

Danville Family YMCA Group Fitness Schedule

(Effective November 5th)



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Monday

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

5:00-6:00p Burst Fit (Pool – Terri)
6:00-7:00p **NEW!** Werq® (Fitness Room – Merrisha)
7:00-8:00p Pound® (Cycling Room– Trisha)

Tuesday

5:30-6:15a Cycling* (Cycling Room – Jackie)
7:00-7:45a Cycling* (Cycling Room – Kelly)
8:00-8:45a Flow Yoga (Fitness Room – Julianne)
9:00-10:00a SilverSneakers Circuit® (Fitness Room – Lorrie)
9:00-10:00a Aqua Power Hour (Pool – Mary)
10:30-11:30a Yoga Platinum (Fitness Room – Gordon)

4:30-5:15p Fit & Firm** (Fitness Room – Rebecca)
5:45-6:30p **NEW!** Cycling (Cycling Room – Michele)
6:00-7:00p PiYo® (Small Gym – Crystal)
6:00-7:00p Hatha Yoga* (Fitness Room – Gordon)
7:00-8:00p Zumba® (Small Gym – Angie)

Wednesday

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

5:00-6:00p Burst Fit (Pool – Terri)
6:00-7:00p **NEW!** Werq® (Fitness Room – Merrisha)
6:00-7:00p Hatha Yoga* (Fitness Room – Gordon)

Thursday

5:30-6:15a Cycling* (Cycling Room – Jackie)
7:00-7:45a Cycling* (Cycling Room – Kelly)
8:00-8:45a Flow Yoga (Fitness Room – Julianne)
9:00-10:00a SilverSneakers Circuit® (Fitness Room – Lorrie)
9:00-10:00a Aqua Power Hour (Pool – Mary)
10:30-11:30a Yoga Platinum (Fitness Room – Gordon)

4:30-5:15p Fit & Firm** (Fitness Room – Rebecca)
5:45-6:30p **NEW!** Cycling (Cycling Room – Michele)
6:00-7:00p PiYo® (Small Gym – Crystal)
6:00-7:00p Hatha Yoga* (Fitness Room – Gordon)
7:00-8:00p Strong by Zumba® (Small Gym – Angie)

Friday

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

Saturday

9:00-10:00a Deep H2O (Pool – Dina)

- 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 2nd Thursday of the month

CLASS DESCRIPTION

Small Gym

PIYO® – PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. But, it cranks up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined. **Instructor – Crystal**

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**

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, Kelly, Michele**

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**

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**

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**

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 – 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 – Mary**