

# GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## LINCOLN COUNTY FAMILY YMCA MARCH 2017

1402 East Gaston St. Lincolnton, NC 28092  
704 716 4500

Get connected at Facebook.com/LincolnCountyYMCA

Schedules are posted online at [ymcacharlotte.org](http://ymcacharlotte.org)

Monday	5:00 AM	Ultimate Conditioning	Josh	Studio A	1,2,3
	6:00 AM	Functional Training	Josh	Gym	1,2,3
	9:10AM	Zumba Gold®	Barbara	Studio B	1,2
	10:00 AM	Circuit Training	Haskle	Studio A	1,2,3
	4:30 PM	Cycle	Dina	Studio A	1,2,3
	5:30 PM	STRENGTH TRAIN TOGETHER	Dina	Studio A	1,2,3
	5:30 PM	Cardio Strength	Haskle	Gym	1,2,3 1

Tuesday	7:00 AM	20/20/20	Heidi	Studio A	1,2,3
	8:15 AM	STRENGTH TRAIN TOGETHER	Tammy	Studio A	1,2,3
	9:15 AM	Cardio Strength 101	Roseann	Studio B	1,2
	9:15 AM	Zumba®	Dawne	Studio A	1,2,3
	11:45 AM	Express Yoga	Daniel	Studio B	1,2
	4:30 PM	STRENGTH TRAIN TOGETHER	Dina	Studio A	1,2,3
	5:30 PM	Interval Training	Amy	Studio A	1,2,3
	6:30 PM	ZUMBA	Liz	Studio A	1,2,3

Wednesday	5:00 AM	Cycle	Ginger	Studio A	1,2,3
	6:00 AM	Functional Training	Josh	Gym	1,2,3
	8:15 AM	Cardio Strength	Tammy	Studio A	1,2,3
	9:00 AM	Seniors Flexible Strength	Roseann	Studio B	1,2
	9:15AM	PiYo	Tammy	Studio A	1,2,3
	4:30 PM	Cycle	Emily	Studio A	1,2,3
	5:30PM	STRENGTH TRAIN TOGETHER	Rotating	Studio A	1,2,3
	5:30 PM	Kids Fit (8-13yrs old)	Haskle	Studio B	1,2,3
	6:30 PM	Ultimate Conditioning	Haskle	Studio A	1,2,3

Thursday	7:00 AM	20/20/20	Heidi	Studio A	1,2,3
	8:15 AM	STRENGTH TRAIN TOGETHER	Mandi	Studio A	1,2,3
	9:15 AM	Seniors Flexible Strength	Roseann	Studio B	1,2
	9:15 AM	DEFEND TOGETHER	Hayley	Studio A	1,2,3
	4:30 PM	Cardio Strength	Emily	Studio A	1,2,3
	5:30 PM	Pure Resistance	Amy	Studio A	1,2,3
	6:30 PM	Yoga	Gail	Studio A	1,2,3
	5:00AM	Cardio Strength	Rotating	Studio A	1,2,3

Friday	8:00 AM	Yoga	Linda	Studio A	1,2,3
	9:15 AM	Zumba Toning	Dawn	Studio A	1,2,3
	5:30 PM	Ultimate Conditioning	Haskle	Studio A	1,2,3

Saturday	3/4	9:00 AM DEFEND TOGETHER	Liz	Studio A	1,2,3
	3/11	9:00 AM 20/20/20	Heidi	Studio A	1,2,3
	3/18	9:00 AM DEFEND TOGETHER	Hayley	Studio A	1,2,3
	3/25	9:00 AM Interval	Mandi	Studio A	1,2,3

**L I V E S T R O N G®**  
**A T T H E Y M C A**

Lincoln County Family YMCA presents a  
**Free 12-week Exercise Program for Cancer Survivors**

**March 7 thru May 25, 2017**  
**TUESDAYS & THURSDAYS**  
**4-5:30 pm with Mandi**

**ZUMBA GOLD!!**

**Starting March 6th @ 910 AM!!**

This class is perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The class focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

**WATER AEROBICS**

**MON, WED**

8:00 AM	Water Fitness	Rotating	1,2,3
**9:30 AM	Water Fitness	<b>WED ONLY</b> Tennille	1
10:00 AM	Water Fitness	Rotating	1,2,3
6:00 PM	Water Fitness	Tennille	1,2,3

**TUES, THURS**

10:15 am	Water Fitness	Rotating	1,2,3
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**FRI**

8:00 AM	Water Fitness	Rotating	1,2,3
**9:30	Water Fitness	Tennille	1

\*\*30 minute class



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# CLASS DESCRIPTIONS

**Cardio Strength:** Experience a high-intensity, full-body workout that targets the major muscle groups of the upper & lower body. From circuit-style routines that jump-start cardio fitness, to creative muscle-toning exercises using dumbbells, exercise bands, or even the participant's body weight, each class brings its own unique challenges. No two classes are the same! Class participants will improve cardiovascular stamina, core strength, & flexibility.

