

# Group Fitness Schedule

## Danville Family YMCA

Effective 4/26/18

### MONDAY

#### A.M.

- 5:30-6:30** Cardio Core Muscle Mashup  
(Small Gym – Karen)
- 8:45-10:00** Cardio Boot Camp  
(Small Gym – Kelly)
- 8:00-8:45** Flow Yoga  
(Fitness Room – Jackie)
- 9:00-9:30** Water Stretch & Balance  
(Pool – Dina)
- 9:30-10:30** Water in Motion®  
(Pool – Dina)
- 9:00-9:45** SilverSneakers Classic®  
(Fitness Room – Julianne)
- 10:00-10:45** SilverSneakers Classic®  
(Fitness Room – Lavona)
- 11:00-11:45** SilverSneakers Classic®  
(Fitness Room – Dina)

#### P.M.

- 5:00-6:00** Burst Fit  
(Pool – Terri)
- 5:45-7:00** Total Body Rush  
(Small Gym – Carla)
- 7:00-8:00** Pound®  
(Cycling Room – Trisha)

### THURSDAY

#### A.M.

- 5:30-6:15** Cycling\*  
(Cycling Room – Jackie)
- 8:00-8:45** Flow Yoga  
(Fitness Room – Julianne)
- 9:00-10:00** Aqua Power Hour  
(Pool – Carla)
- 9:00-10:00** SilverSneakers Circuit®  
(Fitness Room – Lorrie)
- 10:30-11:30** Yoga Platinum  
(Fitness Room – Gordon)

#### P.M.

- 4:30-5:15** Fit & Firm\*\*  
(Fitness Room – Rebecca)
- 5:45-6:30** Open Cycling\*  
(Cycling Room – None)
- 6:00-7:00** Hatha Yoga\*  
(Fitness Room – Gordon)
- 6:45-7:30** WERQ®  
(Cycling Room – Merrisha)
- 7:00-8:00** Strong by Zumba®  
(Small Gym – Angie)

### TUESDAY

#### A.M.

- 5:30-6:15** Cycling\*  
(Cycling Room – Jackie)
- 8:00-8:45** Flow Yoga  
(Fitness Room – Julianne)
- 9:00-10:00** Aqua Power Hour  
(Pool – Carla)
- 9:00-10:00** SilverSneakers Circuit®  
(Fitness Room – Lorrie)
- 10:30-11:30** Yoga Platinum  
(Fitness Room – Gordon)

#### P.M.

- 4:30-5:15** Fit & Firm\*\*  
(Fitness Room – Rebecca)
- 5:45-6:30** Open Cycling\*  
(Cycling Room – None)
- 6:00-7:00** Hatha Yoga\*  
(Fitness Room – Gordon)
- 6:45-7:30** WERQ®  
(Cycling Room – Merrisha)
- 7:00-8:00** Zumba®  
(Small Gym – Angie)

### FRIDAY

#### A.M.

- 5:30-6:30** Cardio Core Muscle Mashup  
(Small Gym – Karen)
- 8:45-10:00** Cardio Boot Camp  
(Small Gym – Kelly)
- 8:00-8:45** Flow Yoga  
(Fitness Room – Jackie)
- 9:00-9:30** Water Stretch & Balance  
(Pool – Dina)
- 9:30-10:30** Water in Motion®  
(Pool – Dina)
- 9:00-9:45** SilverSneakers Classic®  
(Fitness Room – Julianne)
- 10:00-10:45** SilverSneakers Classic®  
(Fitness Room – Lavona)
- 11:00-11:45** SilverSneakers Classic®  
(Fitness Room – Dina)

### WEDNESDAY

#### A.M.

- 5:30-6:30** Cardio Core Muscle Mashup  
(Small Gym – Karen)
- 8:45-10:00** Cardio Boot Camp  
(Small Gym – Kelly)
- 8:00-8:45** Flow Yoga  
(Fitness Room – Julianne)
- 9:00-9:30** Water Stretch & Balance  
(Pool – Dina)
- 9:30-10:30** Water in Motion®  
(Pool – Dina)
- 9:00-9:45** SilverSneakers Classic®  
(Fitness Room – Julianne)
- 10:00-10:45** SilverSneakers Classic®  
(Fitness Room – Lavona)
- 11:00-11:45** SilverSneakers Classic®  
(Fitness Room – Dina)

#### P.M.

- 5:00-6:00** Burst Fit  
(Pool – Terri)
- 5:45-7:00** Total Body Rush  
(Small Gym – Carla)
- 6:00-7:00** Hatha Yoga\*  
(Fitness Room – Gordon)
- 7:00-8:00** Zumba®  
(Cycling Room – Trisha)

