



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EX SCHEDULE

ALAMANCE COUNTY YMCA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING 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	
	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
	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 3PM – 4PM BEGINNER-FRIENDLY CLASSES SEE WEBSITE FOR UPDATED SCHEDULE ACYMCA.ORG/WELLNESS PLEASE CONSIDER MAKING A DONATION TO OUR ANNUAL CAMPAIGN ACYMCA.ORG/DONATE 
	Circuit – Sarah 10:45 AM – 50 min		Line Dancing – Jerry 11:40 AM – 50 Min			
	Line Dancing – Jerry 11:40 AM – 50 min					
AFTERNOON 12:00PM – 5:00PM	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	Text your keyword to (833) 495-4465 to receive alerts for class changes, subs, or cancellations! Strength Dance Senior Cycle Mind Pickleball
		Yoga – Tracey 4:30 PM – 50 min	Cardio Dance – Renee 4:30 PM – 50 min	Yoga – Tracey 4:30 PM – 50 min		
EVENING 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	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	
	Spin – Gary 5:30 PM – 50 min	Power Toning – Pam 6:15PM – 90 min	Muscle Pump Christy 5:30 PM – 50 min	Zumba – Danielle★ 5:30 PM – 50 min		
	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	KEY Group Exercise Studio Functional Fitness Studio Conference Room Barre Studio	
		Cycle – Agnes★ 6:30 PM – 45 min	Barre Calandra★ 6:30 PM – 50 min	Pilates – Melaine★ 6:30 PM – 50 min		

OUR MISSION:

TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND, AND BODY

FOR ALL.

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
- **CARDIO DANCE:** 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!
- **CORE TRAINING:** a 30-Minute class designed to condition core muscles and strengthen your abs and back
- **HIIT:** High Intensity Interval Training incorporates strength training with Cardio bursts. Blending cardio and strength for maximum benefit
- **LINE DANCING:** Grab a friend or two, get in line, and step in unison to popular tones and oldies. Great workout for all ages
- **PILATES:** This class is designed to improve core muscle strength, increase flexibility, and improve overall health using mat work
- **POWER TONING:** Complete toning utilizing a mix of ballet, Pilates, strength with emphasis on posture, alignment and core
- **SEATED ZUMBA GOLD:** 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!
- **SILVER CIRCUIT:** Functional class alternating low impact cardio with strength, toning
- **SILVER YOGA:** 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)
- **SILVER SNEAKERS:** 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
- **SPIN/CYCLE:** 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
- **ULTIMATE WORKOUT:** An all-over workout that is low-impact. Focuses on strength, abs, and total body
- **YOUNG AT HEART:** 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
- **YOGA:** This class focuses on breath control, simple meditation, and the adoption of specific standing postures to improve posture, strength, and flexibility
- **ZUMBA:** 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

OUR MISSION: TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND AND BODY FOR ALL.