

September

GROUP EXERCISE SCHEDULE

MONDAY			
5:00 AM	Boot Camp	Nikki	Sycamore
6:00 AM	Boot Camp	Nikki	Sycamore
8:00 AM	Fit & Strong	Kathleen	Dogwood
8:00 AM	Cycle	Molly	Oak
9:00 AM	Silver Sneakers	Nikki	Dogwood
9:00 AM	HIIT	Kathleen	Sycamore
9:00 AM	Yoga Mixed Levels	Jay	Teen Center
10:00 AM	Power Cuts	Kathleen	Sycamore
10:00 AM	Senior Yoga	Brandon	Dogwood
10:00 AM	Shallow Water Exercise	Greg	Indoor Pool
11:00 AM	Shallow Water Exercise	Greg	Indoor Pool
5:30 PM	Cardio Punch	Jody	Sycamore
6:00 PM	Cycle	Jessica	Oak
6:00 PM	Zumba	Alex	Dogwood


TUESDAY			
5:15 AM	Cycle	Leah	Oak
6:00 AM	TRX	Kate/Nikki	Dogwood
8:00 AM	Power Cuts	Jessica	Sycamore
8:00 AM	Fit & Strong	Kathleen	Dogwood
9:00 AM	Gentle Fit & Strong	Nikki	Dogwood
9:00 AM	Cardio Punch	Toni	Sycamore
9:00 AM	Cycle	Kathleen	Oak
10:00 AM	Zumba Gold	Tawny	Dogwood
10:00 AM	Deep Water Jog	Toni	Indoor Pool
10:00 AM	Core Strength	Kathleen	Sycamore
5:30 PM	Power Circuit	Jody	Sycamore
5:30 PM	Yoga Mixed Levels	Cynthia	Teen Center
6:00 PM	Cycle	Kim	Oak
6:00 PM	Shallow Water Exercise	Sharon	Indoor Pool
6:30 PM	Xtreme Step	Maria	Sycamore

WEDNESDAY			
5:00 AM	Boot Camp	Nikki	Sycamore
6:00 AM	Boot Camp	Nikki	Sycamore
8:00 AM	Fit & Strong	Kathleen	Dogwood
8:00 AM	Cycle	Jessica	Oak
9:00 AM	Silver Sneakers	Nikki	Dogwood
9:00 AM	Cardio Strength Interval	Kathleen	Sycamore
9:00 AM	Yoga Mixed Levels	Jay	Teen Center
10:00 AM	Power Cuts	Kathleen	Sycamore
10:00 AM	Silver Sneakers	Nikki	Dogwood
10:00 AM	Aqua Blast	Greg	Indoor Pool
11:00 AM	Aqua Blast	Greg	Indoor Pool
11:00 AM	Making Moves for Parkinson's	Toni	Dogwood
6:00PM	Zumba	Mandy	Sycamore
6:00 PM	TRX	Alex	Dogwood

THURSDAY			
5:15 AM	Cycle	Tammy	Oak
6:00 AM	TRX	Kate/Kathleen	Dogwood
8:00 AM	Fit & Strong	Kathleen	Dogwood
9:00 AM	Senior Yoga	Libby	Dogwood
9:00 AM	Power Cuts	Kathleen	Sycamore
10:00 AM	Cardio Punch	Nikki	Dogwood
11:00 AM	Functional Boxing	Nikki	Dogwood
10:00 AM	Aqua Zumba	Tawny	Indoor Pool
10:00 AM	Power Cuts	Toni	Sycamore
10:30 AM	Yoga Mixed Levels	Libby	Teen Center
5:30 PM	Power Cuts	Jody	Sycamore
5:30 PM	Yoga Mixed Levels	Libby/Nicole	Teen Center
5:30 PM	Cycle	Jessica	Oak
6:00 PM	Shallow Water Exercise	Sharon	Indoor Pool

FRIDAY			
5:00 AM	Boot Camp	Nikki	Sycamore
6:00 AM	Boot Camp	Nikki	Sycamore
8:00 AM	Fit & Strong	Kathleen	Dogwood
9:00 AM	Silver Sneakers	Nikki	Dogwood
9:00 AM	Cardio Dance	Toni	Sycamore
9:00 AM	Cycle	Kathleen	Oak
9:00 AM	Yoga	Libby	Teen Center
10:00 AM	Shallow Water Exercise	Renee	Indoor Pool
10:00 AM	Silver Sneakers	Nikki	Dogwood
10:00 AM	All About Bands	Kathleen	Sycamore
11:30 AM	Ashtanga Yoga	Jay	Teen Center

SATURDAY			
8:15 AM	Cycle	Rotation	Oak
9:00 AM	Power Cuts	Jody	Sycamore
9:15 AM	Cycle	Rotation	Oak
10:00 AM	Zumba	Alex	Dogwood
10:00 AM	Yoga Mixed Levels	Cynthia	Teen Center
11:30 AM	Yoga Mixed Levels	Cynthia	Teen Center



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

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New & Class Time Changes/Highlighted

* All classes except Senior & Water RESERVATION ONLY Via YMCA360

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.