

Danville Family YMCA Group Fitness Schedule

Monday

5:30-6:30a Cardio Core Muscle Mashup (Small Gym-Karen)
 8:00-8:45a EnerChi (Fitness Room-Mike)
 8:45-10:00a Cardio Boot Camp (Small Gym-Kelly)
 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-Becky)
 10:00-10:45a SilverSneakers Classic® (Fitness Room-Mike)
 11:00-11:45a SilverSneakers Classic® (Fitness Room-Dina)

5:00-6:00p Burst Fit (Pool-Terri)
 5:45-6:30p Pound@ (Desire-Small Gym)
 6:00-7:00p Werq@ (Fitness Room-Merrisha)
 6:00-7:00p Self Defense (Cycling Room-Mike)
 6:30-7:30p Fit in 4 (Small Gym-Angie)

Tuesday

5:30-6:15a Cycling (Cycling Room-Lorrie)
 7:00-7:45a Cycling (Cycling-Kelly)
 8:00-8:45a Hatha Yoga (Yoga Room-Gordon)
 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-becky)
 5:30-6:00p Tabata (Small Gym-Crystal)
 5:45-6:30P Cycling (Cycling Room-Mike)
 6:00-7:00p PiYo@ (Small Gym-Crystal)
 6:00-7:00p Hatha Yoga (Yoga Room-Gordon)

Wednesday

5:30-6:30a Cardio Core Muscle Mashup (Small Gym-Karen)
 8:00-8:45a EnerChi (Fitness Room-Mike)
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 6:00-7:00p Werq@ (Fitness Room-Merrisha)
 6:00-7:00p Hatha Yoga (Yoga-Gordon)
 6:30-7:30p Fit in 4 (Small Gym-Angela)

(Effective January 6th)



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

Thursday

5:30-6:15a Cycling (Cycling Room-Lorrie)
 7:00-7:45a Cycling (Cycling Room-Kelly)
 8:00-8:45a Hatha Yoga (Yoga Room-Gordon)
 9:00-10:00a SilverSneakers Circuit® (Fitness Room-Lorrie)
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Friday

5:30-6:30a Cardio Core Muscle Mashup (Small Gym-Karen)
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Saturday

9:00-10:00a Deep H2O (Pool-Mary)

- All classes are free and open to members
- Non-members are welcome with purchase of a guest pass

CLASS DESCRIPTION

Small Gym

TABATA- Tabata is a 30 minute, work at your own pace, upbeat cardio class. This is a full body workout that can be done at any fitness level. It consists of 20 seconds of hard work followed by 10 seconds of rest.

Instructor – Crystal

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 all in one class.

Instructor – Kelly W.

FIT IN 4 – Whether you are new to exercise or a seasoned veteran, this circuit class is for you. The program is designed so participants at any fitness level can achieve their goals and create fit and healthy bodies by taking your core strength to the next level, body toning and improving stamina.

Instructor – Angie

POUND@- You become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks, POUND transforms drumming into an incredibly effective way of working out. This workout is designed for all fitness levels and is great for men and women of all ages and abilities. **Instructor-Desire**

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

BURST FIT – 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 – Mary

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**

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. **Instructors – Lorrie, Kelly, Mike**

SELF DEFENSE- Learn how to take control of a dangerous situation. Also boxing fundamentals and heavy bag training will be taught. This class is a progressive class designed for you to gain strength and endurance while learning how to protect yourself. **Instructor-Mike**

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**

SILVERSNEAKERS® ENERCHI- This class will incorporate tai chi and qigong principles to improve physical and mental well-being. SilverSneakers EnerChi introduces modified tai chi forms. Linking forms together in a guided flow increases strength and vitality. In EnerChi you will learn the foundations of weight transfer and rhythmic movement along with awareness and focused breathing. **Instructor-Mike**

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 – Becky, Dina, Mike**

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**

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. Come dance, smile and WERQ@ all at the same time. **Instructor – Merrisha**

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**

Yoga Room

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**