



# Forsyth County Family YMCA Group Exercise Schedule (4-week schedule)

Monday, November 16 - Sunday, December 13, 2009

	MON	TUE	WED	THUR	FRI	SAT	SUN
5:45 AM	*Cycle Core Stephanie	*Awesome ABS Jeri Sue	*Cycle Stephanie	*Awesome ABS Jeri Sue			
6:30 AM		*Cycle Express (30 Mins.) Jeri Sue		*Cycle Express (30 Mins.) Jeri Sue	7:30 A.M. *Cycle Bruce		
8:40 AM <i>*See Location</i>	Sculpt Express-Susan <i>Meet in gym</i>					<b>Family Boot Camp Ages 6 &amp; up W/parent Margo</b>	
8:40 AM	Step Holly	Cycle Core Kelly V. / Daisy	Functional Strength Jeri Sue	Pilates on the Ball Mandy	Step Nancy	Step - Bill <i>(45 mins.)</i>	
9:00 AM		Boot Camp - Susan <i>Meet in gym</i>		Boot Camp - Susan <i>Meet in Gym</i>			
9:30 AM <i>*See Location</i>	Boot Camp - Susan <i>Meet in Gym</i>	9-9:55 AM AF Senior Exercise Program Bruce <i>Multi-purpose Rm</i>		9:15 & 10:30 AM Tai Chi Multi-purpose Rm Registration required Bruce Watson	Boot Camp - Susan <b>Meet in Gym</b>	Sculpt - Bill <i>(40 mins.)</i>	
9:40 AM	Sculpt Holly	Zumba Sandy	Kickbox Cardio Blast Mandy	Zumba Sandy	Sculpt Nancy	10:20-10:50 AM Awesome Abs Jeri Sue	
10:45 AM	Beginning Cycle Chanda	Pilates Kelly V.	Hip Hop Hustle Sandy	Zumba Gold/Toning Sandy	Pi-Yo Kathy	11:00 AM Cycle Daisy RESERVATIONS REQUIRED	
12:00 Noon	Beginning Yoga Kathy	Cycle Kelly V.	Pi-Yo Lite Bruce	Cycle Daisy	Zumba Kelly V.	<b>Yoga (GX studio)</b> Kathy/Maria	
1:30 PM							*Pilates Kathy
2:45 PM						<b>* No childcare</b>	*Cycle Kathy
4:45 PM	Boot Camp Kellye	Cardio Interval Kellie W.	Sculpt Susan/Jeri Sue	Kickbox Melissa R.	30/30 Cycle 30 mins./Abs-30mins. Jeri Sue	<b>HAPPY THANKSGIVING!</b> <b>We are closed Thanksgiving day.</b>  <b>Next Corepole, Group Fit, Ballroom Dance and Optimal Conditioning registrations begin December 5, 2009.</b> <b>Ballroom Dance Classes - Sat., 11am and 12:10pm.</b>	
5:45 PM	Zumba Kellye B.	Cycle Jennifer	Cycle/Abs Bruce	Power Sculpt Melissa R.	Lower Body Lockdown Jeri Sue		
6:45 PM	IntegrativeYoga Shane	Kickbox Miranda	Zumba Natalie	Hip Hop Hustle Sandy	Zumba Natalie		
6:45 PM				<b>Multipurpose Room Yoga/Pilates Combo Kelly V.</b>			

AF Senior Exercise Program - Arthritis Foundation Senior Exercise Program is for seniors and people with arthritis using gentle, seated & standing activities to help increase joint flexibility, range of motion, increase muscle strength and decrease arthritis pain.

Awesome Abs - These classes concentrate on strengthening abdominals and lower back. Lots of variety.

Boot Camp - Be prepared to sweat with this challenging workout designed to improve strength, agility and endurance. 100% athletic!

Cardio Blast - This cardio intensive workout utilizes various cardio equipment. May include some or all- step, cycle, jump ropes, kickboxing, circuit and obstacle course.

Cardio Interval - Class is designed to increase endurance and strength for a total body workout. Great for beginning to intermediate exercisers.

Cycle- This group cycling class will take you on a virtual ride using visualization and motivating music. Beginning Cycle is for anyone just starting to cycle. Great for seniors!

Cycle Abs - Start off with a cardio ride and then end it with a dynamic core workout focusing on the abs and low back.

Cycle Express - This 30-min. express cycle class is designed for intensity to get you ready to start your day.

Family Boot Camp - The Sat. am class is designed for families with children ages 6 and up. Parents must accompany children to class for a fun-filled boot camp-style class.

Hip Hop Hustle - This class is a pre-designed dance class to learn fun and "doable" choreography. Ideal for novice and skilled alike.

Kickbox - Kick, punch and jab your way to a healthier lifestyle. Improves overall fitness coordination and stamina.

Kickbox Cardio Blast - All the components of kickboxing with cardio intervals.

Pilates - This mat class is a core-focused, conditioning program based on proper breathing and good form with intense concentration to improve flexibility, strength and muscle tone.

Pilates on the Ball - This class is core-focused to improve flexibility, strength and balance using the stability ball and bosu most of the class time.

Yoga & Integrative Yoga - Yoga is great for muscle imbalances, chronic pain and stress reduction. Yoga is an opportunity to disconnect from the activities of the day and focus within to nurture yourself.

Pi- Yo: A combination of both Pilates and Yoga.

Pi-Yo Lite - Great for beginners or seniors. Warm-up - 20 mins. - yoga-focused to improve balance & flexibility; 20 mins. - Pilates focused on improving strength & flexibility; 10 mins. - relaxation.

Sculpt & Sculpt Express - A total body conditioning class using some of the following: dumbbells, barbells, bands, tubing, BOSU and stability balls. Designed to improve strength and endurance in a group exercise setting.

Lower Body Lockdown - A lower body conditioning class focusing on strength and reducing lower back and hamstring tightness.

Step- This cardio class increases heart rate. The majority of the class is cardio with a small segment of abs and back at the end.

Zumba - A hot, Latin-inspired, aerobic dance workout that combines salsa, reggaeton, meringue, tango, flamenco, calypso, hip hop, samba and belly dancing!

Zumba Gold/Toning - This class is designed for active older adults, beginners and rhythm-challenged dancers. The steps are broken down at a slower pace than regular Zumba.