**Cardio Strength 101:** A low intensity workout that combines cardio, strength and flexibility, modified to a seated position. A perfect class for: those just starting an exercise program, those with balance issues, those recovering from an injury or surgery, as well as seniors.

**Circuit Training:** Circuit training is an excellent boredom buster! Whether you're running steps, jumping rope, doing squats, planks, or conditioning on the stability ball - your mind won't have time to wander, and your body will burn more calories and firm-up muscles fast!

**Cycle:** This class setting is appropriate for all levels and all ages because YOU control YOUR intensity.

**Cycle Fusion:** If you are looking to effectively train every part of your body in every way this is the class for you! Start with a traditional group cycle class on a stationary bike to challenge your heart and define your lower body, then move your body in all different directions with strength training exercises!

**DEFEND TOGETHER:** This will burn a ton of calories and builds total body strength. You will tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness.

**Functional Training:** This uses a method of physical training that combines the elements of strength, power, balance, accuracy and endurance by incorporating equipment like TRX, Kettlebells, Plyo-Boxes, Olympic Lifting and bodyweight exercises.

**Interval Training:** This fast-paced class is a challenging and unique blend of aerobic & anaerobic conditioning and strength & endurance training.

**Kid Fit:** This class will have your heart pumping and muscles growing with fantastic games, drills, and fun ways to get fit set to energizing music.

**PiYo™ Live:** PiYo™ is 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.

**Pure Resistance:** These classes use exercises to increase muscle definition and strength utilizing a variety of traditional functional and strength training tools.

**Seniors Flexible Strength:** A non-impact class geared towards the active older adult and designed to strengthen, tone, and balance the entire body utilizing bodyweight movements, light weights, bands, balls, and ballet inspired exercises. Class includes toning and muscle endurance movements with an emphasis on the core, arms, glutes, and thighs.

**STRENGTH TRAIN TOGETHER:** This format is a high rep weight training workout. Using adjustable barbell, weight plates, and body weight, Strength Train Together combines squats, lunges, presses, and curls with functional integrated exercises.

**Ultimate Conditioning:** These classes combine skills & drills, running and Plyometrics for an intense strength and conditioning workout!

**Water Aerobics:** Water Exercise provides motivation, aerobic choreography, improved cardiovascular endurance and muscle conditioning / tone by using the buoyancy and resistance of the water. Water Exercise is low impact and ideal for all fitness levels, non-swimmers welcomed.

**Yoga:** This standard yoga class, for all levels, incorporates yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility.

**Yoga Express:** 30 minute lunchtime workout. Just what you need to reset your day and get some mindful movement in your routine. You will be guided through a relaxing and lengthening sequence of poses that won't make you break a sweat. Poses designed to loosen your muscles and joints from the crown of your head down to your toes. Loose apparel and tennis shoes will be all you need

**Zumba®:** This class fuses Latin rhythms and easy to follow moves to create a dynamic fitness program. The routines feature interval training, using fast and slow rhythms to tone your body while burning fat.

**Zumba® Toning:** This class is for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using light weights helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Light weights enhance a sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

**Zumba® Gold:** This class is perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

**20/20/20:** Twenty minutes each of Cardio, Weights, Core. Stay for 1 or stay for all three!!

## Group Exercise Policy

- Must be 13yrs (10-12 with parents) to participate
- Appropriate attire and shoes must be worn
- Classes are 55 minutes long unless stated. Yoga is 60 min.

## Intensity Level

- 1- beginner (Suitable for beginners or those starting back)
- 2- intermediate
- 3- advance

## Class Locations

- Studio A-Exercise Room 2nd floor
- Studio B-Multi Purpose Room 1st floor
- Gym—1st Floor
- Fitness-Weight Room 2nd floor