

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>**Try our 6:30 p.m. classes.</b>	<b>1</b> 5 BT Jana 6 S Crystal 8 POW 9 Terri 5  4:30 Meredith Z 5:30 POW Emma	<b>2</b> 5 POW Tommy 6 C Crystal 9 SS Anne 10 Meredith Z 12 Yoga Kevin 4:30 POW tape 5:30 Emma 7	<b>3</b> 6 Yoga Cheri 8 POW 9 Anne C  <b>NO 5:30 class</b>	<b>4</b> 5 POW Jana 6 C Crystal 9 SS Portia 10 Meredith Z 12 Yoga Kevin 4:30 POW Terri 5:30 Emma 1	<b>5</b>  12 FB Matt  4:30 Emily Z	<b>6</b>  9 Emily HHH
<b>7</b>  3 Emily Z	<b>8</b> <i>BC Blitz starts</i> 6 S Crystal  4:30 Terri 6 5:30 POW Emma	<b>9</b> 5 POW Cheri 6 C Crystal 9 SS Anne  12 Yoga Kevin 4:30 POW tape 5:30 Emily Z	<b>10</b>  6 Yoga Cheri 8 POW 9 Terri C  4:30 Emma 2 5:30 POW tape <b>6:30 Meredith</b>	<b>11</b>  5 POW Tommy 6 C Crystal 9 SS Portia  12 Yoga Kevin 4:30 POW Terri 5:30 Emily HHH	<b>12</b>  8 POW tape 9 Meredith Z  12 FB Matt	<b>13</b>  9 Denise POW
<b>14</b> 3 Denise POW  <i>Daylight saving time begins</i>	<b>15</b> 6 S Crystal 8 POW Anne 9 Meredith Z  4:30 Terri C 5:30 POW Emma	<b>16</b> 5 POW Cheri 6 C Crystal 9 SS Anne 10 Meredith Z <b>12 AOA lunch</b> 4:30 POW Terri 5:30 Emily HHH	<b>17</b> 5 C Cheri 6 Yoga 8 POW 9 Anne EXP 9:35 ABS 4:30 Emily Z 5:30 POW tape <b>6:30 Meredith</b>	<b>18</b> 5 POW Cheri 6 C Crystal 9 SS Portia 10 Meredith Z 12 Yoga Kevin 4:30 POW tape 5:30 Emily Z	<b>19</b>  8 POW Anne 9 Meredith Z  12 FB Matt	<b>20</b>  9 Denise 7
<b>21</b>  <b>2 **C/R Cheri</b>  **C/R C for 30 min. Then go for a 30 min. run. Dress/change accordingly. Rain=all C.	<b>22</b> 5 PP Crystal 6 S Crystal 8 POW 9 Terri 5  4:30 Emily HHH 5:30 POW Emma	<b>23</b> 5 POW Jana 6 C Crystal 9 SS Anne 10 Meredith Z  4:30 POW Terri 5:30 Emma Z	<b>24</b> 5 C Cheri 6 Yoga 8 POW Anne 9 Meredith Z  4:30 Terri 6 5:30 BT Jana	<b>25</b> 6 C Crystal 9 SS Portia 10 Meredith Z  4:30 POW tape 5:30 Emily HHH	<b>26</b>  8 POW Anne  12 FB Matt	<b>27</b>
<b>28</b>	<b>29</b> 5 PP Tommy 6 S Crystal 8 POW Anne 9 Meredith Z  4:30 Terri EXP 5:05 ABS 5:30 POW tape	<b>30</b> 5 POW Tommy 9 SS Meredith 10 Meredith Z  4:30 POW tape 5:30 Emma 1	<b>31</b> 5 C Cheri 6 Yoga 8 POW 9 Meredith Z  5:30 C Jana	<b>Please see key for class descriptions.</b>	<b>Classes and instructors subject to change WITHOUT notice</b>	Tae Kwan Do MTH 6:30-8 see front desk for details.  <b>**Keep an out eye for our upcoming running club info. board</b>



## Exercise Descriptions/Key Reidsville Family YMCA

### Group Exercise Classes

\*Not all classes below are offered every month.

- Instructors and Classes are subject to change without notice
- Cell Phones should not be used during classes.
- Children below 12 are not allowed in class. Please use nursery.
- All aerobic classes end with ab work.

**1-Low Step** low impact class (1 foot on the floor at all times), however not low intensity. Recommended for beginners/intermediate/Senior members. A great way to begin.

**2-Step** low to high moves with step and risers (if you choose). Choose your intensity-take class at your own pace.

**3-Floor/Sculpt** use the floor and hand weights/tubing to get aerobic and strength training in 1 class.

**4-Floor** low to high moves all on the floor. Choose your intensity level.

**5-Step/Floor Combo** get a little of each type of aerobic class in 1.

**6-Step/Sculpt** Challenge your step moves and add sculpting intervals with hand weight/tubing. Challenge your heart.

**7-Below the Waist** Work those glutes, hams, quads, and abs.

### **POW** Power On Weights

53 min. workout using the barbell, hand weights, tubing, and/or balls to strength train. Using your chosen weight for high repetitions for 4 ½ mins/muscle group. You will have a min. rest in-between muscles. The purpose is to increase muscle strength, bone density, and decrease body fat.

**Yoga** Come strength, tone, and relax in this class. Yoga is for all fitness levels. Let your tensions melt away.

**Pilates** provides flexibility and balance, improves posture, lengthens/strengths spine, aids core stability, tone muscles, benefits for arthritic joints, and strength training for weight loss.

**Mat Flex** Combination of Pilates and YOGA.

**BT-Basic Training:** Come to sweat and be challenged. Aerobic intervals, upper body, lower body, abs and back again until the class is over.

**HHH Hip Hop Hustle** Get into the dance groove with us and you'll burn some serious calories! You won't even realize you're exercising! This high/low impact class gives you a great aerobic workout.

**EXP-Cardio blast** 35 mins. Total body workout.

**TK Turbo Kick** blast up to 800 calories per session. It's like kickboxing with a fun twist. The music will get you pumping as you work up a sweat! Great music and fun moves! This class will keep you entertained and engaged so you won't even think about exercising! It's a TOTAL body cardio workout with moves that tone and sculpt.

**SS Silver Sneakers** very low impact sitting class to tone upper body for daily activities.

**C-Cycle:** a 45 minute cardio workout that utilizes the stationary bikes, allowing for all levels to adjust their own intensity.

**Cycle/circuit** combines the cardio of cycle with upper body strength training. Come to try a total body workout!!

**ABS** 20-30 total Ab workout

Remember always take the class at your own pace, pay attention to proper body alignment, and listen to your body. The warm up and cool down are both very important. Be set up to start on time and stay for the whole class.

The group exercise fitness staff enjoys each member. We want you to enjoy our programs. Please feel free to leave comments or suggestions in bucket in aerobic room so we can serve you better.

**\*\*Proper footwear is required.**