

YMCA - Northwest North Carolina - Yadkin Family

Group Exercise Studio Schedule - VIRTUAL and LIVE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|--------|
| VIRTUAL BODYCOMBAT 45 Mins 5:30AM - 6:15AM YK GEx Studio | VIRTUAL BODYFLOW 45 Mins 5:30AM - 6:15AM YK GEx Studio | VIRTUAL BODYCOMBAT 60 Mins 5:30AM - 6:30AM YK GEx Studio | VIRTUAL BODYFLOW 45 Mins 5:30AM - 6:15AM YK GEx Studio | VIRTUAL BODYCOMBAT 45 Mins 5:30AM - 6:15AM YK GEx Studio | VIRTUAL CORE 30 Mins 8:10AM - 8:40AM YK GEx Studio | |
| VIRTUAL BODYFLOW 60 Mins 6:20AM - 7:20AM YK GEx Studio | VIRTUAL CORE 30 Mins 6:20AM - 6:50AM YK GEx Studio | VIRTUAL BODYFLOW 45 Mins 6:40AM - 7:25AM YK GEx Studio | VIRTUAL CORE 30 Mins 6:20AM - 6:50AM YK GEx Studio | VIRTUAL SPRINT 30 Mins 6:20AM - 6:50AM YK GEx Studio | Hip Hop 9:00AM - 10:00AM YK GEx Studio | |
| VIRTUAL CORE 30 Mins 7:35AM - 8:05AM YK GEx Studio | VIRTUAL SPRINT 30 Mins 7:05AM - 7:35AM YK GEx Studio | VIRTUAL SPRINT 30 Mins 7:35AM - 8:05AM YK GEx Studio | VIRTUAL RPM 50 Mins 7:00AM - 7:50AM YK GEx Studio | VIRTUAL BODYFLOW 45 Mins 7:00AM - 7:45AM YK GEx Studio | VIRTUAL BODYFLOW 60 Mins 10:05AM - 11:05AM YK GEx Studio | |
| VIRTUAL SPRINT 30 Mins 8:10AM - 8:40AM YK GEx Studio | VIRTUAL BODYCOMBAT 60 Mins 7:50AM - 8:50AM YK GEx Studio | VIRTUAL CORE 30 Mins 8:15AM - 8:45AM YK GEx Studio | VIRTUAL BODYFLOW 45 Mins 8:00AM - 8:45AM YK GEx Studio | VIRTUAL RPM 50 Mins 8:00AM - 8:50AM YK GEx Studio | VIRTUAL RPM 50 Mins 11:15AM - 12:05PM YK GEx Studio | |
| BOOM Move 9:00AM - 9:30AM YK GEx Studio | VIRTUAL CORE 30 Mins 9:00AM - 9:30AM YK GEx Studio | VIRTUAL BODYCOMBAT 60 Mins 8:50AM - 9:50AM YK GEx Studio | BOOM Move 9:00AM - 9:30AM YK GEx Studio | VIRTUAL CORE 30 Mins 9:00AM - 9:30AM YK GEx Studio | VIRTUAL SPRINT 30 Mins 12:15PM - 12:45PM YK GEx Studio | |
| BOOM Muscle 9:35AM - 10:05AM YK GEx Studio | Silver Sneakers Circuit 9:45AM - 10:30AM YK GEx Studio | Yoga 10:00AM - 10:45AM YK GEx Studio | BOOM Muscle 9:35AM - 10:05AM YK GEx Studio | Yoga 9:35AM - 10:35AM YK GEx Studio | | |
| BOOM Mind 10:15AM - 10:45AM YK GEx Studio | VIRTUAL BODYCOMBAT 45 Mins 10:45AM - 11:30AM YK GEx Studio | Silver Sneakers Circuit 11:00AM - 11:45AM YK GEx Studio | BOOM Mind 10:15AM - 10:45AM YK GEx Studio | Hip Hop 10:45AM - 11:30AM YK GEx Studio | | |
| Silver Sneakers Classic 11:00AM - 11:45AM YK GEx Studio | VIRTUAL CORE 30 Mins 11:35AM - 12:05PM YK GEx Studio | VIRTUAL SPRINT 30 Mins 12:15PM - 12:45PM YK GEx Studio | VIRTUAL CORE 30 Mins 11:00AM - 11:30AM YK GEx Studio | VIRTUAL CORE 30 Mins 11:35AM - 12:05PM YK GEx Studio | | |
| VIRTUAL CORE 30 Mins 12:15PM - 12:45PM YK GEx Studio | VIRTUAL RPM 50 Mins 12:10PM - 1:00PM YK GEx Studio | On Demand 1:00PM - 4:00PM YK GEx Studio | VIRTUAL SPRINT 30 Mins 11:35AM - 12:05PM YK GEx Studio | VIRTUAL BODYFLOW 45 Mins 12:10PM - 12:55PM YK GEx Studio | | |
