

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

SUMMER GROUP EX SCHEDULE ALAMANCE COUNTY YMCA

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0	OPEN - 12:00PM	Core - Ruth 5:45 AM - 50 min	Strength Circuit - Gary 5:45 AM - 50 min	Core - Ruth 5:45 AM - 50 min	Strength Circuit - Gary 5:45 AM - 50 min	Power Sculpt - AJ 5:45 AM - 50 min	Yoga - Tracey 8:00 AM - 50 min
		Boot Camp - AJ 6:00 AM - 30 min	Ultimate Workout - AJ 7:45 AM - 50 min	Spin - Gary 6:45 AM - 50 min	Ultimate Workout - AJ 7:45 AM - 50 min	Spin - Gary 6:45 AM - 50 min	Zumba - Danielle 9:00 AM - 50 min
		Spin - Gary 6:45 AM - 50 min	Step Circuit - Becky 9:15 AM - 50 min	Pilates - Nancy 7:30 AM - 50 min	Strength Circuit - Becky 9:15 AM - 50 min	Spin - Gary 8:00 AM - 50 min	Power Toning - Karlotta 10:00 AM - 90 min
		Pilates - Chris 7:30 AM - 50 min	Silver Circuit - Becky 10:30 AM - 50 min	Spin - Gary 8:00 AM - 50 min	Silver Circuit - Becky 10:30 AM - 50 min	Power Toning - Rotating 9:00 AM - 90 min	
		Spin - Gary 8:00 AM - 50 min	Circuit - Sarah 10:45 AM - 50 min	Power Toning - Rebecca 9:00 AM - 90 min	Circuit - Sarah 10:45 AM - 50 min	Young at Heart - Maggie 10:30 AM - 50 min	
NN		Power Toning - Pam 9:00 AM - 90 min	Silver Yoga - Becky 11:30 AM - 50 min	Young at Heart - Maggie 10:30 AM - 50 min	Silver Yoga - Becky 11:30 AM - 50 min	Circuit - Sarah 10:45 AM - 50 min	SUNDAY
MORNING		Young at Heart - Maggie 10:30 AM - 50 min		Circuit - Sarah 10:45 AM - 50 min		Line Dancing - Jerry 11:40 AM - 50 min	SUNDAY SAMPLER
		Circuit – Sarah 10:45 AM – 50 min		Line Dancing - Jerry 11:40 AM - 50 Min			3PM – 4PM BEGINNER-FRIENDLY
		Line Dancing - Jerry 11:40 AM - 50 min					CLASSES SEE WEBSITE FOR
							UPDATED SCHEDULE ACYMCA.ORG/WELLNESS
							PLEASE CONSIDER MAKING A DONATION TO OUR ANNUAL CAMPAIGN
							ACYMCA.ORG/DONATE
ERNOON	M	Cardio Dance - Lisa 4:30 PM - 50 min	Silver Sneakers – Maggie 1:30 PM – 50 min	Seated Zumba Gold Marcy 12:45 PM - 50 min	Silver Sneakers – Maggie 1:30 PM – 50 min	Zumba - Becky 4:30 PM - 50 min	
	- 5:00PM		Yoga - Tracey 4:30 PM - 50 min	Cardio Dance - Renee 4:30 PM - 50 min	Yoga - Tracey 4:30 PM - 50 min	Text your keyword to (833) 495-4465 to receive alerts for class changes, subs, or cancellations! Strength Dance Senior	
ER	- Mq						
FT	2:00						
4	1					Cycle Mind Pickleball CHILDWATCH HOURS Monday - Thursday 8:30AM - 12:00PM / 4:00PM - 7:30PM Friday 8:30AM - 12:00PM * Members can utilize Child Watch up to 2 hours per day. * Hours subject to change	
	5:00PM - CLOSE	HIIT - AJ 5:30 PM - 30 min	Zumba - Christy 5:30 PM - 50 min	HIIT - AJ 5:30 PM - 30 min	Cycle - Rotating 5:30 PM - 45 min		
		Spin - Gary 5:30 PM - 50 min	Power Toning - Pam 6:15PM - 90 min	Muscle Pump Christy 5:30 PM - 50 min	Pilates - Melaine 5:30 PM - 50 min		
EVENING		Pilates - Melaine 6:30 PM - 50 min	Pilates - Melaine 6:30 PM - 50 min	Circuit - Melaine 6:30 PM - 50 min	Power Toning – Parker 6:15PM – 90 min		
			Cycle - Agnes ★ 6:30 PM - 45 min		Zumba - Danielle 6:30 PM - 50 min		
						KE Group Exercise Studio Functional Fitness Stud Conference Room Barre Studio	\mathbf{x}
OUR MISSION: TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND, AND BODY FOR ALL.							



