



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Effective: January 1, 2018

- ◆ Strength classes
- Core strength, pilates/ballet
- ◆ Mind and Body classes, relaxation/stretch
- ❖ Combo classes (Cardio and Strength)
- ⊗ Older adult classes
- ⊗ Cycling classes
- ⊗ Dance based classes
- 👉 Cardio classes

GROUP EXERCISE SCHEDULE

FLOYD COUNTY BRANCH

GROUP EXERCISE STUDIO 1 (2ND FLOOR)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP ◆8:00-9:00 a.m. Whitney S. BODYPUMP ◆9:00-10:00 a.m. Cristy K. Circuit ❖10:15-11:15 a.m. Rotation Zumba® ◆4:30-5:20 p.m. Kate BODYPUMP ◆5:30-6:30 p.m. Carol Circuit ❖6:45-7:45 p.m. Dana P.	BODYPUMP ◆5:15-6:15 a.m. Brittany INSANITY® ❖8:00-8:50 a.m. Cristy K. Zumba Gold® ❖9:00-9:50 a.m. Sharon POUND fitness 🏆10:00-10:45 a.m. Julie BODYPUMP Express ◆12:00-12:45 p.m. Michelle Turbo Kick® 🏆4:30 - 5:20 p.m. Amanda J. Active Together ❖5:30-6:30p.m. Sandy	BODYPUMP ◆8:00-9:00 a.m. Jeana BODYPUMP ◆9:00-10:00 a.m. Cristy K. Circuit ❖10:15-11:15 a.m. Chad Yoga ◆12:00-12:45 p.m. Brett Zumba® ❖4:30-5:20 p.m. Kate BODYPUMP ◆5:30-6:30 p.m. Kathleen INSANITY® ❖6:45-7:35 p.m. Kerri	BODYPUMP ◆5:15-6:15 a.m. Michelle Active Together ❖8:00-9:00 a.m. Cristy K. Zumba Gold® ❖9:00-9:50 a.m. Sharon Turbo Kick® 🏆10:00-10:50 a.m. Robin BODYPUMP Express ◆12:00-12:45 p.m. Roxanne Circuit ❖4:30 - 5:30 p.m. Whitney W. U-Jam 🏆6:30-7:30p.m. Toya	BODYPUMP ◆8:00-9:00 a.m. Kathleen BODYPUMP ◆9:00-10:00 a.m. Jeana Step Express 🏆10:15-11:15 a.m. Jeana POUND Fitness 🏆4:30-5:15p.m. Michelle Triple Threat ❖5:45-6:45 p.m. Dana L.	INSANITY® ❖8:05-8:55 a.m. Rotation Circuit ❖9:00-9:50 a.m. Rotation BODYPUMP ◆10:00-11:00 a.m. Rotation	Circuit ❖9:15-10:15 a.m. Rotation BODYPUMP ◆10:30-11:30 a.m. Amanda J. Power Yoga ◆11:45-12:45 p.m. Heather H. U-Jam 🏆2:00-3:00 p.m. Heather C.

GROUP EXERCISE STUDIO 2 (3RD FLOOR) MPR = Meet in Multipurpose Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling 🏆5:15-6:00 a.m. Joetta Barre 🏆9:00-9:50 a.m. Katie K. Cycling 🏆10:00-10:45 a.m. Megan Cycling 🏆4:30-5:15 p.m. Deana Yoga (1st floor MPR) ◆7:00-8:00 p.m. Brett	BarreExpress ●8:00-8:25 a.m. Katie Stretch and Balance Express ◆8:30-8:50 a.m. Katie BeginnerYoga ◆9:00-9:50a.m. Brett Cycling 🏆10:00-10:45 a.m. Robyn SilverSneakers® Classic 🏆11:15-12:00 p.m. Mary SilverSneakers® Classic 🏆12:15-1:00 p.m. Mary Power Fusion ●5:30-6:20 p.m. Whitney S. Cycling 🏆6:30-7:15 p.m. Jami	Endurance Ride 🏆5:15-6:15 a.m. Michelle Barre ●9:00-9:50 a.m. Whitney S. Cycling 🏆10:00-10:45 a.m. Brittany Cycling 🏆5:30-6:15 p.m. Kerri Yoga (1st floor MPR) ◆7:00-8:00 p.m. Brett	Barre Express ●8:00-8:25 a.m. Katie Stretch and Balance Express ◆8:30-8:50 a.m. Katie Foam Roller ◆9:00-9:45 a.m. Alli Cycling 🏆10:00-10:45 a.m. Megan SilverSneakers® Classic 🏆11:15-12:00 p.m. Mary SilverSneakers® Classic 🏆12:15-1:00 p.m. Mary PiYo Strength™ ●5:30-6:20 p.m. Sue Cycling 🏆6:30-7:15 p.m. Sue	Cycling 🏆5:15-6:00a.m. Brittany Barre ●9:00-9:50 a.m. Michelle Cycling 🏆10:00-10:45 a.m. Michelle Endurance Ride 🏆5:30-6:30 p.m. Ruth Ann	Cycling 🏆8:15-9:00 a.m. Will Barre ●9:15-10:15 a.m. Meghann	Endurance Ride 🏆9:00-10:00 a.m. Ruth Ann

CHECK OUT the back for descriptions and beginner friendly, kid friendly and **LIVESTRONG®** at the YMCA friendly classes.

