









FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WINTER GROUP EX SCHEDULE ALAMANCE COUNTY YMCA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING</b> 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	Barre Sculpt Express Brandi ★ 8:30 AM - 50 min	
	Spin - Gary 8:00 AM - 50 min	Circuit - Sarah 10:45 AM - 50 min	Barre Sculpt Express Brandi ★ 8:30 AM - 50 min	Circuit - Sarah 10:45 AM - 50 min	Power Toning - Rotating 9:00 AM - 90 min	
	Barre Sculpt Express Brandi ★ 8:30 AM - 50 min	Silver Yoga - Becky 11:30 AM - 50 min	Power Toning - Rebecca 9:00 AM - 90 min	Silver Yoga - Becky 11:30 AM - 50 min	Young at Heart - Maggie 10:30 AM - 50 min	<b>SUNDAY</b>
	Power Toning - Pam 9:00 AM - 50 min		Young at Heart - Maggie 10:30 AM - 50 min		Circuit - Sarah 10:45 AM - 50 min	<b>SUNDAY SAMPLER</b> <b>3PM - 4PM</b> BEGINNER-FRIENDLY CLASSES SEE WEBSITE FOR UPDATED SCHEDULE <a href="http://ACYMCA.ORG/WELLNESS">ACYMCA.ORG/WELLNESS</a>  <b>PLEASE CONSIDER            MAKING A            DONATION TO OUR            ANNUAL CAMPAIGN</b> <a href="http://ACYMCA.ORG/DONATE">ACYMCA.ORG/DONATE</a>
	Young at Heart - Maggie 10:30 AM - 50 min		Circuit - Sarah 10:45 AM - 50 min		Line Dancing - Jerry 11:40 AM - 50 min	
	Circuit - Sarah 10:45 AM - 50 min		Line Dancing - Jerry 11:40 AM - 50 min			
	Line Dancing - Jerry 11:40 AM - 50 min					
<b>AFTERNOON</b> 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	 <b>Text your keyword to (833) 495-4465            to receive alerts for class changes,            subs, or cancellations!</b> Strength   Dance   Senior Cycle   Step   Mind  <b>DOWNLOAD OUR NEW MOBILE APP</b> <b>LEARN MORE AT <a href="http://ACYMCA.ORG/APP">ACYMCA.ORG/APP</a></b>
		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 - Christy 5:30 PM - 50 min	HIIT - AJ 5:30 PM - 30 min	Pilates - Melaine 5:30 PM - 50 min ★	<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	
	Spin - Gary ★ 5:30 PM - 50 min	Cycle - Rotating 5:30 PM - 30 min	Muscle Pump Christy ★ 5:30 PM - 50 min	Cycle - Rotating 5:30 PM - 30 min		
	Pilates - Melaine 6:30 PM - 50 min	Power Toning - Pam 6:15PM - 90 min	Circuit - Melaine 6:30 PM - 50 min	Power Toning - Parker 6:15PM - 90 min		
		Pilates - Melaine 6:30 PM - 50 min		Zumba - Danielle 6:30 PM - 50 min		
					<b>KEY</b>  Group Exercise Studio  Functional Fitness Studio  Conference Room  Barre Studio   <b>NEW CLASS</b>	

**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 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