



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EX SCHEDULE

## ALAMANCE COUNTY YMCA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING</b> 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	<b>SUNDAY</b>
	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			
<b>AFTERNOON</b> 12:00PM - 5:00PM		Silver Sneakers Christy F 1:30 PM - 50 min		Silver Sneakers Christy F 1:30 PM - 50 min	Zumba - Becky 4:30 PM - 50 min	
	Cardio Dance-Rotating 4:30 PM - 50 min	Yoga - Tracey 4:30 PM - 50 min	Cardio Dance- Renee 4:30 PM - 50 min	Yoga - Tracey 4:30 PM - 50 min		
<b>EVENING</b> 5:00PM - CLOSE	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	Circuit - Melaine 6:30 PM - 50 min	Pilates - Melaine 6:30 PM - 50 min		
<p><b>Text your keyword to (833) 495-4465 to receive alerts for class changes, subs, or cancellations!</b></p> <p>Strength Dance Senior Cycle Mind Pickleball Water</p> <p><b>CHILDWATCH HOURS</b> <b>Monday - Thursday</b> 8:30AM - 12:00PM / 4:00PM - 7:30PM <b>Friday</b> 8:30AM - 12:00PM * Members can utilize Child Watch up to 2 hours per day. * Hours subject to change</p>						
<p><b>KEY</b></p> <ul style="list-style-type: none"> <li><span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; background-color: white;"></span> Group Exercise Studio</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #00a0e3;"></span> Functional Fitness Studio</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #800080;"></span> Conference Room</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #008000;"></span> Barre Studio</li> </ul> <p style="text-align: right;"><b>★ NEW CLASS OR UPDATED</b></p>						
<p><b>OUR MISSION: TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND, AND BODY FOR ALL.</b></p>						

PLEASE CONSIDER  
MAKING A  
DONATION TO OUR  
ANNUAL CAMPAIGN



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# 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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