



# ALAMANCE COUNTY COMMUNITY YMCA GROUP EXERCISE SCHEDULE

## MONDAY

5:35am X-Bike  
6:00am Core Training  
8:00am Shape Up With Sarge  
8:30am Power Sculpt  
9:00am Shape Up with Sarge  
9:30am Zuma/Latin Dance  
10:00am Deep Water Aqua Fusion  
10:30am Young @ Heart  
11:30am Line Dancing  
12:15pm X-Bike  
4:30pm Zumba  
5:30pm Instructor's Choice  
6:30pm Pilates  
7:05pm Hearts @ Work  
7:05pm Deep Water Workout

## THURSDAY

6:00am Power Sculpt  
8:00am Morning Energizer  
8:30am Power Sculpt  
9:00am Hearts @ Work  
9:30am Zumba/Latin Dance  
10:00am Arthritis Class  
10:30am Yoga  
1:30pm Silver Sneakers  
2:30pm Line Dancing  
4:30pm Family Pilates (requires parent participation)  
5:30pm Power Sculpt  
6:30pm Zumba  
7:05pm Hearts @ Work  
7:05pm Deep Water Workout

## TUESDAY

5:35am Power Sculpt  
8:00am Morning Energizer  
8:30am Step  
9:00am Hearts @ Work  
9:30am Power Sculpt  
10:00am Arthritis Class  
11:00am T'ai Chi Ch'uan (\$\$ Quarterly)  
1:30pm Silver Sneakers  
2:30pm Line Dancing  
4:30pm Family Yoga (requires parent participation)  
5:30pm Zumba  
5:30pm X-Bike  
6:30pm Pilates  
7:05pm Hearts @ Work  
7:05pm Deep Water Workout

## FRIDAY

5:35am X-Bike  
8:00am Shape Up with Sarge  
8:30am Power Sculpt  
9:00am Shape up with Sarge  
9:30 Pilates  
10:00am Deep Water Aqua Fusion  
10:30am Young @ Heart  
11:30am Line Dancing  
12:15pm X-Bike  
4:30pm Zumba

## SATURDAY

8:00am Yoga  
9:00am Hearts @ Work  
9:00am Zumba/Latin Dance  
10:00am Power Sculpt

## SUNDAY

3:00pm Zumba/Latin Dance  
4:00pm Yoga

## WEDNESDAY

6:00am Core Training  
8:00am Shape Up with Sarge  
8:30am Cardio Dance Blast  
9:00am Shape Up with Sarge  
9:30am HIIT  
10:00am Aqua Yoga  
10:30am Young at Heart  
11:30am Line Dancing  
12:15pm X-Bike  
4:30pm Family Zumba (requires parent participation)  
5:30pm Kettlebell Sculpt  
5:30pm X-Bike

- All exercise classes are included in your membership with the exception of T'ai Chi .
- Classes listed in **BLUE** are held in the pool
- Classes listed in **ORANGE** are held in the X-Bike Studio
- Classes listed in **BLACK** are held in the aerobics studio
- Classes listed in **RED** are for youth members age 8 and up with their parent/guardian

# LAND AND WATER EXERCISE CLASS DESCRIPTIONS

## GROUP WATER CLASSES

- **Morning Energizer:** A low to moderate intensity shallow-water workout that will keep you loose and limber for the rest of the day. Participants will improve overall fitness using a variety of equipment and buoyancy techniques. Ideal for both beginner and advanced participants.
- **Shape Up With Sarge:** A well-rounded workout that incorporates stretching, balance strength and cardio exercises in a fast paced, fun routine to improve physical fitness. Equipment is used to increase water resistance.
- **Hearts @ Work:** A moderate to high intensity water aerobic workout designed to increase cardio respiratory fitness. This shallow-water class uses range-of-motion stretches for improving flexibility. Water resistant exercises are used to develop muscle tone and strengthen core muscles.
- **Aqua Yoga:** This class incorporates a Kundalini style of yoga with water exercise that is great for everyone, especially those with limited spine, shoulder, and arm flexibility and people who experience limitations because of arthritis.
- **Arthritis Water Class:** A shallow water program of moderate water movements and gentle stretches that allow participants to strengthen muscles for increased endurance and reducing joint pain. Exercises designed to improve joint flexibility and balance.
- **Deep Water Workout:** A no impact class providing high resistance for the total body. Flotation belts are provided to allow balancing the body in vertical or horizontal positions to maneuver in the water. Non-swimmers can participate with confidence as they develop and improve flexibility. Deep water provides a resistance environment for strengthening major muscles, the core muscles of the abs and back, and the arms and legs.
- **Aqua Fusion:** A fusion of challenging and creative movements that include high-intensity cardiovascular and muscle conditioning for a full body workout. This class may include transitions from shallow to deep water, music and fun sets.

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## GROUP LAND CLASSES

- **Core Training:** A 30 minute class designed to condition core muscles and strengthen your abs and back.
- **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 strengthen training. Abs and relaxations will end the class.
- **Pilates:** This class is designed to improve core muscle strength, increase flexibility and improve overall health using mat work.
- **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.
- **Athletic Core & Strength:** This class incorporates strengthening moves in supine, prone and side lying positions to produce a strong and efficient core and incorporates abdominal and back stretches.
- **Zumba/Latin Dance:** Burn major calories with this fun non-stop energetic workout. This class will offer the excitement of moving to the rhythm of Latin, funk and retro beats. Even if you're not a dancer, don't worry. The combos will be broken down into basic steps so you can jump right in with both feet.
- **Kick Boxing:** Kicks, punches, blocks add up to a high intensity kick boxing class ending with a cool-down and stretching.
- **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!
- **T'ai Chi Ch'uan:** Reduce stress and build self-confidence with this ancient martial arts system of exercise. The movements are practiced gently in slow motion to improve balance, strength and flexibility (Nominal Fee).
- **SilverSneakers Muscular Strength and Range of Movement:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seating and/or support.
- **Young at Heart:** Make friends and have fun while you energize your body as you move to the music through a variety of exercises designed to increase flexibility, muscular strength, balance and cardiovascular conditioning.
  - **Line Dancing:** Grab a friend or two, get in line, and step in unison to popular tones and oldies. Great workout for all ages.
- **Instructor's Choice:** This class will be the scheduled instructors choice: options include, step, cardio dance, power sculpt, etc. Take a chance at learning something fun and new and attend this class.
- **Yoga:** This class focuses on breath control, simple meditation, and the adoption of specific standing postures to improve posture, strength, and flexibility.
- **HIIT:** High Intensity Interval Training incorporates strength training with cardio bursts. Blending cardio and strength for maximum benefit.
- **Family Classes:** Offered to introduce younger members to the benefits of fitness. Youth 8-11 may participate in the Family classes with a parent present. Participation is based on the youth's ability to stay on task and participate fully in the class without causing disruption to other members.