

OCTOBER 2019 SCHEDULE – WILKES EXPRESS YMCA



MONDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:30am	10:30am	Senior Fit	Lynda H	Group Exercise Room	<div style="border: 1px solid black; border-radius: 15px; padding: 10px;"> <p>Sign up for cycle classes from our mobile app (search "YMCA of Nwnc" to find the app). While signing up is not required, it does guarantee your spot.</p> </div>
10:30am	11:00am	Joy Riders	Cherie B	Cycle Studio	
12:00pm	12:45pm	Barre	Rachel M	Group Exercise Room	
5:30pm	6:15pm	Cardio Fusion	Angie M	Group Exercise Room	

TUESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:00am	6:45am	Joy Riders	Paul H	Cycle Studio	
9:30am	10:15am	Senior Fit	Jan G	Group Exercise Room	*Natalie subs 10/1, 8 & 22
10:30am	11:15am	SilverSneakers® Classic	Jan G	Group Exercise Room	*Natalie subs 10/1, 8 & 22
12:00pm	12:45pm	Cycle	Jenna M	Cycle Studio	
5:30pm	6:15pm	Cycle	Cherie B	Cycle Studio	

WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:30am	10:15am	Cardio Fusion	Cherie B	Group Exercise Room	
11:00am	11:45am	Total Body Sculpt	Cherie B	Group Exercise Room	
5:30pm	6:45pm	Yoga	Roux K	Group Exercise Room	

THURSDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
6:00am	6:45am	Joy Riders	Paul H	Cycle Studio	
9:30am	10:15am	Tai Chi	Steve J	Group Exercise Room	*no class 10/3
10:30am	11:15am	SilverSneakers®	Cherie B	Group Exercise Room	*Ellen A subs 10/10
12:00pm	12:45pm	Cycle	Cherie B	Cycle Studio	*Heather B subs 10/10
5:30pm	6:15pm	Cardio Fusion	Angie M	Group Exercise Room	

FRIDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:30am	10:30am	Senior Fit	Lynda H	Group Exercise Room	
11:00am	12:00pm	Tai Chi	Steve J	Group Exercise Room	*no class 10/4
12:00pm	12:45pm	Cycle	Heather B	Cycle Studio	

Group Ex Classes exclusive to the Express YMCA: Barre, Core, Joy Riders and Senior Fit

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.

Group Ex Class Descriptions

Barre- Barre is inspired by a traditional ballet barre class with a modern fitness twist to it. Developed to lift and tone your entire body, this low impact class is easy on the joints and for all levels. No previous dance experience required.

BODYATTACK® is a high-energy fitness class with moves that cater to our total beginners as well as our total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A fabulous LES MILLS instructor will pump out some energizing tunes and lead you through this whole-body workout. It will challenge your limits in a good way, leaving you with a sense of achievement. Be ready to keep coming back for more. One of the best things about BODYATTACK is it improves your functional fitness –the fitness that you need for everyday life.

(More class descriptions continued on the back side)

WILKES EXPRESS YMCA

1918 West Park Drive, North Wilkesboro 28659

P 336 838 2152 F 336 838 2153 www.wilkesymca.org A United Way Agency

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

BODYFLOW® is a yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life. Bending and stretching through safe and simple yoga moves, a BODYFLOW class blends elements of Tai Chi and Pilates to strengthen your entire body. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

BODYPUMP®- *SEE YOUTH ATTENDANCE POLICY* is a weight class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories. It'll also tone and shape your body, without adding bulky muscles. The rep effect – a scientifically proven Les Mills formula – is the secret to developing lean athletic muscle without the need for heavy weights.

BOOM!- A Men's Only weight training class that will challenge your current fitness level. Designed specifically for Baby Boomers, participants will use a variety of techniques and equipment including BOSU, free weights, stability balls & benches. Each exercise is modified to work with your health and fitness level. You will leave feeling accomplished and strong!

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!

Cardio Fusion- A total body workout "infused" with cardio & toning exercises.

Core- A class devoted entirely to your core! Strengthen your abs and back with these concentrated core exercises.

CXWORX® provides the vital ingredient for a stronger body while chiseling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together. All moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. Trained instructors guide you through correct technique as you work with resistance tubes or bands and weight plates, as well as body weight exercises like crunches and hovers. We also include hip, butt and lower back exercises.

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

Joy Riders- Designed for those "seasoned in life" and those new to cycle! This is a 30 minute interactive class.

Senior Fit- A cardio & toning class for those "seasoned in life" to improve cardiovascular fitness, balance & strength.

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. Class can be adapted by the student depending on their fitness level and abilities. Suitable for beginning to intermediate skill levels.

Tai Chi – involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Benefits include increased body awareness and mental calmness while improving balance and posture.

Total Body Sculpt- A total body workout to strengthen and tone major muscle groups.

TRX®- Suspension training bodyweight exercise develops strength, balance, flexibility and core stability. The TRX strap leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise – because you can simply adjust your body position to add or decrease resistance.

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!

WILKES EXPRESS YMCA

1918 West Park Drive, North Wilkesboro 28659

P 336 838 2152 F 336 838 2153 www.wilkesymca.org A United Way Agency

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