

August

# GROUP EXERCISE SCHEDULE (SUMMER)

| MONDAY   |                        |          |              |
|----------|------------------------|----------|--------------|
| 5:00 AM  | Boot Camp              | Nikki    | Studio A     |
| 6:00 AM  | Boot Camp              | Nikki    | Studio A     |
| 7:45 AM  | Fit & Strong           | Kathleen | St. Aloysius |
| 8:00 AM  | Cycle *                | Molly    | Cycle Studio |
| 8:45 AM  | Silver Sneakers        | Nikki    | St. Aloysius |
| 9:00 AM  | HIIT                   | Kathleen | Studio A     |
| 9:00 AM  | Shallow Water Exercise | Greg     | Indoor Pool  |
| 9:00 AM  | Yoga Mixed Levels      | Jay      | First Pres   |
| 10:00 AM | Power Cuts *           | Kathleen | Studio A     |
| 9:45 AM  | Senior Yoga            | Brandon  | St. Aloysius |
| 10:00 AM | Shallow Water Exercise | Greg     | Indoor Pool  |
| 5:30 PM  | Cardio Punch           | Jody     | Studio A     |
| 6:00 PM  | Aqua Zumba 7/7-9/1     | Amanda   | Outdoor Pool |
| 6:00 PM  | Cycle *                | Jessica  | Cycle Studio |
| 6:15 PM  | Zumba                  | Alex     | Studio A     |

| TUESDAY  |                        |            |              |
|----------|------------------------|------------|--------------|
| 5:15 AM  | Cycle *                | Leah       | Cycle Studio |
| 6:00 AM  | TRX                    | Kate/Nikki | Studio A     |
| 7:45 AM  | Fit & Strong           | Kathleen   | St. Aloysius |
| 8:45 AM  | Gentle Fit & Strong    | Nikki      | St. Aloysius |
| 9:00 AM  | Cardio Punch           | Toni       | Studio A     |
| 9:00 AM  | Cycle *                | Kathleen   | Cycle Studio |
| 9:45 AM  | Zumba Gold             | Tawny      | St. Aloysius |
| 10:00 AM | Deep Water Jog         | Toni       | Indoor Pool  |
| 10:00 AM | Core Strength          | Kathleen   | Studio A     |
| 11:00 AM | Family Yoga Age 5-12   | Molly      | Studio A     |
| 5:30 PM  | Power Circuit          | Jody       | Studio A     |
| 5:30 PM  | Yoga Mixed Levels      | Cynthia    | First Pres   |
| 6:00 PM  | Cycle *                | Kim        | Cycle Studio |
| 6:00 PM  | Shallow Water Exercise | Sharon     | Outdoor Pool |
| 6:30 PM  | Xtreme Step            | Maria      | Studio A     |

| WEDNESDAY |                              |          |              |
|-----------|------------------------------|----------|--------------|
| 5:00 AM   | Boot Camp                    | Nikki    | Studio A     |
| 6:00 AM   | Boot Camp                    | Nikki    | Studio A     |
| 7:45 AM   | Fit & Strong                 | Kathleen | St. Aloysius |
| 8:00 AM   | Cycle *                      | Jessica  | Cycle Studio |
| 8:45 AM   | Silver Sneakers              | Nikki    | St. Aloysius |
| 9:00 AM   | Cardio Strength Interval     | Kathleen | Studio A     |
| 9:00 AM   | Aqua Blast                   | Greg     | Indoor Pool  |
| 9:00 AM   | Yoga Mixed Levels            | Jay      | First Pres   |
| 10:00 AM  | Power Cuts *                 | Kathleen | Studio A     |
| 9:45 AM   | Silver Sneakers              | Nikki    | St. Aloysius |
| 10:00 AM  | Aqua Blast                   | Greg     | Indoor Pool  |
| 11:00 AM  | Making Moves for Parkinson's | Toni     | Studio A     |
| 6:00 PM   | Zumba                        | Mandy    | Teen Center  |
| 6:00 PM   | TRX                          | Alex     | Studio A     |

