

Smith Mountain Lake YMCA Class Schedule

Monday

9am to 10am | Cardio Dance | Debbie | Studio A
9:30am to 10:30am | Zumba | Jennifer | Gym

2pm to 3pm | Beginner Tai Chi | Kat | Studio A
3pm to 4pm | Tai Chi | Kat | Studio A
6pm to 7pm | Zumba | Jessica | Gym

Tuesday

9am to 10am | Cycle | Mary Ruth | Gym
10am to 11am | Yoga | Mary Ruth | Studio A

5:30pm to 6:30pm | Cycle | Mary Evelyn | Gym
6:30pm to 7:30pm | Yoga | Yvonne | Studio A

Wednesday

9am to 10am | Cardio Dance | Debbie | Studio A
9:15am to 10:15am | Cycle & Arms | Mary Ruth | Gym
10:30am to 11:30am | Zumba | Jennifer | Studio A

6pm to 7pm | Zumba | Jessica | Gym

Thursday

8am to 9am | Cycle | Mary Ruth | Gym
9:15am to 10:15am | Cardio & Weights | Mary Ruth | Studio A
10:15am to 11:15am | Yoga | Mary Ruth | Studio A

6pm to 7pm | Yoga | Janet | Studio A
6:30pm to 7:30pm | Zumba Strong | Jessica | Gym

Friday

9:30am to 10:30am | Zumba | Jennifer | Gym

Saturday

8am to 9am | Cycle | Mary Ruth | Gym
9am to 10am | Yoga | Mary Ruth | Studio A
9am to 10am | Zumba | Jessica | Gym
9:15am to 10:15am | Barre | Lynn | Studio B

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Franklin County Family YMCA



REMINDERS

- Some classes are limited in size due to Covid
- Please bring your own yoga mat
- All spin bikes will be sanitized before and after class
- Open to members of the Franklin County YMCA—no guests, punch cards, visitors or reciprocity.



Smith Mountain Lake YMCA
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Moneta, VA 24121
(540)721-9622
www.franklincountyyymca.org

CLASS DESCRIPTIONS

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: Into to a healing martial art that combines many martial arts movements with Qi (energy) circulation, breathing and stretching.

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.

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

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.