

# JULY 2022 SCHEDULE

## ALEXANDER COUNTY FAMILY YMCA



### MONDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
10:00am	10:45am	Pilates	Wesley W	Group Exercise Studio	
5:30pm	6:15pm	Fitness Mayhem	Danny S	Group Exercise Studio	*no class 7/4

### TUESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:30am	10:15am	SilverSneakers® Classic	Lerin B	Group Exercise Studio	
10:30am	11:30am	Chair Yoga	Lerin B	Group Exercise Studio	
5:30pm	6:15pm	Cycle	Andrew M	Group Exercise Studio	

July 4th Hours:  
8:00am-4:00pm  
Classes will be held as  
scheduled.

### WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
12:00pm	12:45pm	Cardio Dance Party	Jennifer P	Group Exercise Studio	*no class 7/6
5:30pm	6:30pm	Yoga	Dawn R	Group Exercise Studio	

### THURSDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:30am	10:15am	SilverSneakers® Classic	Lerin B	Group Exercise Studio	
10:30am	11:30am	Chair Yoga	Lerin B	Group Exercise Studio	
5:30pm	6:15pm	Fitness Mayhem	Danny S	Group Exercise Studio	

## Group Ex Class Descriptions

**Cardio Dance Party** – Cardio Dance Party is a variety of dance formats with high energy music that will burn calories and make your workout fun! This is for all fitness levels. If you can move, you can groove!

**Chair Yoga**– Replaces yoga mats with chairs to perform yoga poses that improve flexibility and mobility, thus decreasing muscle tightness and discomfort. Designed to meet the needs of seniors, beginners, or those who prefer not to be on the floor.

**Cycle**– Focuses on proper alignment and cycling techniques using specifically designed studio bikes. Bring a towel and water– you control your own pace.

**Fitness Mayhem**– Will use a combination of traditional strength training exercises with dumbbells, cardio training, plyometric, interval training, etc. This is a total body workout.

**Pilates**– is a body conditioning routine that helps to not only build flexibility, but also strength, and coordination in the legs, abs, arms, and back. Breathing control and flexibility exercises restore balance, and improve posture and body alignment.

**SilverSneakers® Classic**– Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

**Yoga**– Yoga combines movement with breath to create strength, awareness and harmony in both the mind and body. Develop your practice by exploring a wider variety of poses and styles in this class.

**Sign-ups begin 24 hours in advance for each class.** You may reserve your spot from our website, [www.acfamilyymca.org](http://www.acfamilyymca.org).

**The YMCA of NWC Youth Attendance Policy:** In an effort to ensure the safety of participants, specific group exercise classes involving speed, weights, intensity and agility, will require an age of rising high school grade (9<sup>th</sup>) or above to attend. These classes are marked with an \* on the descriptions page.

Rising middle school students (6<sup>th</sup> grade) and above are welcome to attend group exercise classes with a parent, or without a parent after completing the Middle School and UFit Orientations, except for classes marked with an \* on the descriptions page. Cycle classes are open to middle school members and older. as long as proper cvcle fit can be established.

### ALEXANDER COUNTY FAMILY YMCA

260 Black Oak Ridge Road, Taylorsville 28681

P 828 632 9699 F 828 635 1016 [www.acfamilyymca.org](http://www.acfamilyymca.org) A United Way Agency

Our Mission: "Helping all people reach their God-given potential in spirit, mind and body." Financial Assistance Available.