

ALAMANCE COUNTY YMCA

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING OPEN - 12:00PM		Core – Ruth 5:45 AM – 30 min	Strength Circuit – Gary 5:45 AM – 50 min	Core – Ruth 5:45 AM – 30 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	★ Cardio Dance–Lisa 8:00 AM – 50 min	Spin – Gary 8:00 AM – 50 min	Boot Camp – Calandra 9:00 AM – 50 min
		Pilates – Chris 7:30 AM – 50 min	Silver Circuit – Becky 10:30 AM – 50 min	Spin – Gary 8:00 AM – 50 min	Strength Circuit – Becky 9:15 AM – 50 min	Power Toning – Rotating 9:00 AM – 90 min	Power Toning – Karlotta 10:00 AM – 90 min
		Spin – Gary 8:00 AM – 50 min	Circuit – Sarah (Upper Body) 10:45 AM – 50 min	Power Toning – Rebecca 9:00 AM – 90 min	Silver Circuit – Becky 10:30 AM – 50 min	Young at Heart-Christy 10:30 AM – 50 min	
		Power Toning – Pam 9:00 AM – 90 min	Silver Yoga – Becky 11:30 AM – 50 min	Young at Heart-Christy 10:30 AM – 50 min	Circuit – Sarah (Lower Body) 10:45 AM – 50 min	Circuit – Sarah (Core) 10:45 AM – 50 min	
		Young at Heart-Christy 10:30 AM – 50 min		Circuit – Sarah (Full Body) 10:45 AM – 50 min	Silver Yoga – Becky 11:30 AM – 50 min	Line Dancing – Jerry 11:40 AM – 50 min	SUNDAY
		Circuit – Sarah (Full Body) 10:45 AM – 50 min		Line Dancing – Jerry 11:40 AM – 50 Min			Rotating-Christy P 3:00 PM – 50 min
		Line Dancing – Jerry 11:40 AM – 50 min		Seated Dance Fitness – Christy F 12:45 PM – 45 Min			
AFTERNOON 12:00PM – 5:00PM							PLEASE CONSIDER MAKING A DONATION TO OUR ANNUAL CAMPAIGN
							SCAN ME
EVENING 5:00PM – CLOSE		Cardio Dance-Becky 4:30 PM – 50 min					
		HIIT – AJ 5:30 PM – 30 min	Zumba+Lift Christy P 5:30 PM – 50 min	HIIT – AJ 5:30 PM – 30 min	Zumba – Danielle 5:30 PM – 50 min		
		Spin – Gary 5:30 PM – 50 min	Power Toning – Pam 6:15PM – 90 min	Muscle Pump Christy P 5:30 PM – 50 min	Power Toning – Parker 6:15PM – 90 min		
		Pilates – Melaine 6:30 PM – 50 min	Pilates – Melaine 6:30 PM – 50 min	Cycle-Annie 5:30 PM – 50 min			
			Circuit – 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.

ALAMANCE COUNTY COMMUNITY YMCA

Group Exercise Class Descriptions

- **BARRE**: 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
- **MUSCLE PUMP**: a high-repetition, weight strength workout using dumbbells, barbell and weights for a full-body workout that builds muscular endurance, tones muscles, and improves strength
- **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 DANCE FITNESS**: intended for all fitness levels and for those who enjoy the chair as a modification. Enjoy the rhythms of upbeat music 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 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 mediation, 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
- **ZUMBA+LIFT**: Zumba + Lift™ is a fitness program that merges high-energy dance with strength training, alternating between Zumba-style cardio and resistance work using 2–15+ lb dumbbells or bands. It aims to build muscle, improve endurance, and boost metabolic burn.

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