



# FORSYTH COUNTY FAMILY YMCA Group Exercise Schedule - July 2008

	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>5:45 AM</b>	*Cycle Core Stephanie	Awesome ABS Jeri Sue	*Cycle Stephanie	Awesome ABS Jeri Sue	*Cycle Daisy/Bruce		
<b>7:30 AM</b>		*Pi-Yo Kathy	*Boot Camp Miranda	*Pi-Yo Kathy	*Boot Camp Miranda		
<b>8:40 AM</b> <i>*See Location</i>	Sculpt Express-Susan <i>Meet in gym</i>	Boot Camp - Susan <i>Meet in gym</i>		Boot Camp - Susan <i>Meet in Gym</i>		Boot Camp Margo / Cyndi <i>Meet in parking lot</i>	
<b>8:40 AM</b>	Step Holly	Cycle Core Kelly V. / Marty	Functional Strength Jeri Sue	Beginning Yoga Candace	Step Nancy	Step - Bill <i>(45 mins.)</i>	
<b>9:30 AM</b> <i>*See Location</i>	Boot Camp - Susan <i>Meet in Gym</i>		<b>9:40 AM</b> Kickbox - Kellye B. <i>Meet in Gym</i>		Boot Camp - Susan <i>Meet in Gym</i>	Sculpt - Bill <i>(40 mins.)</i>	
<b>9:40 AM</b>	Sculpt Holly	Zumba Sandy	Advanced Step Marty	Dance Cardio Ally	Sculpt Nancy	<b>10:20-10:50 AM</b> Awesome Abs Jeri Sue	
<b>10:00 AM</b>					Fit Feet Walking Class TerriLynn <i>Meets in front-Y</i>		
<b>10:45 AM</b>	Beginning Cycle Chanda	Pilates Kelly V.	Stability Ball Susan/Kim	Zumba Sandy	Pi-Yo Kathy	<b>11:00 AM</b> Cycle Daisy	
<b>12:00 Noon</b>	Beginning Yoga Candace	Cycle Kelly V.	Yoga Bonita	Cycle Daisy	Zumba Sandy	Yoga Kelly V./Kathy	
<b>1:00 PM</b>							
<b>1:30 PM</b>							*Pilates Kathy
<b>2:45 PM</b>							*Cycle Kathy
<b>4:45 PM</b>	Boot Camp Kellye/Cyndi	Pilates-Rita <b>Conference Rm.</b> Extreme Conditioning- Bill/JeriSue <b>GX Studio</b>	Sculpt Susan/Jeri Sue	Kickbox Melissa R.	<b>30/30</b> Cycle 30 mins./Abs-30mins. Jeri Sue	<b>Youth In Motion for 6-12 yrs.</b> <b>Mon - Thurs. 10- 11 am in Gym</b> <b>Mon. &amp; Wed. @ 4:30 in Gym</b>  <b>Another Zumba Kids starts Thursday, July 10 @ 9:30</b> <b>a.m. in Conference Room along with already scheduled</b> <b>Monday 9:45 a.m. class in Conference Room, 3rd floor.</b>  <b>YMCA July 4th hours - 8 a.m. - 2 p.m.</b> <b>Regular scheduled classes during these hours</b>	
<b>5:45 PM</b>	Dance Cardio Jessica	Cycle Jennifer	Step Kellye B.	Power Sculpt Melissa R.	Bosu Balance Jeri Sue		
<b>6:45 PM</b>	Yoga Missy	Kickbox Miranda	Zumba Natalie	Cycle Dyan	<b>Belly Dance</b> <i>Ses. 2 ends July 25</i> <b>Tarub (Angela)</b>		
<b>7:00:00 PM</b> <i>*See Location</i>				<b>Multipurpose Room</b> Yoga - 30 mins. Pilates - 30 mins. Kelly V.			
<p><b>Belly Dance</b> - The 6-week class is taught in the traditional style and will progress each week. <b>Session 2 - June 20- July 25, 2008</b></p> <p><b>Boot Camp</b> - Be prepared to sweat with this challenging workout designed to improve strength, agility and endurance. 100% athletic!</p> <p><b>Bosu Balance</b> -A total body workout utilizing core stability and balance on the bosu.</p> <p><b>Awesome Abs &amp; Core Conditioning</b> - These classes concentrate on strengthening abdominals and lower back.</p> <p><b>Cycle</b>- This group cycling class will take you on a virtual ride using visualization and motivating music. <b>Beginning Cycle</b> is for anyone just starting to cycle. Great for seniors!</p> <p><b>Cycle Core</b> - Start off with a cardio ride and then end it with a dynamic core workout focusing on the abs and low back.</p> <p><b>Dance Cardio</b> - This fun Cardio class offers a variety of dance styles such as Latin, Hip-Hop, Funk, and Jazz to spice up your workout.</p> <p><b>Fit Feet Walking</b>- This walking class is conducted outdoors in the Vickery community. Great for all levels and ages. Strollers are welcome.</p> <p><b>Kickbox</b> - Kick, punch and jab your way to a healthier lifestyle. Improves overall fitness coordination and stamina.</p> <p><b>Pilates</b> - 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.</p> <p><b>Stability Ball</b> - This class is total body strengthening focusing on core and balance designed for all fitness levels.</p> <p><b>Extreme Conditioning</b> - This class is for youth, 8 yrs. and up. It is a cardio conditioning, fun class and includes some muscle strengthening.</p> <p><b>Yoga</b> - This class focuses on the breath to connect the mind and body. Yoga is great for muscle imbalances, chronic pain and stress reduction.</p> <p><b>Pi- Yo:</b> A combination of both Pilates and Yoga.</p> <p><b>Sculpt &amp; Sculpt Express</b> - A total body conditioning class using one or more of the following: dumbbells, barbells, bands, tubing, BOSU and stability balls. Designed to improve strength and endurance in a group exercise setting.</p> <p><b>Functional Strength</b> - A total body conditioning class focusing on core strength while utilizing movements that are typical in day to day life.</p> <p><b>Step</b>- This cardio class will increase your heart rate as you step your way to fit. the majority of the class is cardio with a small segment of abs and back at the end.</p> <p><b>Advanced Step</b> - This class is for seasoned steppers. It is designed to be more intense with more complex choreography.</p> <p><b>Zumba</b> - A hot, Latin-inspired, aerobic dance workout that combines salsa, reggaeton, meringue, tango, flamenco, calypso, hip hop, samba and belly dancing!</p>							