### SATURDAY

#### A.M.

- 9:00-10:00** Deep H2O  
(Pool – Carla)

- All classes are free and open to members
- Non-members are welcome with purchase of a guest pass
- \*Age 16 and older
- \*\*No Fit & Firm every 2<sup>nd</sup> Thursday of the month



## CLASS DESCRIPTION

### Small Gym

**TOTAL BODY RUSH** – A high intensity class that works all major muscles in the body. Increase cardiovascular fitness and muscular strength with this circuit style class. This class offers a wide variety of exercises to give you a total body workout. **Instructor - Carla**

**CARDIO CORE MUSCLE MASHUP** – Participate in this class to receive a variety of workouts! Each day has a unique and specific focus. Come one day for cardio endurance, another for interval training, and yet another for a boot camp style workout. A great way to get your day started right! **Instructor - Karen**

**CARDIO BOOT CAMP**– This is a total body fitness workout. A great class that focuses on arms, legs, abs and your heart! This class is a great way to get your cardio, strength and flexibility in one class. **Instructors – Kelly**

**ZUMBA®** - A fun filled workout that combines upbeat music with thrilling dance and fitness movements that will leave you excited about meeting your fitness goals. **Instructor – Angie**

**STRONG by ZUMBA®** - Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! Light hand weights enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body. **Instructor - Angie**

### Fitness Room

**FIT AND FIRM** – A low intensity class for those looking for a lighter impact workout. It is great for anyone starting a fitness program or those recovering from injury or surgery. This class will use a variety of exercise equipment to target all major muscle groups in the body, while at the same time providing modified exercises that people at any fitness level can perform. **Instructor - Becky**

**FLOW YOGA** – Flow yoga cultivates body awareness, relaxation, and concentration while moving from one firm but relaxed position to another. Students of all ages, health, and skill levels will concentrate on breathing and move at their own ability from posture to posture to build strength, balance, and flexibility. **Instructor – Julianne, Jackie**

**SILVERSNEAKERS® CLASSIC**- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. **Instructors – Julianne, Lavona, Dina**

**SILVERSNEAKERS® CIRCUIT**- This fun class will increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. **Instructor – Lorrie**

**YOGA PLATINUM**- Yoga Platinum will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. **Instructor – Gordon**

**HATHA YOGA** – Hatha yoga uses physical postures to align your body and allow energy to flow freely. It can improve balance, flexibility, and strength. Some poses also enhance circulation, digestion, and hormonal activity in the body. Yoga is a gentle, non-impact form of exercise that is suitable for all fitness levels. **Instructor - Gordon**

### Pool

**WATER, STRETCH & BALANCE** – A Shallow water class that emphasizes core strength through balance and stretching using all muscle groups. Great for overall rejuvenation. **Instructor – Dina**

**AQUA POWER HOUR** - This shallow water workout provides a variety of activities from dance to boxing to keep your workout exciting. Water, along with other equipment, will challenge all aspects of the body and increase your fitness level. **Instructor – Carla**

**WATER IN MOTION®** – This class offers the benefit of a high energy calorie burning workout without the pull that gravity plays on the body. Experience the cross-training effects that water provides while reducing the impact on your joints, specifically the knees and back. **Instructor – Dina**

**BURSTFIT** – A shallow water workout that includes calisthenics style movements with various upper and lower body resistance moves. It improves cardiovascular fitness, muscle strength and flexibility as you jump kick and march through the water. **Instructor - Terri**

**DEEP H2O** – This popular water workout includes cardio and resistance training to help tone and sculpt without impacting the joints. No swimming skills needed, however a comfort for deep water is a must. **Instructor - Carla**

### Cycling Room

**INDOOR CYCLING** – An exceptional cardiovascular workout. This class uses major muscle groups (i.e. the legs!) and raises the heart rate. Cycling is a good form of exercise for those with certain joint problems because much less pressure is exerted on the joints. Classes are limited to 12 participants. **Instructor – Jackie**

**OPEN CYCLING** – From 5:45pm-6:30pm feel free to ask our wellness center attendant for access to the cycling room for a self-regulated cycling workout. **Instructor – None**

**WERQ®** - A fiercely fun dance fitness class based on pop, rock, and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses. The class will be taught by Certified Fitness Professional Merrisha Bryant. Come dance, smile and WERQ® all at the same time. **Instructor – Merrisha**

**POUND®** – Full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. **Instructor - Trisha**

**ZUMBA®** - A fun filled workout that combines upbeat music with thrilling dance and fitness movements that will leave you excited about meeting your fitness goals. **Instructor – Trisha**