

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

**NEW CLASSES \***  
**Classes 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 (Tood) Spin Room		SPIN (Tood) Spin Room				
7:30-8:15AM	YOGA (Pete) Yoga Room	BOOTCAMP (Nikki) 6:00-6:45am		BOOTCAMP (Nikki) 6:00-6:45am	YOGA (Pete) Yoga Room		
8:30-9:15AM				TRX* (Miriam) TRX Room		BARRE FUSION (KIM)	
8:30-9:15AM	20-20-20 (Miriam)	PILATES MAX (Kim)	20-20-20 (Miriam)	PILATES MAX (Kim)	M.A.D. (Miriam)	Yoga (Pete) Yoga Room	
9:30-10:15AM						TRX (Kellie) TRX Room 8:30-9:15am	
9:30-10:15AM	ZUMBA (Vasti)	BODY SCULPT MAX (Miriam) 9:15-10:00am	POUND EXPO (Kim)	ZUMBA (Vasti & Miriam)	CIRCUIT TRAINING (Kari)	TRX (Kellie) TRX Romm	
10:30-11:15AM		LINE DANCING (Patti) Yoga Room 10-10:45am				XTREME HIP HOP (Maria)	
11:00-11:45AM	SILVER SNEAKERS CLASSIC ® (Nikki)	BARRE, CORE (Tammy) 10:15-11:00am	SILVER SNEAKERS CLASSIC ® (Staff)	SILVER SNEAKERS CLASSIC ® (Kari)	SILVER SNEAKERS CLASSIC ® (Kari)	SPIN* (Ana) Spring Room	
12:00-12:45PM	SILVER SNEAKERS CLASSIC ® (Nikki)	SILVER SNEAKERS CLASSIC ® (Nikki) 11:15-12:00pm	SILVER SNEAKERS CLASSIC ® (Patti)	YOGA (Pete) Yoga Room	SILVER SNEAKERS CLASSIC ® (Nikki)		CORE & MORE (Pete) 3:00pm-3:45pm
4:30-5:15PM		TRX (Kelly) TRX Room	TRX (Kelly) TRX Room	PILATES MAX (Kim) Yoga Room 4:45-5:30pm	DEEP STRETCH* (Kim) Yoga Room		YOGA (Pete) Yoga Room 4:00pm-4:45pm
5:30-6:15PM	POUND EXPO (Kim)	SPIN (Nikki) Spin Room 4:30-5:15pm	LINE DANCING (Patti) Yoga Room 4:30-5:15pm	SPIN (Nikki) Spin Room 4:30-5:15pm	ZUMBA TONING (Shavodka)		
5:30-6:15PM	TRX (Michelle) TRX Room	POWER CUTS (Vanessa)	STEP/STRENGTH (Michelle)	POWER CUTS (Vanessa)			
6:30-7:15PM	XTREME HIP HOP (Maria)	ZUMBA (Vasti)	YOGA (Pete) Yoga Room	SPIN (Ana) Spin Room 7-7:45pm	ZUMBA (Shavodka)		



## 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!

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

**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.

**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, fi

**Circuit Training:** Circuit training workouts are an excellent boredom buster! Whether you're lunging, jumping rope, or lifting weights, participants will rotate through a variety of cardio and strength based stations for a total body workout. There are endless circuit weight training benefits, come to a class and see for yourself!

**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!

**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.

**Deep Stretch:** A class for all levels with the intention of allowing muscles to relax and lengthen. Focused predominately on stretching and releasing tight muscles and tendons, Deep Stretch takes strain off of the skeletal system. Flowing through poses slowly and emphasizing each enables yogis to become more aware and mindful of their own bodies. Check the schedule for a stretching class near you!

## 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.