

## Class Descriptions

**20-20-20** - 20 minute intervals of cycle, step and kickboxing.

**ABS** - A 15 minute strictly abdominal workout.

**AEROBIC DANCE**— Come to dance, have fun, and get a little workout in too!

**BODY SCULPT** - Muscle toning using hand weights, resistance tubing and other tools to strengthen major muscle groups.

**BODY PUMP**— Get your body ready to pump it up!

**BOOT CAMP** - You're in the Army now! A high intensity class designed to increase cardiovascular endurance.

**CYCLE** - A challenging "no impact" ride of your life.

**CYCLE & PILATES**— A combination class getting the best of both Cycle and Pilates!

**DANCE FUSION**— A fusion of dance and body-sculpting exercises designed to help you meet your fitness goals and get your groove on!

**HOLIDAY FUSION & WINTER BLAST**— A variety of low impact moves and activities designed to achieve and maintain lifelong fitness.

**HIIT**— High Intensity Interval Training.

**INSANITY** -The name speaks for itself! Come join our intense class!

**JAMMIN' CARDIO** - An hour of heart pumping low to medium impact dance aerobics. Fun for all ages and walks of life!

**KETTLEBELL**— A total body workout that mixes strength and conditioning training in a fun, high energy express class.

**LINE DANCING**—Variety of pop and country line dancing, join the fun!

**PILATES** - This class has an emphasis on core stabilization with proper body alignment to help improve strength, flexibility, balance and coordination.

**PEDAL & PUMP**- If you like cycle class then add some weights and you have pedal & pump. Come get your cardio and strength all wrap up in one...

**POWER SCULPT** - Muscle toning combined with intense power moves and cardio intervals.

**SILVER SNEAKERS**— Increase muscle strength, range of movement and activities of daily living while moving to the music with the use of hand held weights, bands etc. Chairs provided for support

**SHAKE IT UP**— A class for everyone no matter your age or fitness level!

**SILVER SNEAKERS CIRCUIT**- Silver Sneakers, but with a twist! Come join the fun!

**STEP INTERVAL**— Step with intervals of strength training.

**STRENGTH TRAINING** - Total muscle workout!

**TRX**—Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously

**YOGA** - Stretches and poses to improve flexibility and core body strength are coordinated with breathing and relaxation techniques.

**ZUMBA** - Join the Party! ZUMBA is fun and effective, using interval training combining fast and slow rhythms for an aerobic workout.

**ZUMBA GOLD**— Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity

All YMCA fitness classes welcome anyone from beginner to advanced. You can use the suggestions below as a guideline, but feel free to try them all!

If you are new to fitness, try **Shake it up** or **Dance Fusion**.

If you are more advanced, check out **Cycle**, **Body Sculpt** and **Zumba** and **Pilates**.

For a really intense workout, try **Boot Camp**, **Power Sculpt** and **Insanity**.

If you have any questions, contact the Wellness Department at **972-9622**.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FIND YOUR PERFECT FIT

## AEROBICS SCHEDULE

Nov 21st—Dec 23rd 2016  
HARRISON FAMILY YMCA



Harrison Family YMCA  
P.O. Box 4063  
Rocky Mount, NC 27803



# Harrison Family YMCA Aerobics Schedule

## November 21— December 23 2016

(Classes are subject to change due to demand. Class sizes are limited and are first come, first serve.)

	5:00-6:00 AM	7:15 8:15 AM	8:15-9:15 AM	9:15-9:45 AM	9:15-10:15 AM	10:15-11:15	10:45-11:30	12:15-1:00 PM	5:30-6:30 PM	5:30-6:30 PM <i>Studio 2</i>	6:30 - 7:30 PM
<b>Monday</b>	Cycle with Katy <b>(Studio 2)</b>		Power Sculpt With Haywood	Cycle With Haywood	Holiday Fusion with Sharon	Line Dancing with Elaine	<b>11:15-12:00</b> Silver Sneakers Circuit with Beverly	Power Sculpt with Kim	Strength Training with Jessica	Shake it up with Beverly	Boot Camp with Elwood
<b>Tuesday</b>	Pilates with Beth		Yoga with Anthony	<b>9:30-10:30</b> Dance Fusion with Elaine	Cycle with Katy <b>(Studio 2)</b>		<b>Silver Sneakers</b> with Beverly		Step with Kim	Cycle with Jessica	Family Yoga with Anthony
<b>Wednesday</b>	Body Pump with Jaclyn		Pedal & Pump with Haywood	<b>15 minute ABS</b> with Haywood <b>(Studio 2)</b>	Winter Blast with Sharon	Zumba Gold/ Aerobic Dance with Gretchen/Elaine		HIIT with Kim	Family Zumba with Gretchen	Cycle with Jessica	Boot Camp with Elwood
<b>Thursday</b>	<b>20-20-20</b> with Beth	Pilates with Kathleen	<b>20-20-20</b> with Haywood		Kettlebell with Katy		<b>Silver Sneakers</b> with Sharon	Stretch & Core with Kim	Insanity with Katy	TRX with Carol	
<b>Friday</b>	Pedal & Pump with Haywood		Yoga with Anthony	<b>9:00-10:00</b> Cycle & Chill out Pilates with Sharon	<b>9:30-10:30</b> Body Sculpt with Kim/Katy						
<b>Saturday</b>		Body Sculpt & Pilates with Haywood	Cycle *** <b>(Studio 2)</b>								

**\* Saturday Rotating Instructor Monthly Schedule**

1st Saturday—Beth  
2nd Saturday— Haywood  
3rd Saturday— Jessica  
4th Saturday— Katy

**Family classes ages 8 & up!**

**All others 15 & up!**

\*All classes in Studio 1 unless otherwise noted\*