

Group Exercise Class Schedule

Alexander County Family YMCA



MONDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
10:00am	11:00am	FUNctional Fitness	Tia	Studio A	
11:15am	12:00pm	Pilates	Wesley	Studio A	
12:15pm	1:00pm	Body Revival	Kim/Andrea	Studio A	
4:30pm	5:15pm	Cycle	Andrew	Cycle Studio	*Cancelled effective Sept. 23 rd
5:30pm	6:30pm	Fitness Mayhem	Danny	Studio A	
5:30pm	6:15pm	Pilates	Wesley	Cycle Studio	*Starting Sept. 9th

TUESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
5:15am	6:00am	Cycle	Dawn S.	Cycle Studio	
9:00am	10:00am	Silver Sneakers® Circuit	Lerin	Studio A	
10:00am	11:00am	Silver Sneakers® Classic	Lerin	Studio A	
5:45pm	6:30pm	Cycle	Andrew	Studio C	

WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:00am	9:30am	Joy Riders 50+	Shakira	Cycle Studio	
10:00am	11:00am	FUNctional Fitness	Alex	Studio A	
11:00am	12:00pm	Silver Sneakers® Yoga	Shakira	Studio A	
12:15pm	1:00pm	Zoomba	Jennifer	Studio A	
5:30pm	6:15pm	Pilates	Wesley	Cycle Studio	*Starting Sept. 11th
5:30pm	6:30pm	Pound It	Dawn R	Studio A	*Starting Sept. 4th

THURSDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
5:15am	6:00am	Cycle	Dawn S.	Cycle Studio	
9:00am	10:00am	Silver Sneakers® Circuit	Lerin	Studio A	
10:00am	11:00am	Silver Sneakers® Classic	Lerin	Studio A	
11:15am	12:00pm	Cycle	Shakira	Cycle Studio	
12:15pm	1:00pm	Yoga	Shakira	Studio A	
5:30pm	6:30pm	Fitness Mayhem	Danny	Studio A	
5:45pm	6:30 pm	Cycle	Emily	Cycle Studio	

FRIDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
10:00am	11:00am	Silver Sneakers® Yoga	Shakira	Studio A	

The NWNC YMCA Association 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 (9th) or above to attend. These classes are marked with an * on the descriptions page.

Rising middle school students (6th 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 cycle fit can be established.

Classes are open to all exercise levels, with alternative movements offered for different skill levels to maximize your personal workout. Our instructors are happy to give additional guidance to beginners, just introduce yourself before class!

Smart Start gives members the choice to try out a class and leave if they want or need to. "Your key to long term fitness to start slow, build steadily and enjoy yourself."

Group Exercise Class Description

ALEXANDER COUNTY FAMILY YMCA

260 Black Oak Ridge Road, Taylorsville 28681

P 828 632 9699 F 828 635 1016 www.acfamilyymca.org A United Way Agency

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Cycle: This class is an individually paced class, with warm-up, basic cycle movements, conditioning, and cool down. This class also includes great energy and fun! Open to all fitness levels, you choose how hard you work. Talk with an instructor or Relationship Specialist to find out about the best class for you!

Body Revival: is a program that combines faith and fitness that will enhance your faith and transform your health. You will move to uplifting praise worship music and leave feeling energized! Come and join the fun while praising and sweating in the Spirit. Workout and worship as a family. Combine your desire to get healthy with the Power of your Faith for the complete BODY REVIVAL you've been waiting for.

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.

FUNctional Fitness: This class incorporates a variety of fitness styles, from aerobics to weights and resistance training to balance and flexibility. This class is for beginners or advanced members.

Joy Riders 50+: Designed for those "seasoned in life" and ready to ride! This is a 30 to 45 minute interactive class. Please note: priority goes to those who are 50+ years of age.

Pound It: This class is great for all fitness levels. Pound it uses drumsticks and music to create a fun yet challenging workout during every class.

Silver Sneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, cardiovascular and muscular endurance for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers® ball are offered for resistance. A chair is available if needed for seated or standing support. This class is suitable for beginning to intermediate skill levels.

Silver Sneakers® Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers® ball is alternated with low-impact aerobics choreography. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted for participants.

Silver Sneakers® Yoga: Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

Yoga: A non-impact total body class focused on building flexibility, strength, coordination and balance. The class uses props such as yoga blocks, straps, mats and the wall. Open to nearly every fitness level.

Zoomba: Dance your way to a fitter you. Exciting and unique Latin moves and rhythms keep your heart rate up and burning calories. No dance experience required! This class is open to all levels of fitness levels.

Classes are open to all exercise levels, with alternative movements offered for different skill levels to maximize your personal workout. Our instructors are happy to give additional guidance to beginners, just introduce yourself before class!

Substitute Policy:

We will make every effort to let you know when instructor substitutions will occur. Please understand that substitutions are sometimes last minute, in which case we will not be able to inform members ahead of time. Instructor names are listed where possible. Classes where instructors rotate consistently are listed as staff.

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