| THURSDAY |                        |               |              |
|----------|------------------------|---------------|--------------|
| 5:15 AM  | Cycle *                | Tammy         | Cycle Studio |
| 6:00 AM  | TRX                    | Kate/Kathleen | Studio A     |
| 7:45 AM  | Fit & Strong           | Kathleen      | St. Aloysius |
| 8:45 AM  | Senior Yoga            | Libby         | St. Aloysius |
| 9:00 AM  | Power Cuts *           | Kathleen      | Studio A     |
| 10:30 AM | Yoga Mixed Levels      | Libby         | First Pres   |
| 10:00 AM | Aqua Zumba             | Tawny         | Indoor Pool  |
| 10:00 AM | Cardio Punch           | Leila         | Studio A     |
| 11:00 AM | Functional Boxing      | Leila         | Studio A     |
| 5:30 PM  | Power Cuts *           | Jody          | Studio A     |
| 5:30 PM  | Yoga Mixed Levels      | Libby/Nicole  | First Pres   |
| 5:30 PM  | Cycle *                | Jessica       | Cycle Studio |
| 6:00 PM  | Shallow Water Exercise | Sharon        | Outdoor Pool |

| FRIDAY   |                        |          |              |
|----------|------------------------|----------|--------------|
| 5:00 AM  | Boot Camp              | Nikki    | Studio A     |
| 6:00 AM  | Boot Camp              | Nikki    | Studio A     |
| 7:45 AM  | Fit & Strong           | Kathleen | St. Aloysius |
| 8:45 AM  | Silver Sneakers        | Nikki    | St. Aloysius |
| 9:00 AM  | Cardio Dance           | Toni     | Studio A     |
| 9:00 AM  | Cycle *                | Kathleen | Cycle Studio |
| 9:00 AM  | Yoga                   | Libby    | First Pres   |
| 9:00 AM  | Shallow Water Exercise | Renee    | Outdoor Pool |
| 9:45 AM  | Silver Sneakers        | Nikki    | St. Aloysius |
| 10:00 AM | All About Bands        | Kathleen | Studio A     |
| 11:30 AM | Ashtanga Yoga          | Jay      | First Pres   |

| SATURDAY |                   |          |              |
|----------|-------------------|----------|--------------|
| 8:15 AM  | Cycle *           | Rotation | Cycle Studio |
| 9:00 AM  | Power Cuts *      | Jody     | Studio A     |
| 9:15 AM  | Cycle *           | Rotation | Cycle Studio |
| 10:00 AM | Zumba             | Alex     | Studio A     |
| 10:00 AM | Yoga Mixed Levels | Cynthia  | First Pres   |
| 11:30 AM | Yoga Mixed Levels | Cynthia  | First Pres   |

## Hickory Foundation YMCA Branch Hours

Mon -Thurs 5:00am - 9:00pm

Friday 5:00am - 8:00pm

Saturday 8:00am - 5:00pm

Sunday 1:00pm - 5:00pm

Inquiries:

Tammyh@ymcacv.org

Please see YMCA360 for any class changes



Apple  
YMCA360  
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All classes run 45 minutes except Yoga & Water Aerobics