ALAMANCE COUNTY COMMUNITY YMCA Group Exercise Class Descriptions

- **BARRE SCULPT EXPRESS**: This is a dynamic fusion class that combines the grace of ballet, the core strength of Pilates, and the flexibility of yoga into a high-intensity, music-driven workout experience
- <u>CARDIO DANCE</u>: Using simple dance steps to create routines that combine fast and slow rhythms for a Cardio Dance workout that will burn calories, tone, and sculpt the body while having fun. No dance experience required!
- **<u>CORE TRAINING</u>**: a 30-Minute class designed to condition core muscles and strengthen your abs and back
- <u>HIIT</u>: High Intensity Interval Training incorporates strength training with Cardio bursts. Blending cardio and strength for maximum benefit
- <u>LINE DANCING</u>: Grab a friend or two, get in line, and step in unison to popular tones and oldies. Great workout for all ages
- **<u>PILATES</u>**: This class is designed to improve core muscle strength, increase flexibility, and improve overall health using mat work
- **<u>POWER TONING</u>**: Complete toning utilizing a mix of ballet, Pilates, strength with emphasis on posture, alignment and core
- <u>SEATED ZUMBA GOLD</u>: intended for all fitness levels and for those who enjoy the chair as a modification. Enjoy the rhythms of Zumba at your own level! This is perfect for those with restricted mobility or balance issues. If you love music and dancing – this is a must try!
- **<u>SILVER CIRCUIT</u>**: Functional class alternating low impact cardio with strength, toning
- <u>SILVER YOGA</u>: Designed to increase your flexibility and range of motion with an emphasis on breathing, balance and posture. Chair is used sitting or standing (no floor work)
- <u>SILVER SNEAKERS</u>: Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support
- **<u>SPIN/CYCLE</u>**: Riding drills to focus on endurance, strength, and recovery.
- **STEP**: Includes a warm-up followed by a step segment (a low impact activity which involves stepping up and down on a platform while performing creative choreographic movements to music) followed by a cool-down, flexibility, and some core strength training. Abs and relaxations will end the class
- **STEP CIRCUIT**: Alternating intervals of upper body strength and step aerobics. Finished off with core work and stretch
- **TOTAL STRENGTH CIRCUIT / CIRCUIT:** Alternate muscle groups for an awesome total body workout using body weight, bars, hand weights, and/or tubes
- **<u>ULTIMATE WORKOUT</u>**: An all-over workout that is low-impact. Focuses on strength, abs, and total body
- <u>YOUNG AT HEART</u>: Make friends and have fun while you energize your body and move to the music through a variety of exercises designed to increase flexibility, muscular strength, balance, and cardiovascular conditioning
- <u>YOGA</u>: This class focuses on breath control, simple mediation, and the adoption of specific standing postures to improve posture, strength, and flexibility
- **<u>ZUMBA</u>**: Zumba is a dance fitness class that combines Latin and international rhythms with easy-to-follow choreography. It is a fun and energetic workout that is suitable for people of all fitness levels and ages postures to improve posture, strength, and flexibility

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