

# Smith Mountain Lake YMCA

## Class Schedule—November 2021

### Monday

8:30AM-9:20AM | Cardio Cycle | Becky | Gym  
9:30AM-10:30AM | Happy Stretch Yoga | Becky | Studio  
9:30AM-10:30AM | Zumba | Jennifer | Gym  
1:00PM-2:00PM | Rock Steady Boxing | Andrea & Fergie | Studio  
2:00PM-3:00PM | Beginner Tai Chi | Kat | Studio  
3:00PM- 4:00PM | Tai Chi | Kat | Studio  
6:00PM-7:00PM | Zumba | Jessica | Gym

### Tuesday

9:00AM-10:00AM | Cardio Cycle | Mary Ruth | Gym  
10:00AM-11:00AM | Yoga | Mary Ruth | Studio  
11:00AM-12:00PM | Stronger Seniors | Barbara | Studio  
5:30PM-6:30PM | Cardio Cycle | Tonia | Gym  
6:30PM-7:30PM | Yoga | Becky | Studio

### Wednesday

9:15AM-10:15AM | Cycle & Arms | Mary Ruth | Gym  
10:30AM-11:30AM | Zumba | Jennifer | Gym  
11:00AM-12:00PM | Yoga | Megan | Studio  
1:00PM-2:00PM | Rock Steady Boxing | Andrea & Fergie | Studio  
6:00PM-7:00PM | Zumba | Jessica | Gym

### Thursday

8:00AM-9:00AM | Cardio Cycle | Mary Ruth | Gym  
9:15AM-10:15AM | Cardio & Weights | Mary Ruth | Studio  
10:15AM-11:15AM | Yoga | Mary Ruth | Studio  
11:00AM-12:00PM | Stronger Seniors | Barbara | Studio  
6:00PM-7:00PM | Yoga | Janet | Studio  
6:30PM-7:30PM | Kickboxing | Jessica | Gym

### Friday

8:30 AM-9:00AM | Cycle Express | Tonia | Gym  
9:15AM-10:15AM | Calorie Crusher | Tonia | Studio  
9:30AM-10:30AM | Zumba | Jennifer | Gym

### Saturday

9:00AM-10:00AM | Cardio Cycle | Mary Ruth | Gym  
10:00AM-10:45AM | Ab Lab | Mary Ruth | Studio  
9:00AM-10:00AM | Zumba | Jessica | Gym  
9:15AM-10:15AM | Barre | Lynn | Studio

Get your group exercise picture featured on one of our schedules!  
Submit your photos to [info@franklincountyyymca.org](mailto:info@franklincountyyymca.org)



### TRAPEZE YOGA BONUS CLASSES

RM—Tuesday 23, 30 @ 6:00PM  
SML—Every Wednesday @ 9:30AM  
SML—Every Thursday @ 5:00PM  
(Except for Thanksgiving)  
SML—Sunday 7, 14, 21 @ 4:00PM

### REMINDERS

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

Smith Mountain Lake YMCA  
293 Firstwatch Dr.  
Moneta, VA 24121  
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[www.franklincountyyymca.org](http://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!

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

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

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

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

**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.

## 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!



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

**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 & 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.

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

## 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!

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

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

**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.