

**Group Exercise Schedule**  
**Adrian L. Shuford Jr. YMCA**  
**JULY 2025**

**\* NEW THIS MONTH \***  
**Class in Red Are Appropriate for Older Adults!**



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

| PERIOD/TIME   | MONDAY   | TUESDAY                                       | WEDNESDAY   | THURSDAY  | FRIDAY                                  | SATURDAY                             | SUNDAY   |
|---------------|--|---|---|---|---|--------------------------------------|--|
| 6:00-6:45AM   | SPIN<br>(Marni)<br>Spin Room                                 | SPIN<br>(Marsha)<br>Spin Room                 | SPIN<br>(Danny)<br>Spin Room                        | SPIN<br>(Marsha)<br>Spin Room                                 | SPIN<br>(Marni)<br>Spin Room            |                                      |  |
| 7:30-8:15AM   | YOGA<br>(Pete)<br>Yoga Room                                  |   |   |   | YOGA<br>(Pete)<br>Yoga Room             |                                      |  |
| 8:30-9:15AM   |  |   |   | *BOOTCAMP<br>STRENGTH*<br>(Nikki)<br>Yoga Room<br>8:30-9:15am |   | BARRE FUSION<br>(KIM)<br>8:30-9:15am |  |
| 8:30-9:15AM   | 20-20-20<br>(Kim)  | PILATES MAX<br>(Kim)                          | 20-20-20<br>(Miriam)                                | PILATES MAX<br>(Kim)  | M.A.D.<br>(Miriam)                      | Yoga<br>(Pete)<br>Yoga Room          |  |
| 9:30-10:15AM  |  |   |   |   |   | TRX<br>(Kellie)<br>TRX Room          |  |
| 9:30-10:15AM  | ZUMBA<br>(Vasti & Miriam)                                    | BODY SCULPT<br>MAX<br>(Miriam)                | POUND EXPO<br>(Kim)                                 | ZUMBA<br>(Vasti & Miriam)                                     | CIRCUIT<br>TRAINING<br>(Kari)           | CARDIO DANCE<br>(Valery)             |  |
| 10:30-11:15AM |  | LINE DANCING<br>(Patti)<br>Yoga Room          |   | *CIRCUIT<br>TRAINING*<br>(Elena)                              |   | XTREME HIP HOP<br>(Maria & Micheal)  |  |
| 11:00-11:45AM | SILVER SNEAKERS<br>CLASSIC ®<br>(Krystal)                    | BARRE, CORE<br>(Tammy)<br>10:30-11:15am       | SILVER SNEAKERS<br>CLASSIC ®<br>(Krystal)           |   | SILVER SNEAKERS<br>CLASSIC ®<br>(Kari)  |                                      |  |
| 12:00-12:45PM | SILVER SNEAKERS<br>CLASSIC ®<br>(Nikki)                      |   | SILVER SNEAKERS<br>CLASSIC ®<br>(Patti)             | YOGA<br>(Pete)<br>Yoga Room                                   | SILVER SNEAKERS<br>CLASSIC ®<br>(Nikki) |                                      | CORE & MORE<br>(Pete)<br>3:00pm-3:45pm                       |
| 4:30-5:15PM   | *CIRCUIT<br>TRAINING*<br>(Elena)<br>Yoga Room<br>5:00-5:45pm | TRX<br>(Kelly)<br>TRX Room                    | TRX<br>(Kelly)<br>TRX Room                          | PILATES MAX<br>(Kim)<br>Yoga Room<br>4:45-5:30pm              |   |                                      | YOGA MIXED<br>LEVELS<br>(Pete)<br>Yoga Room<br>4:00pm-4:45pm |
| 5:30-6:15PM   | POUND EXPO<br>(Kim)  | *SPIN*<br>(Nikki)<br>Spin Room<br>4:30-5:15pm | LINE DANCING<br>(Patti)<br>Yoga Room<br>5:30-6:15pm |   | ZUMBA TONING<br>(Shavodka)              |                                      |  |
| 5:30-6:15PM   | *TRX*<br>(Michelle)<br>TRX Room                              | POWER CUTS<br>(Vanessa)                       | STEP/STR<br>ENGTH<br>(Michelle)                     | *CIRCUIT<br>TRAINING*<br>(Elena)<br>Yoga Room                 | POWER CUTS<br>(Vanessa)                 |                                      |  |
| 6:30-7:15PM   | XTREME HIP HOP<br>(Maria & Lesly)                            | ZUMBA<br>(Vasti)                              | YOGA<br>(Pete)<br>Yoga Room                         | *SPIN*<br>(Ana)<br>Spin Room<br>7:00-7:45pm                   | ZUMBA<br>(Shavodka)                     |                                      |  |

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## Group Exercise Class Descriptions

**Power Cuts:** Conditions the muscles of the entire body with repetitions set to music using plate-loaded bars

**Spin:** An all-level spin class that features a 30-45-minute cardio ride, including a warm-up and cool-down. All classes are first come, first serve.

