









FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WINTER GROUP FITNESS SCHEDULE

## ALAMANCE COUNTY YMCA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING</b> OPEN - 12:00PM	5:45 AM Core - Ruth	5:45 AM Strength Circuit - Gary	5:45 AM Core - Ruth	5:45 AM Strength Circuit - Gary	5:45 AM Power Sculpt - AJ	8:00 AM Yoga - Tracey
	6:00 AM Boot Camp - AJ	7:45 AM Ultimate Workout - AJ	6:45 AM Spin - Gary	7:45 AM Ultimate Workout - AJ	6:45 AM Spin - Gary	9:00 AM Zumba - Danielle
	6:45 AM Spin - Gary	9:15 AM Step Circuit - Becky	7:30 AM Pilates - Nancy	9:15 AM Strength Circuit - Becky	8:00 AM Spin - Gary	10:00 AM Power Toning - Karlotta
	7:30 AM Pilates - Chris	10:30 AM Silver Circuit - Becky	8:00 AM Spin - Gary	10:30 AM Silver Circuit - Becky	8:30 AM Barre Sculpt Express Brandi	
	8:00 AM Spin - Gary	10:45 AM Circuit - Sarah	8:30 AM Barre Sculpt Express Brandi	10:45 AM Circuit - Sarah	9:00 AM Power Toning - Rotating	
	8:30 AM Barre Sculpt Express Brandi	11:30 AM Silver Yoga - Becky	9:00 AM Power Toning - Rebecca	11:30 AM Silver Yoga - Becky	10:30 AM Young at Heart - Maggie	<b>SUNDAY</b>
	9:00 AM Power Toning - Pam		10:30 AM Young at Heart - Maggie		10:45 AM Circuit - Sarah	<b>3PM - 4PM</b>
	10:30 AM Young at Heart - Maggie		10:45 AM Circuit - Sarah		11:40 AM Line Dancing - Jerry	<b>SUNDAY SAMPLER</b> BEGINNER-FRIENDLY CLASSES
	10:45 AM Circuit - Sarah		11:40 AM Line Dancing - Jerry			SEE WEBSITE FOR UPDATED SCHEDULE ACYMCA.ORG/WELLNESS
	11:40 AM Line Dancing - Jerry					<b>PLEASE CONSIDER MAKING A DONATION TO OUR ANNUAL CAMPAIGN</b> ACYMCA.ORG/DONATE
<b>AFTERNOON</b> 12:00PM - 5:00PM	4:30 PM Cardio Dance - Lisa	1:30 PM Silver Sneakers - Maggie	12:45 PM Seated Zumba Gold Marcy	1:30 PM Silver Sneakers - Maggie	4:30 PM Zumba - Becky	  <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 ACYMCA.ORG/APP</b>
		4:30 PM Yoga - Tracey	4:30 PM Cardio Dance - Renee	4:30 PM Yoga - Tracey		
<b>EVENING</b> 5:00PM - CLOSE	5:30 PM HIIT - AJ	5:30 PM Zumba - Christy	5:30 PM HIIT - AJ	5:30 PM Pilates - Melaine Starting 10/24	<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	
	5:30 PM Spin - Gary	5:30 PM Cycle - Rotating	5:30 PM Muscle Pump Christy	5:30 PM Cycle - Rotating		
	6:30 PM Pilates - Melaine	6:15PM - 7:45PM Power Toning - Pam	6:30 PM Kettle Circuit - Melaine	6:15PM - 7:30PM Power Toning - Parker		
		6:30 PM Pilates - Melaine		6:30 PM Zumba - Danielle		
				<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.**

UPDATED 10/9/2024

# 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
- **POUND:** A full-body workout using drumsticks that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements
- **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:** 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