



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

STOWE FAMILY YMCA

February 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*5:30-6:00AM GRIT PLYO Richard	5:30-6:30AM BodyPump Kristen/Richard D	*5:30-6:00AM GRIT STRENGTH Richard	5:30-6:30AM BodyPump Richard D	*5:30-6:00AM GRIT CARDIO Richard			
8:00-8:55AM BodyJam Richard / Mandy	8:00-8:55AM Hi/Lo Barbie	8:00-8:55AM BodyPump Richard	8:00-8:55AM Body Sculpt Barbie	8:00-8:55AM BodyCombat Christina	8:00-8:55AM BodyPump Rotation		
9:00-9:55AM BodyPump Cindy/Richard SmartStart	9:00-9:30AM CX Worx Christina/Richard	9:00-9:55AM BodyJam Cindy	9:00-9:55AM BodyStep Chris	9:00-9:55AM BodyPump Elizabeth	9:00-9:30AM CX Worx Rotation		
	9:35-10:30AM BodyCombat Christina/Erika SmartStart						
10:00-10:55AM BarreAbove Ashley	10:30-11AM Fit Tots Mandy	10:00-10:55A Barre On The Beat Cassie	10:00-10:55AM Vinyasa Flow Yoga Amanda R	10:00-10:55A Les Mills Tone Kristy	9:35-10:30AM Body Combat Rotation		
11:00-12:00P SS Classic Lynn	11:00-12:00P SS Classic Lynn	11:00-12:00P Chair Yoga Amanda R	11:00-12:00P SS Classic Lynn	11:00-12:00P Chair Yoga Amanda R	10:35-11:30A Zumba/ BodyJam Rotation (See Mobile App)		
12:00-1:00P SS Classic Carmen							
4:30-5:25PM Shred Erika	4:30-5:25PM BodyJam Mandy	4:30-5:25PM Shred Richard	4:30-5:25PM BodyJam Cindy				2:00-2:55p BodyPump Rotation
5:30-6:25PM BodyPump Stacey/Adrian Smart Start**	5:30-6:25PM BodyCombat Mark/Cindy Smart Start**	5:30-6:25PM BodyPump Kyle / Jenny	5:30-6:25PM BodyPump Stacey/Adrian Smart Start**				3:00-3:55p BodyFlow Rotation
6:30-7:00PM CXWORX David	6:30-7:25PM Extreme Sculpt Anna	6:30-7:00PM CXWORX Kyle	6:30-7:25PM BodyCombat Kyle				
*7:00-7:30PM GRIT STRENGTH Richard		*7:00-7:30PM GRIT CARDIO Richard	7:30-8:25PM Zumba Stephanie	*7:00-7:30PM GRIT PLYO Richard			
7:35-8:25PM Zumba Marsha		7:35-8:25PM Zumba Iris					

Feb 1 – 28

Rally for the Y!
Help raise funds
for our Y, by
riding bikes

Feb 10 – 16

Love Week- See
the front desk
for details

Feb 19

Moving For
Better Balance
Begin

Feb 25 & 26

Weight Loss
Program Begin –
See Front desk
for more info

New

Classes!!!

Tuesday
LesMills Sprint
@8:15am

Wednesday

Barre To The
Beat @4:30pm

RPM @5:30pm

Holy Yoga
@6:30pm

Thursday

Cycle Strength
@6:30pm



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STOWE DOWNSTAIRS STUDIO/OPEN AREA/GYM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:40-6:30A Yoga Cathy		5:30-6:20A RPM Trish		5:30-6:20AM RPM Trish		
8:10-9:00AM Cycle Millie	8:15-8:45A SPRINT Michele E	8:10-9:00AM Cycle Millie	8:15-8:45A SPRINT Michele E	8:10-9:00AM Cycle Millie	8:00-8:55AM RPM Rotation	
9:05-9:50AM Bootcamp Erika GYM	9:05-10:00AM Deep Stretch Yoga Ashli	9:00-9:55AM BODYATTACK Zoe GYM	9:05-9:50A SHRED Richard	9:05-10 AM Fit Factor Erika Poe	9:00-9:55AM BarreAbove Rotation 9:00am Aqua Strong Carmen POOL	
	10:15A Aqua Strong Michelle H POOL		10:15A Aqua Strong Nancy POOL			
						4:00pm Aqua Strong Michelle H POOL
		4:30-5:15PM Barre To The Beat Mandy				
5:30-6:25PM RPM Katherine		5:30-6:25PM RPM Neil	5:30-6:25PM Cycle Strength Anna			
6:30-7:25PM Barre To The Beat Cassie	6:30-7:25PM Barre Reform Cassie	6:30-7:25PM Holy Yoga Callie				

* *Additional Charge*

** *Smart Start: Getting started the smart way. Slow to start and building your fitness gradually*

*Minimum age to attend group ex classes is 12 and you must have taken the Youth Fitness class.
Minimum age to attend Body Pump is 16.*

CONNECT WITH US!