| On Demand 1:00PM - 4:00PM YK GEx Studio | On Demand 1:00PM - 4:00PM YK GEx Studio | VIRTUAL SPRINT 30 Mins 4:10PM - 4:40PM YK GEx Studio | VIRTUAL BODYCOMBAT 45 Mins 12:10PM - 12:55PM YK GEx Studio | On Demand 1:00PM - 4:00PM YK GEx Studio | | |
| VIRTUAL SPRINT 30 Mins 4:10PM - 4:40PM YK GEx Studio | VIRTUAL BODYFLOW 60 Mins 4:10PM - 5:10PM YK GEx Studio | VIRTUAL CORE 30 Mins 4:45PM - 5:15PM YK GEx Studio | On Demand 1:00PM - 4:00PM YK GEx Studio | VIRTUAL RPM 50 Mins 4:10PM - 5:00PM YK GEx Studio | | |
| VIRTUAL CORE 30 Mins 4:45PM - 5:15PM YK GEx Studio | VIRTUAL RPM 50 Mins 5:20PM - 6:10PM YK GEx Studio | VIRTUAL RPM 50 Mins 5:20PM - 6:10PM YK GEx Studio | VIRTUAL BODYFLOW 60 Mins 4:10PM - 5:10PM YK GEx Studio | VIRTUAL BODYCOMBAT 60 Mins 5:10PM - 6:10PM YK GEx Studio | | |
| VIRTUAL BODYFLOW 60 Mins 5:20PM - 6:20PM YK GEx Studio | Hip Hop 6:30PM - 7:30PM YK GEx Studio | MixedFit 6:30PM - 7:30PM YK GEx Studio | VIRTUAL RPM 50 Mins 5:20PM - 6:10PM YK GEx Studio | VIRTUAL BODYFLOW 60 Mins 6:15PM - 7:15PM YK GEx Studio | | |

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|--------|---------|-----------|----------|--------|----------|--------|
|--------|---------|-----------|----------|--------|----------|--------|

Zumba
6:30PM - 7:30PM
YK GEx Studio

Hip Hop
6:30PM - 7:30PM
YK GEx Studio

VIRTUAL CORE 30 Mins
7:20PM - 7:50PM
YK GEx Studio

BOOM Mind

The best from yoga and Pilates are combined into one fusion class designed to relax the body and mind. The focus is on core muscles, lower-body strength and balance.

BOOM Move

This fun, dance-inspired workout improves cardio fitness with easy-to-follow moves set to energizing music.

BOOM Muscle

This class incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

ONDEMAND

On Demand

Silver Sneakers Circuit

SilverSneakers® Circuit This class offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

Silver Sneakers Classic

SilverSneakers® Classic Have fun and move to the music through a variety of exercises designed to increase muscle 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 exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

LES MILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

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Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

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LES MILLS CORE

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS RPM


Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LES MILLS sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

Yoga

Yoga promotes balance in the body by developing strength and flexibility through poses, each of which has specific physical benefits. The poses can be done quickly in succession or more slowly to increase stamina and perfect body alignment



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Group Exercise Timetable