



CHERRYVILLE FAMILY YMCA  
GROUP FITNESS  
**MARCH**



TIME	MON	TUE	WED	THUR	FRI
9:00-10:00 am	*LOW IMPACT (Jyma)		*LOW IMPACT (Jyma)		*LOW IMPACT (Dione)
10:15-11:00 am	*SIT FOR FITNESS (Butch)		*SIT FOR FITNESS (Butch)		
5:00 - 5:45 pm		*ZUMBA OR CARDIO DANCE		*ZUMBA OR CARDIO DANCE	<b>NEW! SATURDAY CLASSES 9:00AM</b> 6th ZUMBA- LeeAnn 13th CARDIO DANCE- Jyma & Lynn 20th ZUMBA- LeeAnn 27th XTREME CARDIO- Jay
5:30-6:30 pm			CARDIO CYCLING (Myra)		
5:30-6:15	STEP ATTACK (Myra)				
6:15-7:00	POWER SCULPTING (Myra)				
6:00-7:00 pm		KICKBOX (Courtney)		BOOT CAMP (Myra)	
6:30-7:30			POWER SCULPT (Myra)		
7:00-8:00pm		X-TREME CARDIO (Jay)		X-TREME CARDIO (Jay)	
7:30-8:30PM	BOXING				
8:00-9:00PM				BOXING	

\* classes are best for beginners, but all classes can be modified for all levels; just let the instructor know you are new!

# Group Fitness Class Descriptions

## SATURDAY CLASSES @ 9:00AM.

**Bootcamp** – Fun bootcamp style workout combining cardio and strength training. High energy!

**Boxing-** Learn & practice boxing skills for self-defense, recreation, competition, or just to get a great full body workout! All fitness levels are welcome to attend.

**Cardio Cycling** - cycle indoors for an intense, low impact, cardiovascular workout. (Water bottle & hand towel required).

**\*Cardio Dance/Zumba** - a low impact class perfect for the beginner or anyone! It's a dance party and workout all in one. Guaranteed to burn fat and increase fitness levels!

**Kickbox-** Cardio Workout using martial arts moves like kicks and punches adapted to the fitness class format.

**\*Low Impact-** new members should try this class! It's great for all fitness levels and will increase cardiovascular and muscular endurance as well as agility, strength, flexibility and coordination.

**Power Sculpt** – Tone and sculpt your entire body using weights, tubing and stability balls. High energy and intensity. Great total body workout.

**\*Sit For Fitness-** for the older adult focusing on staying functionally fit through exercises for strength, range of motion, agility and flexibility. Uses chairs and a variety of equipment and can be done seated or standing.

**Step Attack** - Get a great cardio workout on the step. Choreographed routines are challenging and fun. This is a great way to burn calories while de-stressing.

**X-treme Cardio-** a tough, fat-burning cardio workout of high intensity intervals and plyometrics. No dancy stuff here, guys!

**Childwatch** is open Monday through Friday, 4:00-8:00pm.

A water bottle is suggested for all classes. An \* by the class indicates it best for beginners, but all classes can be modified for any fitness level- just ask the instructor!

Please direct all Group Exercise questions or suggestions to: Jyma Atwell, Executive Director, at 704 445-YMCA (9622) or e-mail to [jatwell@gastonymca.org](mailto:jatwell@gastonymca.org)

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.