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Class Descriptions:

Barre Above – Try the new trend in fitness! Barre is a blend of ballet, strength, yoga, and Pilates. Come challenge and sculpt your body while working within your own range of motion. Join no matter your skill or fitness level. Work barefoot for best results, but socks or shoes are optional.

Barre Reform – Inspired by Barre Above, this is a total body workout that targets, shapes, and defines all major muscle groups through basic yoga, pilates, and resistance-based strength training.

Barre To The Beat – A fun and modern barre dance class following choreography in order to utilize the barre to focus on muscle isotonic and isometric movements for cardiovascular endurance and muscle strength

Body Sculpting – Use hand weights to sculpt every muscle in your body

Bootcamp – Bootcamp mixes cardio, circuit training, HIIT (high intensity interval training), and weights for an ever-changing, never boring work out! Appropriate for all fitness levels. Shake up your fitness routine with BOOTCAMP!

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

Cycle Strength – A mix of cardio and strength. Start with 30 minutes of cardio-interval style drills on the bike and finish up with interval style strength work.

Cycling – Cycle indoors for an intense low impact cardio

Extreme Sculpt – This class combines strength and cardiovascular exercises in a unique combination that allows your body to work more efficiently. Challenge every muscle in your body

Fit Factor – Set your body in burn mode with cycling and melt the calories away with a unique and carefully programed workout consisting of weights, body work, flexibility and abs to ensure result

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

Hi / Lo – A multi- level cardio class that gets your heart rate up without impact on your joints.

Holy Yoga – A yoga class created to deepen your connection to Christ. Emphasizes traditional yoga alignment for strength and flexibility; breathing for relaxation and healing; and meditation for a Christ honoring experience to connect to God through His Word.

Shred – Shed fat, sculpt muscles, and increase fitness levels and endurance by a series of weight lifting and body weight exercises designed to shred your body. TURN YOUR BODY INTO A FAT INCINERATOR!

SilverSneakers® Classic – 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 seated or standing support.

SilverSneakers® Circuit – Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

Swing Dance (8 week session) – Swing Dancing is characterized by gliding footwork and continuous hand connection/communication between the partners.

Vinyasa Flow Yoga – Vinyasa Flow, likened to a dynamic dance, is a practice where postures or asanas are connected through the breath for a transformative and balancing effect. Classes build heat, endurance, flexibility, strength. The creative sequencing found in a vinyasa class is often built around surya namaskar (sun salutations). Vinyasa (also called "Power Yoga") as a form is always evolving and teachers weave together wisdom teachings, poetry and music that can inspire physical, energetic, mental, intuitive, and pure bliss states of consciousness. (Intermediate-Advanced)

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 in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

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LesMills™ Classes:

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.

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

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.

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

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.

CXWORX™ is the quick and efficient 30 minute workout that will tighten and tone your core muscles. It's ideal for strengthening your entire core, while also improving functional strength and assisting in injury prevention. It'll help you run faster ... play harder ... stand stronger!

BODYJAM™ is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat. So grab a friend, get front and center, and get high on the feeling of dance.

LES MILLS SPRINT™ is indoor cycling workout built on the science of high-intensity interval training (HIIT). It's a quick and hard style of training that returns rapid results with minimal joint impact. The short duration of a **LES MILLS SPRINT** workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you burn calories for hours after a good HIIT workout.

LES MILLS TONE™ class and you'll tick off a complete workout. The challenging mix of lunges, squats, functional training and strength exercises will help you burn calories and take your fitness to the next level, all in just 45 minutes.

* **LES MILLS GRIT® Series** features three unique workouts featuring High Intensity Interval Training designed for ultimate results in minimum time. **LES MILLS GRIT® Strength:** Builds strength and lean muscle, works all major muscle groups, sends your metabolism into overdrive to burn fat for hours after the workout and stimulates the production of growth hormone which reduces fat and helps to develop lean muscle. **LES MILLS GRIT® Plyo :** Creates a powerful, agile and athletic body, incorporates the principles of plyometrics to build power and increase speed and leg strength, uses power agility training to transform type two muscle fiber and produce a lean athletic shape Intensifies energy and increases muscular endurance and stamina. **LES MILLS GRIT® Cardio:** Burns fat and rapidly improves athletic capability, an explosive high-impact body weightbased workout, provides the double whammy of maximizing calorie burn within the workout and burning fat for hours afterwards. **Choose the workout. Love the results! Go hard. Rest. Go harder. Rest. Go again. Rest. Repeat.**

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