




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ALAMANCE COUNTY COMMUNITY YMCA

## Spring Group Fitness Schedule

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

- **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
- **CYCLE:** Riding drills to focus on endurance, strength, and recovery.
- **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
- **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