grip strength motions that perfectly complement a mat based yoga practice to create a full body fitness routine.

**Yin Yoga:** This slow-paced style of yoga holds postures (asanas) longer periods of time. For beginners, it may range from 45 seconds to 2 minutes; more advanced practitioners may stay in position for 2 or more minutes. This allows for the student to get deep into their connective tissue, fascia, joints, and bones.

**Yoga:** This class concentrates on improving balance, flexibility, relaxation and breathing techniques. This is a great way to learn how to manage and relieve stress.

**Zumba:** A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.

**Zumba Strong:** A total-body workout where every move is synced to the beat. This program was designed to help you burn fat, build lean muscle, and tone your abs, legs and glutes.

### Smith Mountain Lake YMCA

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