



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTH GASTON GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 BodyPump™ Jenn K Strength 2,3,*	6:00 Zumba Donna M Cardio 1,2	6:30 BodyFlow® Chris/Barry Flexibility 1,2,3	6:00 BodyVive™ Lucinda C & S 1,2	5:30 BodyCombat™ Korena/Jennie C & S 2,3		
8:00 Fitness Fusion Renee S & C 1,2,3	8:00 Yoga Jean Flexibility 1,2,3	8:00 Fitness Fusion Don S & C 1,2,3	8:00 Yoga Jean Flexibility 1,2,3	8:07 BodyStep™ Sara S Cardio 1,2,3	8:00 BodyFlow® Kelly Flexibility 1,2,3	
9:00 BodyStep™ Susan B Cardio 1,2,3	9:00 BodyCombat™ Korena C & S 2,3	9:00 BodyPump™ James Strength 2,3,*	9:00 BodyStep™ Dora Cardio 1,2,3	9-9:45 BodyPump™ 9:45-10:30 BodyFlow® Susan B	9:00 BodyVive™ 1 st &3 rd Susan B C & S 1,2	
10:00 BodyFlow® Chris S Flexibility 1,2,3	10:00 Zumba® Jenn P Cardio 1,2	10:00 BodyVive™ Kelly C & S 1,2	10:00 Zumba® Dana W Cardio 1,2	10:30 Fit Tots Scottie K	9:00 Zumba® 2 nd &4 th Jennifer P	
11:00 BodyVive™ Susan B C & S 1,2	11:00 Fit For Life Korena C & S 1,2	11:00 Chair Yoga Kelly C & S 1,2	11:00 Fit For Life Dana S C & S 1,2	11:00 Fit For Life Jennie B C & S 1,2		1:15 BodyPump™ Chris/Barry Strength 2,3,*
	3:30 Fit For Kids Don	3:30 Praise Dance for Kids LaKeishea	3:30 Fit For Kids Don			2:15 BodyFlow® Chris/Barry Flexibility 1,2,3
4:30 BodyStep™ Wanda Cardio 1,2,3	4:30 Fitness Fusion Wanda C & S 1,2,3	4:30 Zumba Donna M Cardio 1,2	4:30 BodyFlow® Kelly Flexibility 1,2,3			
5:30 BodyPump™ Michelle B Strength 2,3,*	5:30 Zumba® Natalie Cardio 1,2	5:30 BodyPump™ Dora Strength 2,3,*	5:30 Zumba® Jenn P Cardio 1,2	5:30 BodyPump™ Jenn K/Tricia H Strength 2,3,*		
6:30 Aerobidance Susan M Cardio 1,2,3	6:30 BodyFlow® Kelly Flexibility 1,2,3	6:30 Aerobidance Michelle H Cardio 1,2,3	6:30 Boot Camp Don C & S 1,2,3	6:30 Praise Dance LaKeishea Cardio 1,2		
Cycling						
		Tricia H				5:30 AM
Korena	Gwen		Korena	Robin S	Rotation	9:00 AM
						10:00 AM
Jamie	Lee		Tricia/Richard			6:30 PM

1 = Beg. level & kids 12 & up with parent, 2 = Intermediate level, 3 = Advanced level, *= kids 16 & up Revised 1/27/12

SOUTH GASTON YMCA

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OUR MISSION

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

South Gaston Family YMCA Group Exercise Class Descriptions

Aerobidance – Hi cardio dance inspired floor aerobics will improve your cardiovascular endurance.

Boot Camp – This is a high energy class that combines sport conditioning moves like jumping jacks with intervals of strength training to work your whole body.

Chair Yoga – All the strength, flexibility, coordination and balance training of yoga with the support of a chair.

Fitness Fusion – This class combines strength and cardiovascular exercises in a unique combination that allows your body to work more effectively. You will challenge every muscle in your body while burning calories. Multi level class for all fitness levels.

Fit for Kids – Fitness for kids age five and up. Kids will have fun while doing age appropriate aerobic exercises and playing active games.

Fit for Life – Have fun and move to low level cardio with music through a variety for exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is offered for support, stretching, and relaxation exercises.

Music Time for Tots – This class is designed for parent and child to take together. Children will have fun while exercising at their own level using songs, and postural alignment with continuous movement.

Spin Cycling – Cycle indoors for an intense, low impact, cardiovascular workout. (Water bottle & hand towel required).

Yoga – From mind, to body, to spirit, this class is a blend of physical movement to increase flexibility, balance, coordination, and strength, while it lengthens and tones every muscle of the body.

Zumba – The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

LesMills™ Classes

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

BODYVIVE™ is the low-impact, whole body group fitness workout that uses VIVE™ balls, VIVE™ tubes and body weight to boost fitness and core strength. Best of all, you're left fizzing with energy, so you can really take life on!

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

Facility Hours:

Monday – Thursday: 4:30am – 10:00pm

Friday: 4:30am – 8:30pm

Saturday: 8:00am – 5:00pm

Sunday: 1:00pm – 5:00pm

Childwatch Hours:

Monday – Friday: 8am – 12pm

Monday – Thursday: 4pm – 8pm

Friday: 5pm – 7pm

Saturday: 9am – 12pm

Kid Zone Hours:

Monday, Tuesday, & Thursday

5pm – 7pm

Revised 1/26/12