

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Please see key for class descriptions.</i>	<i>Classes and instructors subject to change WITHOUT notice</i>	<i>Tae Kwan Do MTH 6:30-8 see front desk for details.</i>	Try the BOSU Preview <i>...more to come</i>	1 5 POW Crystal 6 C Crystal 9 SS Portia 10 Z Meredith 4:30 POW Anne 5:30 TK Emily	2 5 KB Tommy 8 POW 9 Denise 1 12 FB Matt	3 9 POW Denise
4 Happy 4th of July! Y closed	5	6 5 KB Tommy 6 C Jana 9 SS Kelly 10 Z Meredith 11 J Meredith 4:30 POW Terri 5:30 Z Emily	7 5 C Jana 6 Y Cheri 8 POW Anne 9 Terri 5 10 KB Meredith 11 HHH Meredith	8 5 POW Cheri 9 SS Portia 10 Z Meredith 11 J Meredith 4:30 POW Anne	9 5 KB Tommy 8 POW 9 EXP Anne 9:35 ABS 12 FB Matt	10 9 Denise 1
11 2 CC Cheri	12 5 BOSU EXP Cheri 9 EXP Terri 9:35 ABS 5:30 POW Jana	13 5 KB Tommy 6 C Crystal 4:30 POW Terri 5:30 Emma 7	14 5 C Cheri 6 Y Cheri 5:30 POW Emma	15 6 C Crystal 9 SS Portia 10 Z Meredith 11 J Meredith 5:30 Emma 7	16 5 C Jana 10 Z Meredith 11 KB Meredith 12 FB Matt	17 9 POW Emma
18	19 9 HHH Meredith 10 Z Meredith 4:30 C Terri 5:30 POW Emma	20 5 KB Tommy 6 C Crystal 9 SS Kelly 10 Z Meredith 4:30 POW Anne 5:30 HHH Emily	21 5 C Jana 8 POW Anne 9 Terri 5 10 HHH Meredith 11 KB Meredith 4:30 Z Emily 5:30 POW Emma	22 5 POW Crystal 6 C Crystal 9 SS Kelly 10 Z Meredith 11 J Meredith 4:30 POW Anne 5:30 TK Emily	23 5 KB Tommy 10 HHH Meredith 11 J Meredith 12 FB Matt	24
25	26 5 PP Tommy 4:30 EXP Terri 5:05 ABS 5:30 POW Emma	27 5 KB Tommy 9 SS Kelly 4:30 POW Terri 5:30 Emma 6	28 5 C Cheri 6 Y Cheri 8 POW 9 BT Anne 4:30 Z Emily 5:30 POW Emma	29 9 SS Kelly 4:30 POW Anne 5:30 TK Emily	30 5 KB Tommy 9 C Terri 12 FB Matt 4:30 Z Emily	31 9 POW Emma



Group Fitness

Exercise Descriptions/Key

Reidsville Family YMCA

Group Exercise Classes

*Not all classes below are offered every month.

-Instructors and Classes are subject to change without notice

-Cell Phones should not be used during classes.

-**Children below 12 are not allowed in class.** Please use nursery.

-All aerobic classes end with ab work.

1-Low Step low impact class (1 foot on the floor at all times), however not low intensity. Recommended for beginners/intermediate/ Senior members. A great way to begin.

2-Step low to high moves with step and risers (if you choose). Choose your intensity-take class at your own pace.

3-Floor/Sculpt uses the floor and hand weights/tubing to get aerobic and strength training in 1 class.

4-Floor low to high moves all on the floor. Choose your intensity level.

5-Step/Floor Combo get a little of each type of aerobic class in 1.

6-Step/Sculpt Challenge your step moves and add sculpting intervals with hand weight/tubing. Challenge your heart.

7-Below the Waist Work those glutes, hams, quads, and abs.

POW Power On Weights

53 min. workout using the barbell, hand weights, tubing, and/or balls to strength train. Using your chosen weight for high repetitions for 4 ½ mins/muscle group. You will have a min. rest in-between muscles. The purpose is to increase muscle strength, bone density, and decrease body fat.

Yoga Come strength, tone, and relax in this class. Yoga is for all fitness levels. Let your tensions melt away.

Pilates provides flexibility and balance, improves posture, lengthens/strengths spine, aids core stability, tone muscles, benefits for arthritic joints, and strength training for weight loss.

Mat Flex Combination of Pilates and YOGA.

BT-Basic Training: Come to sweat and be challenged. Aerobic intervals, upper body, lower body, abs and back again until the class is over.

HHH Hip Hop Hustle Get into the dance groove with us and you'll burn some serious calories! You won't even realize you're exercising! This high/low impact class gives you a great aerobic workout. NO previous dance experience required!

EXP-Cardio blast 35 mins. Total body workout.

K Kickboxing blast up to 800 calories per session. It's like kickboxing with a fun twist. The music will get you pumping as you work up a sweat! Great music and fun moves! This class will keep you entertained and engaged so you won't even think about exercising! It's a TOTAL body cardio workout with moves that tone and sculpt.

SS Silver Sneakers very low impact sitting class to tone upper body for daily activities.

C-Cycle: a 45 minute cardio workout that utilizes the stationary bikes, allowing for all levels to adjust their own intensity.

Cycle/circuit combines the cardio of cycle with upper body strength training. Come to try a total body workout!!

ABS 20-30 total Ab workout

PP PLYO POW advanced level class-incorporates plyometric exercises: leaps, hops, and jumps. For experienced strength trainers and those who can do high impact moves (jumps).

ZUMBA The Zumba® workout fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

KB Kettlebell is an intense 30-minute non-stop workout that utilizes weights to improve anaerobic and overall fitness (especially the core muscles) through sequential, well-timed movements that equip members to handle real life forces (like lifting groceries, kids, furniture, etc

BOSU EXP—BE: Try a cardio experience that will challenge your balance and strengthen your core. BOSU Exp is a 30 min class.

Remember always take the class at your own pace, pay attention to proper body alignment, and listen to your body. The warm up and cool down are both very important. Be set up to start on time and stay for the whole class.

The group exercise fitness staff enjoys each member. We want you to enjoy our programs. Please feel free to leave comments or suggestions in bucket in aerobic room so we can serve you better.

**Proper footwear is required.