the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EX SCHEDULE

ALAMANCE COUNTY YMCA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING 5:00AM – 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	Silver Yoga - Becky 11:30 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		Young at Heart-Christy 10:30 AM - 50 min	Silver Yoga - Becky 11:30 AM - 50 min	Circuit - Ellen (Core) 10:45 AM - 50 min	
	Young at Heart-Christy 10:30 AM - 50 min		Circuit - Joanna (Full Body) 10:45 AM - 50 min		Line Dancing - Jerry 11:30 AM - 50 min	
	Circuit - Joanna (Full Body) 10:45 AM - 50 min		Line Dancing - Jerry 11:30 AM - 50 Min			
	Line Dancing - Jerry 11:30 AM - 50 min		Seated Dance Fitness - Christy F 12:45 PM - 45 Min			
AFTERNOON 12:00PM – 5:00PM	Cardio Dance-Becky 4:30 PM - 50 min	Silver Sneakers Christy F 1:30 PM - 50 min	Cardio Dance- Renee 4:30 PM - 50 min	Silver Sneakers Christy F 1:30 PM - 50 min	Zumba - Becky 4:30 PM - 50 min	
		Yoga - Tracey 4:30 PM - 50 min		△ Yoga - Tracey 4:30 PM - 50 min		
EVENING 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	Cycle-Annie 5:30 PM - 50 min			
			Circuit - Melaine 6:30 PM - 50 min			

SUNDAY

★ Muscle Pump -Christy P 3:00 PM - 50 min

KEY

△ 1st & 3rd Thursdays Stretch Yoga - Tracey

2nd & 4th Saturdays Stretch Yoga - Tracey

Text your keyword to (833) 495-4465 to receive alerts for class changes, subs, or cancellations!

Strength
Dance
Senior
Cycle
Mind
Pickleball
Water

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

KEY

Group Exercise Studio
Functional Fitness Studio
Conference Room
Barre Studio

★ **NEW CLASS OR UPDATED**

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

the YMCA FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

ALAMANCE COUNTY COMMUNITY YMCA
Group Exercise Class Descriptions

- **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
- **FULL BODY BLAST:** a one-hour strength and conditioning workout using dumbbells to challenge your entire body. Push through 45-second intervals with 15 seconds of rest for a high-energy workout that balances intensity and recovery.
- **HIIT**: High Intensity Interval Training incorporates strength training with Cardio bursts. Blending cardio and strength for maximum benefit
- **MUSCLE PUMP:** a high-repetition, weight strength workout using dumbells, 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
- **STRETCH YOGA:** A slower-paced yoga practice focused on seated and lying stretches held for several breaths. Gentle, intentional stretching targets the body's connective tissues, fascia, ligaments, and joints to improve flexibility and mobility. Great for beginners and experienced practitioners - no prior strength or flexibility required.
- **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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