First Presbyterian Church Downtown Hky

Senior Classes @ St. Aloysius Hwy 127 Hky

Please see YMCA360 for any class changes

New & Class Time Changes

\* Indicates RESERVATION ONLY Through YMCA360 App

|                            |  |
|----------------------------|--|
| All About Bands            | Using different types of resistance bands, you will work up a sweat during this low impact high intensity workout.   |
| Aqua Blast                 | Increase your heart rate, build endurance, strength train and tone for the whole body in this high energy water class! This class includes interval training at a rapid pace.  |
| Aqua Zumba ®               | Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! Benefits. There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.  |
| Ashtanga Yoga              | Ashtanga is a very dynamic and athletic form of hatha yoga, made up of six series or levels, with a fixed order of postures. It is rooted in vinyasa, the flowing movements between postures, with a focus on energy and breath. While it is a very physical practice, it also promotes mental clarity and inner peace.  |
| Bootcamp                   | This class incorporates interval and strength training to increase cardio endurance and strength.  |
| Cardio Punch               | Cardio Punch is a mix of cardio moves and kickboxing. Be ready to sweat it out, work hard, and have fun while toning and strengthening your body from head to toe!   |
| Cardio Strength Interval   | Combination of cardio and strength training in an interval setting!  |
| Core Strength              | Core exercise and core strengthening programs are important for your health. It's not enough to just do ab crunches and sit ups. To build a strong core you need to exercise a variety of muscles, from your hips to your shoulders. When these muscles contract, they stabilize the spine, pelvis, and shoulder girdle and create a solid base of support for powerful movements of your extremities. A strong, fit core helps your daily activities become easier to do and improves your performance in sports and exercise.                                |
| Cycle                      | Indoor cycling is a non-impact, highly effective way to build cardiovascular strength and endurance. Indoor cycling is designed for all fitness levels! These classes offer a challenging opportunity to get your heart pumping, burn serious calories and will improve your overall cardiovascular health. (Cycle Express is 30 Minutes)  |
| Dance Cardio               | 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!  |
| Deep Water Jog             | This is a no impact moderate intensity class for everyone. It is conducted in the deep end, you do not   |
| Fit & Strong               | Move through exercises designed to increase muscular strength, range of motion and activities for daily living. You will use a variety of equipment to create resistance!  |
| Gentle Fit & Strong        | A slower paced class to increase muscle strength, range of motion and cardiovascular fitness. This class is suitable for all fitness levels, with a strong emphasis on those with physical limitations, injury recovery or are new to exercise. Most exercises will be performed from a seated chair position.   |
| HIIT                       | High intensity interval training, or HIIT training is an exciting workout that offers an aerobic, anaerobic, muscular endurance and fat burning exercises that will push you to your limits. The HIIT cardio routine alternates between intense bursts of multiple cardiovascular challenging activities with brief transitions *Modifications available.  |
| Making Moves for Parkinson | Gentle, rhythmic movements that stretch, strengthen and condition muscles for more fluid motion. Simple choreography with music tailored to your physical abilities.   |
| Power Cuts                 | Conditions the muscles of the entire body with repetitions set to music using plate loaded bars  |
| Power Circuit              | High intensity class to burn calories and build strength by mixing cardio and weights. Burn more, go harder and push into your next level of fitness   |
| Senior Yoga                | Standing and Seated Yoga poses using a chair for support. Ideal for those looking to increase strength, balance and mobility.  |
| Shallow Water Exercise     | The shallow water workout class is designed to increase the heart rate and condition the whole body. It combines cardiovascular and muscular endurance, strength and core abdominal work utilizing both the shallow and deep end of the pool.  |
| Silver Sneakers ®          | Move through exercises designed to increase muscular strength, range of motion and activities for daily living. You will use a variety of equipment to create resistance!  |
| TRX ®                      | 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.   |
| 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 ®                    | The Zumba® class fuses Latin rhythms and easy to follow moves to create a dynamic fitness program. You will achieve long term benefits while experiencing calorie burning, body energizing, and awe inspiring movements. The routines feature interval training, using fast and slow rhythms to tone your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®. Who knew working out could be this much fun! Check the schedule for a Zumba® class near you. *Bring a Mat/Towel. Mats will not be provided. |
| Zumba Gold ®               | Zumba Gold is a dance-fitness class that's a lower-intensity version of Zumba. It's designed for active adults, including beginners, seniors, and people recovering from injuries, and is suitable for all fitness levels. Zumba Gold focuses on balance, coordination, and range of motion, and can be performed in a chair   |

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.