



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ALAMANCE COUNTY COMMUNITY YMCA

## Winter Group Fitness Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING</b> OPEN - 12:00PM	6:00 AM Core - Ruth	5:45 AM Strength Circuit - Gary	6:00 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 Cycle - Gary	7:45 AM Ultimate Workout - AJ	6:45 AM Cycle - Gary	9:00 AM Zumba - Danielle
	6:45 AM Cycle - Gary	9:15 AM Step Circuit - Becky	7:30 AM Pilates - Nancy	9:15 AM Strength Circuit - Becky	8:00 AM Cycle - Gary	10:00 AM Power Toning - Karlotta
	7:30 AM Pilates - Chris	10:30 AM Silver Circuit - Becky	8:00 AM Cycle - Gary	10:30 AM Silver Circuit - Becky	9:00 AM Power Toning - Rotating	10:00 AM Pound - Brandy
	8:00 AM Cycle - Gary	10:45 AM Circuit - Rebeca	9:00 AM Power Toning - Rebecca	10:45 AM Circuit - Brandy	10:30 AM Young at Heart - Maggie	
	9:00 AM Power Toning - Pam	11:30 AM Silver Yoga - Becky	10:30 AM Young at Heart - Maggie	11:30 AM Silver Yoga - Becky	10:45 AM Circuit - Brandy	<b>SUNDAY</b>
	10:30 AM Young at Heart - Maggie		10:45 AM Circuit - Brandy		11:30 AM Line Dancing - Jerry	<b>3:00PM - 4:00PM</b> <b>SUNDAY SAMPLER</b> BEGINNER-FRIENDLY CLASSES - SEE WEBSITE FOR UPDATED SCHEDULE <u>NO SUNDAY CLASSES</u> <u>ON 12/24 or 12/31</u>  <b>PLEASE CONSIDER</b> <b>MAKING A</b> <b>DONATION TO OUR</b> <b>ANNUAL CAMPAIGN</b> <b>AT</b> <b>ACYMCA.ORG/DONATE</b> 
	10:45AM Circuit - Carter		11:30 AM Line Dancing - Jerry			
	11:30 AM Line Dancing - Jerry					
<b>AFTERNOON</b> 12:00PM - 5:00PM	4:30 PM Cardio Dance - Lisa	1:30 PM Silver Sneakers - Maggie	12:30 PM Pound - Brandy	1:30 PM Silver Sneakers - Maggie	4:30 PM Zumba - Becky	
	4:30 PM Boot Camp - Gary	4:30 PM Yoga - Tracey	4:30 PM Cardio Dance - Renee	4:30 PM Yoga - Tracey	<b>Text your keyword to (833) 495-4465</b> <b>to receive alerts for class changes,</b> <b>subs, or cancellations!</b>  Strength Dance Senior Cycle Step Mind	
<b>EVENING</b> 5:00PM - CLOSE	5:30 PM HIIT - AJ	5:30 PM Zumba - Christy	5:30 PM HIIT - AJ	5:30 PM Power Sculpt - Michelle	<b>CHILDWATCH HOURS</b> <b>Monday - Thursday</b> 8:30AM - 12:00PM / 4:00PM - 7:30PM <b>Friday</b> 8:30AM - 12:00PM * Members may utilize Child Watch up to 2 hours per day.* Hours subject to change	
	5:30 PM Step - Michelle	5:30 PM Cycle - Monte	5:30 PM Cycle - Monte	5:30 PM Cycle - Monte		
	6:45 PM Pilates - Melaine	6:15PM - 7:45PM Power Toning - Pam	6:30 PM Kettle Circuit - Melaine	6:15PM - 7:30PM Power Toning - Parker		
		6:30PM Total Strength Circuit w/ Carter	6:30 PM Pound - Brandy	6:30PM Total Strength Circuit w/ Carter		
	6:30 PM Pilates - Melaine		6:30 PM Zumba - Danielle		<b>KEY</b>  Group Exercise Studio  Functional Fitness Studio  Conference Room  Barre Studio	<b>INTERESTED IN</b> <b>PERSONAL TRAINING?</b> <b>SEE FRONT DESK FOR</b> <b>INFO</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

- **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 SCULPT**: This class is designed to offer a full upper and lower body workout. The class will incorporate a variety of equipment to build muscular strength and endurance, resulting in a leaner body
- **POWER TONING**: Complete toning utilizing a mix of ballet, Pilates, strength with emphasis on posture, alignment and core
- **POWER YOGA**: a vigorous, fitness-based approach to vinyasa-style yoga. Power yoga incorporates the athleticism of Ashtanga, including lots of vinyasas
- **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
- **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
- **STRENGTH CIRCUIT**: Alternate muscle groups for an awesome total body workout using body weight, bars, hand weights, and/or tubes
- **TURBO KICK**: A full-body workout that combines cardio, conditioning, and strength training with kickboxing inspired movements
- **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