

CLASS DESCRIPTIONS

Athletic Conditioning Combines skills and drills with alternating cardio segments and strength training. May also include plyometrics, sprints and calisthenics. A basic fitness level is required. Class can be indoor or outdoor.

Cardio Challenge This class is designed to keep you moving the entire time! A combo of high and low impact moves done to upbeat music. Choreography will be more complex and faster changing, but stick to what's best for you!

Cardio Challenge Bursts of cardio and strength training for a great multi-level workout for strengthening heart and muscles.

Cardio Dance Let's groove! This dance class will not only make you feel great, but it will also give you a great cardio boost and excellent workout!

Cardio Fusion Cardio and muscular strengthening class for sculpting, toning, and flexibility. Utilizes weight for maximum

Cycle Beginners, elites and everyone in between can train side by side. Bring a towel and water. Come ready to sweat!

Cycle/Strength Combines cycling with strength training exercise for a powerful workout

Express Strength An express muscular strength workout that will challenge all of your major muscle groups to not only improve the appearance of muscles but also to help you burn fat more efficiently.

Functional Fitness Light cardio and total body stretching. Helps increase flexibility and mobility of the joints.

Fused Yoga Strength Get buff in this class strength training and core abdominal work with traditional yoga practices. You will build knowledge strength and stamina necessary for challenging yoga postures while sculpting a leaner, stronger body and releasing stress.

Gentle Yoga Light cardio and total body stretching. Helps increase flexibility and mobility of the joints.

Intervals Cardio and strength training exercises combine for a challenging workout.

Kickbox Combinations of punches and kicks done to high energy music! Prepare to sweat and relieve some stress!

Pilates Work to perfect your alignment and posture as you strengthen your deep core muscles.

PiYo A unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpte abs, increased overall core strength, and greater stability.

Power Hour This class combines skills and drills alternating cardio segments with strength training. Also includes plyometrics, sprints and calisthenics. Base fitness level required.

Power Yoga A blending of physical movement and posture, focused breathing and deep relaxation designed to reduce stress, increase flexibility and strengthen muscles.

Therapeutic Yoga A source of treatment and healing power. Yoga poses, breathing and relaxation geared towards rehabilitation.

Total Strength Work all the major muscle groups using dumbbells, tubing, steps, stability balls, etc. to high-energy music.

Turbo Kick® The fat-blasting, ab-defining cardio workout that is sweeping the nation's health clubs and allows you to burn up to 1,000 calories an hour! A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout!

Vinyasa Yoga Vinyasa means "flow" or linking one posture to the next. This powerful and vigorous class will connect one movement to the next through breath, balance, strength, focus and flexibility.

Yoga Learn traditional yoga poses, breathing and relaxation techniques.

ZUMBA® Combines high energy and motivating music with unique moves and combinations that's fun and easy!

ZUMBA® Gold This class is lighter intensity and lower impact. Perfect for beginners of all ages and Active Older Adults.

Group Exercise Contact:

Marquia Price, Health & Wellness Lead
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or 704 809 2420

Search for classes online!
www.ymcacharlotte.org/classschedule.aspx



LIVE RIGHT NOW

Group Exercise Schedule
May 2012
SALLY'S YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MONDAY	5:45 AM 8:15 AM 9:30 AM 10:45 AM 12:00 PM 4:30 PM 5:30 PM 6:30 PM	Cardio Challenge ZUMBA® Power Hour Total Strength Therapeutic Yoga Athletic Conditioning Cycle Cardio Dance	Haskel Krista Nicole Teri Amy Dasean Teri Teresa	I, A I, A (YF) I, A ALL B A ALL I (YF)
TUESDAY	5:45 AM 8:15 AM 9:30 AM 10:45 AM 12:00 PM 4:30 PM 5:30 PM 6:30 PM	Power Yoga Athletic Conditioning Cycle Vinyasa Yoga Functional Fitness Cardio Fusion Yoga Total Strength	Salina Dasean Nicole Karon Janet Teresa Rebecca Joy	I, A I ALL ALL B I, A I (YF) I (YF)
WEDNESDAY	5:45 AM 8:15 AM 9:30 AM 10:45 AM 12:00 PM 1:00 PM 4:30 PM 5:30 PM 6:30 PM	Cardio Challenge Power Hour Power Yoga Cardio ZUMBA®Gold Therapeutic Yoga Cycle Strength Core Strength & Tone Cardio Challenge	Haskel Marquia Salina Teresa Dana Amy Teri Janet Haskel	I, A A ALL (YF) I, A I, A B I, A I, A I, A (YF)
THURSDAY	5:45 AM 8:15 AM 9:30 AM 10:45 AM 12:00 PM 4:30 PM 5:30 PM 6:30 PM	Power Yoga ZUMBA® Intervals Vinyasa Yoga Functional Fitness PiYo ZUMBA® Total Strength	Salina Krista Teri Karon Janet Suzanne Krista Haskel	ALL ALL I, A ALL B I, A ALL (YF) I, A (YF)
FRIDAY	5:45 AM 8:15 AM 9:30 AM 11:00 AM 12:00 PM *4:30 PM	Cardio Challenge Intervals Core Strength ZUMBA®Gold Therapeutic Yoga Yoga	Haskel Nicole Nicole Dana Amy Suzanne	I, A I, A ALL B, I B *Class on 5/11 & 5/25

Saturday				
5/5	9:00 AM 11:00 AM	Yoga Cycle	Karon Tammy	ALL ALL
5/12	9:00 AM 11:00 AM	Pilates Cycle	Cindy Marquia	ALL ALL
5/19	9:00 AM 11:00 AM	ZUMBA® Yoga	Krista Karon	ALL ALL
5/26	9:00 AM 11:00 AM	Cycle Cardio Fusion	Teri Teresa	ALL ALL

Notes

Please note: You must be 13 years old (10-12 with parent) to participate in Group Exercise Classes.

Members will need to reserve a bike for the cycle classes 2 hours prior to class start time.

INTENSITY LEVELS

Beginner: Easy to follow class for those who are new and/or returning to fitness.

Intermediate: Intermediate choreography and/or intensity.

Advanced: Advanced choreography and/or intensity.

Mission Miles 5K | May 5, 2012

Register TODAY for the Mission Mils 5K Trail Run at the Sally's YMCA! It will be a fun, family morning for all!

>> See Member Services for more details & to register!

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