

**Jul-10**

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
EARLY AM	Iron Grip Muscle 6:00-6:45	Cycle 6:00-6:45	Power Conditioning * 6:00-7:00	Cycle 6:00-6:45	Power Yoga 6:00-7:00		
	Combo Cardio 8:30-9:30	Muscle <b>S</b> 8:30-9:30	Combo Cardio 8:30 9:30	Muscle <b>S</b> 8:30-9:30	Flexible Strength <b>S</b> 8:30-9:30	*TaeKwon Do 8:15-9:00	
	Flexible Strength <b>S</b> 8:30-9:30	Flexible Strength <b>S</b> 8:30-9:30					
	Y Extreme 9:30-10:30	Y Extreme 9:30-10:30	Y Extreme 9:30-10:30	Y Extreme 9:30-10:30	Zumba 9:30-10:30	Power Yoga 9:30-10:30	
	Pilates 1 <b>S</b> 9:30-10:30	Cycle 9:30-10:30	Pilates 2 9:30-10:30	Cycle 9:30- 10:30	Y Extreme Cardio Cycle 9:30-10 Core 10-10:30	Cycle Challenge 9:00-10:15	
			Cardio Blast 9:30-10:30				
	Zumba Gold <b>S</b> 10:30-11:30						
AM	Balance Challenge <b>S</b> 10:30-11:30	Absolute Core <b>S</b> 10:30-11:00	Pure Stretch <b>S</b> 10:30-11:30		Pure Stretch <b>S</b> 10:30- 11:30		
LUNCH	Cardio Lunch 12:00 - 12:30	Core Conditioning 12:00-12:30	Zumba Express <b>S</b> 12:00-12:30	Core Conditioning 12:00-12:30	Cardio Lunch 12:00 - 12:30		
PM	Pilates 1 <b>S</b> 4:30-5:30	Muscle <b>S</b> 4:30-5:30	Flexible Strength <b>S</b> 4:30-5:30	Muscle <b>S</b> 4:30-5:30			
	Y Extreme 5:30-6:30	Zumba 5:30-6:30	Kids Zumba 4:30-5				
	Cycle 5:30-6:30	Cycle 5:30-6:30	Zumba 5:30-6:30	Y Extreme Muscle 5:30-6:30			
	Zumba 6:30-7:30	*TaeKwon Do 5:30 6:30	Y Extreme 5:30-6:30	Cycle 5:30-6:30			
	AB Core Extreme 6:30-7:30	Y Extreme Muscle 6:30 7:30	Athletic Core 5:30-6:30	*TaeKwon Do 5:30-6:30			
		Hathe Yoga 6:00-7:15					



**Ledger:**

Gym	Healthy Kids Center	Outside	All group membership classes are FREE with your YMCA Membership except those classes annotated with an * Fee Based Classes: *TaKwon Do <b>Check weekly schedule at the front desk</b>	Group Fitness Coordinator: Stephanie Deasy (434) 847-5597 ext. 214 www.lynchburgymca.org
	Cycle Room			

## GROUP FITNESS CLASS DESCRIPTIONS

### AEROBICS

**Boot Camp:** This high intensity cardio workout may include step, floor, cycle and circuit stations to increase cardio fitness and muscle strength.

**Cardio Lunch:** This 30 minute noontime class is a combination of cardio and muscle training. Sure to get you results and back to work on time!

**CardioBlast:** This hour is packed with aerobic/step moves for the one who wants to work hard. Abs included.

**Combo Cardio:** Features a combination of different aerobic and strength components such as hi/lo, kickboxing, step and muscle and sport-wall.

**Cross Training:** This class combines hi-lo aerobics with step and muscle strengthening.

**Iron Grip:** The latest trend in the fitness industry. This muscle class uses special equipment to build strength, endurance and lean muscle tissue.

**Muscle:** This class uses weights, bands, and bars to increase muscular fitness.

**Muscle Express:** Same as muscle, except class is 30 minutes long.

**ZUMBA:** Come try this spicy Latin-American movement class! It is the latest craze. Mamba, Cha-cha and a fat burning workout!

**Y Xtreme!!!** Have you ever tried P90X??? This is the class series for you. It will consist of 6 days a week (optional). You will get cardio, muscle/strength and flexibility. If you want results...We dare you to try this class. This is a more advanced class, but there will be modifications offered.

**Available within classes:  
(You may not find these as classes alone, but these two techniques are used within classes for your benefit)**

**Gliding:** High intensity training works the body laterally and this tool is used in boot camp, muscle, iron grip and combo cardio to help increase your fitness!

**Step:** Reebok steps are used for high intensity, low impact workouts!

**Bosu:** This fun core training tool stands for both sides up and you will see it in a variety of classes.

**For more information contact:  
Aerobics Director: Stephanie Deasy  
434.847.5597**

**Tae Kwon Do:** This form of Martial Arts will improve balance while increasing strength, flexibility and self-control.

**Class of the Month  
Athletic Core Conditioning  
Core body muscular strength and stability is the foundation for healthy, successful, and enduring running and athletic performance.**

**For information on fee- based classes please ask Member Service Desk**

### CYCLING

**\*\*Cycle:** A class designed to challenge everyone from serious athletes to de-conditioned individuals. This class offers a cardio workout with little impact on your joints. Class allows for individual control of intensity and resistance.

**\*\*Cycle Express:** Similar to the standard cycle class, but compressed into 30 minutes. Great workout if you are short on time.

**\*\*Cycle Challenge:** A 75-minute ride that will build base miles to increase your endurance on the bike.

**\*\*CyclePump:** 30 minute cycle class followed by a great muscle workout! Great for all levels and cross-training!

### MULTIPURPOSE ROOM

**Core Conditioning:** This 30 minute class is packed with abdominal /back exercises.

**Fit Ball:** This class uses the resist-a-ball to build core strength.

**Power Yoga:** This class offers all the true principles of yoga with all of the benefits and is a true full-body workout!

**Hatha Yoga:** This class provides the same benefits as yoga. Improves strength and flexibility through movement, breathing and held poses.

**Pure Stretch:** This class is what you need! 30 minutes of pure relaxation and stretching for the total body.

**Flexible Strength:** A combination of Fit Ball, Yoga, and Pilates with emphasis on balance, strength, flexibility through movement and stretch.

**\*\*Pilates:** An introduction to the teachings of Joseph Pilates. This class will emphasize the 5 basic principles of Pilates. (Level I and II).

**Balance Challenge:** This class will strengthen your core and improve your balance. Use of fitball, balance trainer (bosu) and other tools will offer you a new challenge  
**Balance Challenge Express:** Same as above except 30 minutes.

All classes are included in your membership except for the following:

Hip Hop, Tae Kwon Do, & Power Conditioning

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