



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

CHERRYVILLE FAMILY YMCA

2019 Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 – 10:00 Low Impact Nissa	10:00 - 12:00 Senior's Happier Hour 1 st Tuesday of each month	9:00 – 10:00 Low Impact Nissa		9:00 – 10:00 Low Impact Nissa	8:30-9:15 Fit Frenzy Shully
10:15 – 11:00 Silver Sneakers Butch		10:15 – 11:00 Silver Sneakers Butch		10:15 – 11:00 Silver Sneakers Butch	
5:30-6:15 Legs Sculpt Myra	5:30 – 6:15 P90X Nissa	5:30-6:15 Legs Sculpt Myra	5:30-6:15 Outdoor Endurance Conditioning		
6:30 - 7:15 Kickboxing Myra		6:30 - 7:15 HITT Myra			

Cherryville Family YMCA
 119 E Main Street Cherryville NC 28021
 P 704 445 9622 gastonymca.org

Class Description

Low Impact- It's great for all fitness levels. It will increase cardiovascular, muscular endurance, agility, strength, flexibility, and coordination

SilverSneakers- Have fun and move to the music through a variety of exercises designed to increase muscular 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 available if needed for seating or standing support.

Senior's "Happier Hour"- Aerobics room open with refreshments for time of fellowship and "just hanging out". Many seniors need to get out more, meet new friends, talk with old friends and just have a "good ole fashion" free time. All seniors are welcome that are members of the YMCA.

Pilates- Focus on tightening, toning, and stretching core areas, by implementing weights and bands.

Outdoor Endurance Conditioning- A customized walk/jog/run workout at your own pace with interval, tempo, & aerobic training to increase your endurance and strengthen your heart. Catering to those who want to start running and improve your running. For ALL levels.

HIIT- HIGH Intensity Interval Training- Is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

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

Facility Hours

Mon-Thurs 5:00 am - 9:00 pm
Friday 5:00 am - 7:00 pm
Saturday 7:30 am - 4:00 pm
Sunday 1:30 pm – 4:00 pm

Child Watch Hours

Mon - Thurs 4:00 pm - 7:45 pm