CLASS DESCRIPTIONS

Active Together

❖ This class gives you all the training you need - cardio, strength, balance and flexibility - in just one hour. Get Stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements. (B) (LS)

Barre

● Utilizing a ballet barre and some props, this class is a fusion of simple techniques from dance and pilates that will sculpt, lengthen and tone your muscles. All fitness levels are welcome. (B) (LS)

Beginner Yoga

◆ A great introduction to Yoga for those wanting to experience Yoga for the first time. (B) (LS)

BODYPUMP

◆ The revolutionary new weight training workout in a group fitness setting using barbells with adjustable weights, set to motivating music. BODYPUMP™ is a simple, athletic based workout that strengthens, tones, and defines every major muscle group in your body... ideal for beginners right through to experienced exercisers. (B)

BODYPUMP - Express

◆ Get the same great results as our one hour version in only 45 minutes. Great for folks that need to get a quick weight lifting session in on their lunch break. (B)

Circuit

❖ An intense, athletic based, cardio workout combined with muscle strengthening stations.

Cycling

✧ In this traditional stationary cycling class, you will experience a variety of cycling situations, including hill climbs, fast flat and exhilarating finishes while focusing on speed, power, intensity and technique. (B)

Endurance Ride

✧ Take your group cycling workout to the next level with this hour long session. Challenge your strength and endurance as you conquer various terrains designed to improve your overall fitness.

Foam Roller

◆ Learn self myofascial release techniques that will allow you to give yourself a deep tissue massage to help with muscle tightness and trigger points. This will help regain pain free, normal muscle movement which will ultimately enhance your daily living and/or sports performance. (B)

INSANITY®

❖ A revolutionary cardio-based total-body conditioning program based on the principles of MAX Interval Training. MAX Interval Training allows a person to beat the stress adaptation response, which normally happens when your body gets used to exercising at one level of exertion. The result of this is halting your progress on your fitness improvement journey. By using MAX Interval Training, INSANITY pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism. INSANITY's interval training is the pinnacle of cardio training.

PiYo Strength™

● PiYo Strength™ is a mind/body format that moves very quickly and powerfully using the body's own resistance to create strength from the core out. PiYo Strength™ is inspired by pilates and yoga, but does not limit itself to those boundaries. You will improve your strength, flexibility and balance in PiYo Strength™ which makes it an excellent base for any athletic endeavor you choose. (B)

POUND Fitness

✋ Channel your inner rockstar with this full-body cardio jam session, inspired by drumming. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and tone while rocking out to your favorite music! (B) (K) (LS)

Power Fusion

● Power Fusion is an intense calorie burning and core-strengthening workout integrating functional strength training, balance, pilates, yoga and boot camp moves using your own body weight, or you can grab weights for an additional challenge. BOSU, resistance bands, stability balls and body bars keep your body guessing each week.

Power Yoga

◆ An energized and vigorous yoga practice that will build strength, flexibility, endurance and mental focus through a moderately fast paced sequence of poses. While this class will challenge all fitness levels, beginners are welcome. Please come prepared to sweat. (B)

SilverSneakers® Classic

☼ Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support. SilverSneakers® is a registered mark of Healthways, Inc. (B) (LS)

Step Express

✋ Still popular after all these years, step aerobics can help you trim, tone and tighten like nothing else. Fresh choreography and upbeat music provide the essential ingredients for this fun, classic workout.

Stretch and Balance Express

◆ General stretches for every muscle group, beginner Yoga postures and balancing are the focus for this class. (B) (LS)

Triple Threat

❖ A unique combination of cardio, strength and core. This class will give you a challenging dynamic workout with 20 minutes of cardio (instructor's choice), 20 minutes of muscle conditioning and 10 minutes of core and stretch.

Turbo Kick®

✋ The hottest athletic based kickboxing class that will challenge you physically and mentally.

U-Jam

☼ U-Jam Fitness® is an athletic cardio dance fitness program that unites world beats with urban flavor. The music will take you around the world from old school hip-hop to Bollywood with an athletic intense cardio workout that makes you sweat, tones your body, and leaves your body craving more! U-Jam Fitness® is Universal, Unique & eUphoric! So lace up your kicks and Let The Music Drive You! (B) (K)

Yoga

◆ A low impact exercise regimen that encourages stress management, blood pressure control and increased muscle strength and flexibility. (B) (LS)

Zumba®

☼ Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating. (B) (K) (LS)

Zumba Gold®

☼ The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults. (B) (LS)

B - Beginner Friendly

K - Kid Friendly (ages 10-13 must be accompanied by an adult)

LS - LIVESTRONG® at the YMCA Friendly