

YMCA - Northwest North Carolina - Yadkin Family Group Exercise Studio Schedule - VIRTUAL and LIVE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|---|--|---|
| On Demand 5:00AM - 8:45AM YK GEx Studio | SPRINT 5:30AM - 6:00AM YK GEx Studio | On Demand 5:00AM - 8:00AM YK GEx Studio | SPRINT 5:30AM - 6:00AM YK GEx Studio | On Demand 5:00AM - 8:00AM YK GEx Studio | SPRINT 8:10AM - 8:40AM YK GEx Studio | VIRTUAL SPRINT 30 Mins 1:15PM - 1:45PM YK GEx Studio |
| BOOM Move 9:00AM - 9:30AM YK GEx Studio | On Demand 6:10AM - 8:00AM YK GEx Studio | RPM™ 8:15AM - 9:00AM YK GEx Studio | VIRTUAL CORE 30 Mins 6:05AM - 6:35AM YK GEx Studio | SPRINT 8:15AM - 8:45AM YK GEx Studio | LES MILLS CORE 8:50AM - 9:20AM YK GEx Studio | VIRTUAL BODYCOMBAT 60 Mins 2:00PM - 3:00PM YK GEx Studio |
| BOOM Muscle 9:35AM - 10:05AM YK GEx Studio | SPRINT 8:15AM - 8:45AM YK GEx Studio | Hip Hop 9:10AM - 9:55AM YK GEx Studio | On Demand 6:45AM - 8:45AM YK GEx Studio | LES MILLS CORE 9:00AM - 9:45AM YK GEx Studio | Hip Hop 9:30AM - 11:00AM YK GEx Studio | VIRTUAL CORE 45 Mins 3:15PM - 4:00PM YK GEx Studio |
| BOOM Mind 10:10AM - 10:40AM YK GEx Studio | Kettlebell 8:55AM - 9:40AM YK GEx Studio | Yoga 10:00AM - 10:50AM YK GEx Studio | BOOM Move 9:00AM - 9:30AM YK GEx Studio | VIRTUAL BODYBALANCE Yoga 9:55AM - 10:15AM YK GEx Studio | VIRTUAL RPM 50 Mins 11:20AM - 12:10PM YK GEx Studio | VIRTUAL THE TRIP 45 Mins 4:10PM - 4:55PM YK GEx Studio |
| Silver Sneakers Classic 11:00AM - 11:45AM YK GEx Studio | Silver Sneakers Circuit 10:00AM - 10:45AM YK GEx Studio | Silver Sneakers Circuit 11:00AM - 11:45AM YK GEx Studio | BOOM Muscle 9:35AM - 10:05AM YK GEx Studio | VIRTUAL CORE 30 Mins 11:05AM - 11:35AM YK GEx Studio | | |
| VIRTUAL SPRINT 30 Mins 12:15PM - 12:45PM YK GEx Studio | Silver Sneakers Yoga 10:50AM - 11:20AM YK GEx Studio | VIRTUAL CORE 30 Mins 12:15PM - 12:45PM YK GEx Studio | BOOM Mind 10:10AM - 10:40AM YK GEx Studio | VIRTUAL SPRINT 30 Mins 11:40AM - 12:10PM YK GEx Studio | | |
| On Demand 1:00PM - 4:30PM YK GEx Studio | EnerChi 11:20AM - 11:50AM YK GEx Studio | On Demand 1:00PM - 4:30PM YK GEx Studio | Silver Sneakers Yoga 10:50AM - 11:20AM YK GEx Studio | VIRTUAL THE TRIP 45 Mins 12:15PM - 1:00PM YK GEx Studio | | |
| VIRTUAL BODYCOMBAT 45 Mins 4:30PM - 5:15PM YK GEx Studio | On Demand 2:00PM - 4:30PM YK GEx Studio | VIRTUAL THE TRIP 45 Mins 4:30PM - 5:15PM YK GEx Studio | EnerChi 11:20AM - 11:50AM YK GEx Studio | On Demand 1:00PM - 4:30PM YK GEx Studio | | |
| SPRINT 5:30PM - 6:00PM YK GEx Studio | VIRTUAL BODYBALANCE 45 Mins 4:30PM - 5:15PM YK GEx Studio | VIRTUAL CORE 30 Mins 5:25PM - 5:55PM YK GEx Studio | On Demand 2:00PM - 4:30PM YK GEx Studio | VIRTUAL SPRINT 30 Mins 4:30PM - 5:00PM YK GEx Studio | | |
| Zumba 6:15PM - 7:15PM YK GEx Studio | Hip Hop 5:30PM - 6:15PM YK GEx Studio | MixedFit 6:15PM - 7:15PM YK GEx Studio | VIRTUAL RPM 50 Mins 4:30PM - 5:20PM YK GEx Studio | VIRTUAL CORE 30 Mins 5:05PM - 5:35PM YK GEx Studio | | |
| | BODYCOMBAT™ 6:20PM - 7:05PM YK GEx Studio | | VIRTUAL SPRINT 30 Mins 5:20PM - 5:50PM YK GEx Studio | VIRTUAL BODYCOMBAT 45 Mins 5:40PM - 6:25PM YK GEx Studio | | |
| | | | Hip Hop 6:00PM - 7:00PM YK GEx Studio | VIRTUAL THE TRIP 45 Mins 6:30PM - 7:15PM YK GEx Studio | | |

LES MILLS BODYCOMBAT

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

BOOM Mind

The best from yoga and Pilates are combined into one fusion class designed to relax the body and mind. The focus is on core muscles, lower-body strength and balance.

BOOM Move

This fun, dance-inspired workout improves cardio fitness with easy-to-follow moves set to energizing music.

BOOM Muscle

This class incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

LES MILLS CORE

LES MILLS CORE provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

MixedFit

MixedFit® is a people-inspired fitness program that incorporates explosive dancing and toning. Everything about our fitness program can be described as explosive – all of our movements are always big, exaggerated, full-out, and our very best

ONDEMAND

On Demand

LES MILLS RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

Silver Sneakers Circuit

SilverSneakers® Circuit This class offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

Silver Sneakers Classic

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.

LES MILLS sprint

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

LES MILLS BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS BODYBALANCE

Yoga-based workout with a focus on strength and flexibility to improve your mind, body and life.

LES MILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS CORE

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS CORE

Core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LES MILLS sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

LES MILLS THE TRIP

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

Yoga

Yoga promotes balance in the body by developing strength and flexibility through poses, each of which has specific physical benefits. The poses can be done quickly in succession or more slowly to increase stamina and perfect body alignment

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