**Yoga:** Yoga builds a strong body, mind and spirit. This yoga class utilizes a combination of Hatha and Vinyasa styles that incorporates postures, breathing exercises and a mindful focus to improve balance, strength and flexibility with a thoughtful arrangement of poses. Great for all experience and fitness levels.

**Zumba:** An exciting blend of intense cardio combinations that will have your heart pumping, mixed in with your favorite Latin and ZUMBA dance moves.

**20-20-20:** A 60-minute moderate to high intensity class that is a full body workout! 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core. Come away with a well-rounded group exercise experience!

**Cardio Dance:** A total body workout through dance! With the hottest music as its soundtrack, and a perfect blend of dance moves, this energetic class will tone your upper and lower body and strengthen your core. Get muscle definition while improving your balance and posture, and cardio dance workout moves - all while having a blast!

**Pilates Max:** A system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness.

**Barre:** Energizing non-impact class that is designed to strengthen, tone and balance the entire body utilizing the ballet barre, light weights, bands and small balls. Barre class includes toning and muscle endurance exercises with an emphasis on the core, arms, glutes and thighs.

**Core & More:** Circuit workout for the core, all fitness levels welcome and challenge

**M.A.D.: Making a Difference!** This class is an explosive Mixed Martial Arts cardio and strength workout with grit! You'll be kicking and punching at a rapid pace that will leave you drenched in sweat!

**Step & Strength:** A well-rounded class with intervals of "Step" to get your heart pumping mixed with intervals of "Strength" to keep you strong! This class is great for cardiovascular and muscular endurance.

**Body Sculpt Max:** A full body strength building class that targets all muscle groups using a variety of resistance tools for Maximum strength, muscle tone, and endurance.

**Pound Expo:** The Pound Expo class uses weighted drumsticks to help you sweat your way to a rock-hard body!

**TRX®:** (Total Body Resistance Training) is a group suspension training body blast. TRX® is a revolutionary method of leveraged body-weight exercises. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, core strength and prevent injuries. The intensity level is your choice.

**XTREME Hip Hop:** This is a revamp of traditional step aerobics and includes routines set to old and new school hip hop that makes you want to get up and move while getting a great caloric burn!

**XTREME Hip Hop: Advance edition:** A high energy, high calorie burning, and toning step class, using a step board. Advance class is for one who knows the basic callouts and ready to level up with adding combinations and fancy moves. 1st, 3rd, 5th – Monday and 2nd Sunday of each month.

**Line Dancing:** In this class you will learn a variety of line dances. It's a fun, stress relieving and very social way to exercise. Line dancing is also a way for you to dance alone and not feel self-conscious. After this line dancing lesson, you will be ready to show off your moves at any wedding reception or large gathering.

**BARRE, CORE:** An energizing non-impact class that is designed to strengthen, tone and balance the entire body utilizing the ballet barre, light weights, bands and small balls. Barre class includes toning and muscle endurance exercises with an emphasis on the core, arms, glutes and thighs.

**Bootcamp Strength:** This class incorporates interval and strength training to increase cardio endurance and strength.

## **For Our Seniors**

**SILVERSNEAKERS® CLASSIC:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers® ball are offered for resistance. A chair is available if needed for seated or standing support. YMCA and Silver Sneakers® YMCA me

The YMCA is committed to providing a Christian atmosphere that respects the rights of others; an atmosphere that is free of offensive and unlawful conduct. Fighting; use of abusive language; disrespect for the property rights of the YMCA or others; conduct or actions of a sexual nature; derogatory or unwelcome comments based on an individual's sex, race, ethnicity, age, religion, marital status, citizenship, disability, sexual orientation, or any legally protected status are examples of conduct that will not be tolerated. Individuals who experience or observe this type of conduct are mandated to promptly report their concerns to YMCA staff. Every effort will be made to ensure that reports are investigated and resolved promptly, confidentially, and effectively. This code of conduct is in effect throughout the YMCA of Catawba Valley.