



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

## Group Exercise Schedule

January – March 2016  
YMCA Of Greenville & Hunt County

Afterschool Room						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cardio</b> 08:30-09:20am Susan	<b>Toning</b> 08:15-09:05am Holly	<b>Cardio</b> 08:30-09:20am Susan	<b>Toning</b> 08:15-09:05am Holly	<b>Cardio</b> 08:30-09:20am Susan	<b>Cardio Boot Camp</b> 08:30-09:20am Debora	
<b>Yoga</b> 10:00-10:50am Lisa		<b>Yoga</b> 10:00-10:50am Lisa	<b>Yoga</b> 10:00-10:50am Lisa			
<b>SS Muscular Strength</b> <b>Range of Movement</b> 11:15-12:15pm Lisa		<b>SS Muscular Strength</b> <b>Range of Movement</b> 11:15-12:15pm Lisa		<b>SS Muscular Strength</b> <b>Range of Movement</b> 11:15-12:15pm Mary		
<b>Express Workout</b> 12:15-12:45pm Debora	<b>Express Workout</b> 12:15-12:45pm Debora	<b>Express Workout</b> 12:15-12:45pm Debora	<b>Express Workout</b> 12:15-12:45pm Debora	<b>Express Workout</b> 12:15-12:45pm Debora		
<b>Cardio Boot Camp</b> 04:30-05:20pm Debora	<b>Yoga</b> 04:00-04:50pm Lisa R	<b>Cardio Boot Camp</b> 04:30-05:20pm Debora	<b>Yoga</b> 04:00-04:50pm Lisa R			
	<b>Kickboxing</b> 05:30-06:20pm Paula	<b>Ab Class</b> 05:30-06:00pm Debora	<b>Kickboxing</b> 05:30-06:20pm Paula			
<b>Kickboxing</b> 06:30-07:20pm Joey			<b>Cardio Fitness</b> 06:30-07:20pm Joey			
			<b>Cardio Boot Camp</b> 07:30-08:20pm Debora			
Gymnasium						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Cardio Boot Camp</b> 06:00-06:45am Joey		<b>Cardio Boot Camp</b> 06:00-06:45am Joey			
<b>Zumba</b> 05:30-6:20 pm Lucia		<b>Zumba</b> 05:30-6:20 pm Lucia				
	<b>REFIT</b> 06:30-07:20pm Melissa		<b>REFIT</b> 06:30-07:20pm Melissa			
Spin Room						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Spin Class</b> 09:45-10:45am Reecy		<b>Spin Class</b> 09:45-10:45am Reecy			



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## Descriptions

**AB CLASS** - This is a 30 minute class of hardcore abdominal work. It focuses on toning and defining the abs and strengthening the back to improve posture and core strength.

**CARDIO** - Mix it up for 60 minutes with a variety of cardio moves which includes segments of Kickboxing, Hi-Lo, step and interval training's. ALL LEVELS

**CARDIO BOOT CAMP** - We work on full body muscle toning, agility exercises and heart pumping cardio drills during this 45 min to 1 hour long class. Great class for all fitness levels.

**CARDIO FITNESS** - Cardio Fitness

**EXPRESS WORKOUT** - Join us for a 30-minute express workout over lunch.

**KICKBOXING** - Burn calories and tone your body with kickboxing specific strength and cardio endurance training.

**REFIT** - REFIT® is a dance fitness program that brings together varying fitness levels, sizes, ages, beliefs and values through a shared fitness experience. The REFIT® experience combines positive music and movement with a value-focused environment that impacts the body, soul and spirit. REFIT® believes every person has an impact potential that can be cultivated through a shared fitness and community.

**SS MUSCULAR STRENGTH RANGE OF MOTION** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing.

**SPIN CLASS** - Spinning classes can be a great way to get in a vigorous workout -- burning calories and keeping your muscles in shape -- especially during the off-season. Spin Class is limited to the first 15 participants due to limited number of bikes available.

**TONING** - It is complete toning using equipment and Bosu ball. It is a great sculpt and toning class that is combined with a lot of energy and work.

**YOGA** - A wonderful stress reliever that enhances strength, balance, and flexibility by uniting body and breath. Levels indicate intensity.

**ZUMBA** - A fusion of Latin and International music that creates a dynamic, exciting and effective cardio dance workout.