



**Cherryville Family YMCA**  
**FEBRUARY GROUP EXERCISE SCHEDULE**  
**SHARE THE Y! SPONSOR A FRIEND TO JOIN AND**  
**GET A FREE MONTH!**

<b>Time</b>	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>	<b><u>Saturday</u></b>
9:00am	<b>*Low Impact Jyma</b>		<b>*Low Impact Feb 8,22,29 Jyma Feb 1- Dione Feb 15- Lynn</b>		<b>*Low Impact Jenny R</b>	<b>All classes @ 9:30</b>  <b>4<sup>th</sup> : Zumba LeeAnn</b>  <b>11<sup>th</sup>: Zumba- Jenny S</b>  <b>18<sup>th</sup> ” Cardio Dance-Lynn</b>  <b>25<sup>th</sup>: Turbo Kick Jenny R</b>
10:00am						
10:15am	<b>*Prime Timers Butch</b>		<b>*Prime Timers Butch</b>		<b>*Prime Timers Butch</b>	
4:45pm				<b>*Intro to Zumba LeeAnn</b>		
5:00pm		<b>Zumba LeeAnn</b>				
5:30pm	<b>Step Attack Myra</b>		<b>*Cardio Cycling Myra</b>	<b>Zumba LeeAnn</b>		
6:00pm		<b>Boot Camp Courtney</b>				
6:15pm			<b>Intense Abs Myra</b>			
6:30pm	<b>Power Sculpt Myra</b>		<b>Power Sculpt Myra</b>			
7:30pm	<b>Zumba Jenny S.</b>					

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!

Formats & instructors are subject to change.

See the back or our website: [www.gastonymca.org](http://www.gastonymca.org) for course descriptions and more information.

*YMCA Mission:*

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

Revised 2/03/2012

## GROUP EXERCISE CLASS DESCRIPTIONS

**SATURDAY CLASSES ARE BACK AT 9:30AM! CHECK THE SCHEDULE FOR YOUR FAVORITE CLASS TYPE OR TRY SOMETHING NEW!**

**Boot Camp-** This cardio class draws from athletic conditioning and martial arts workouts with moves like plyometrics, kicks and punches adapted to the fitness class format. The fun and great music will motivate you!

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

**Cardio Dance:** Find your inner "GaGa" and come dance with us in this class with your favorite moves to the songs you hear on the radio. A fun cardio workout!

**Intense Abs:** Strengthen your core in this class concentrating on the abs.

**\*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.

**Prime Timers-** for the more mature 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 & fun. This is a great way to burn calories while de-stressing.

**Turbo Kick** - A combination of intense kickboxing moves & dance moves all choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals, strength/endurance training, and a relaxing cool-down.

**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!

**\*Intro to Zumba** is a great way to learn the moves and basic dances at a slower pace.

**Childwatch** is free with a family membership and open Monday through Friday, 4:00-8:00pm.

Please inform the instructor if you are new and of any medications or medical conditions that might affect your ability to exercise. Those with muscular or joint injuries, inflammations, or other limitations should check with the instructor to find an appropriate class. We suggest you bring a towel and water bottle.

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)

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