

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	SPRINT 5:30AM - 6:00AM YK GEx Studio	VIRTUAL BODYCOMBAT 60 Mins 5:30AM - 6:30AM YK GEx Studio	SPRINT 5:30AM - 6:00AM YK GEx Studio	VIRTUAL BODYCOMBAT 45 Mins 5:30AM - 6:15AM YK GEx Studio	Hip Hop 9:00AM - 10:00AM YK GEx Studio	
VIRTUAL BODYFLOW 60 Mins 6:20AM - 7:20AM YK GEx Studio	VIRTUAL CORE 30 Mins 6:10AM - 6:40AM YK GEx Studio	VIRTUAL BODYFLOW 45 Mins 6:40AM - 7:25AM YK GEx Studio	VIRTUAL CORE 30 Mins 6:10AM - 6:40AM YK GEx Studio	VIRTUAL SPRINT 30 Mins 6:20AM - 6:50AM YK GEx Studio	VIRTUAL BODYFLOW 60 Mins 10:05AM - 11:05AM YK GEx Studio	
VIRTUAL CORE 30 Mins 7:25AM - 7:55AM YK GEx Studio	VIRTUAL BODYCOMBAT 60 Mins 7:00AM - 8:00AM YK GEx Studio	VIRTUAL CORE 30 Mins 7:35AM - 8:05AM YK GEx Studio	VIRTUAL RPM 50 Mins 7:00AM - 7:50AM YK GEx Studio	VIRTUAL BODYFLOW 60 Mins 7:00AM - 8:00AM YK GEx Studio	VIRTUAL RPM 50 Mins 11:15AM - 12:05PM YK GEx Studio	
VIRTUAL RPM 50 Mins 8:00AM - 8:50AM YK GEx Studio	SPRINT 8:15AM - 8:45AM YK GEx Studio	RPM™ 8:15AM - 9:00AM YK GEx Studio	Kettlebell 8:15AM - 9:00AM YK GEx Studio	SPRINT 8:15AM - 8:45AM YK GEx Studio	VIRTUAL SPRINT 30 Mins 12:15PM - 12:45PM YK GEx Studio	
BOOM Move 9:05AM - 9:35AM YK GEx Studio	Kettlebell 8:55AM - 9:40AM YK GEx Studio	Yoga 10:00AM - 10:50AM YK GEx Studio	BOOM Move 9:05AM - 9:35AM YK GEx Studio	BODYCOMBAT™ 8:55AM - 9:25AM YK GEx Studio		
BOOM Muscle 9:40AM - 10:10AM YK GEx Studio	Silver Sneakers Circuit 9:45AM - 10:30AM YK GEx Studio	Silver Sneakers Circuit 11:00AM - 11:45AM YK GEx Studio	BOOM Muscle 9:40AM - 10:10AM 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	VIRTUAL SPRINT 30 Mins 12:15PM - 12:45PM 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	On Demand 1:00PM - 4:30PM YK GEx Studio	Silver Sneakers Yoga 11:00AM - 11:30AM YK GEx Studio	VIRTUAL CORE 30 Mins 11:35AM - 12:05PM YK GEx Studio		
SPRINT 12:15PM - 12:45PM YK GEx Studio	VIRTUAL RPM 50 Mins 12:10PM - 1:00PM YK GEx Studio	VIRTUAL CORE 30 Mins 4:35PM - 5:05PM YK GEx Studio	EnerChi 11:30AM - 12:00PM YK GEx Studio	SPRINT 12:15PM - 12:45PM YK GEx Studio		
On Demand 1:00PM - 4:30PM YK GEx Studio	On Demand 1:00PM - 4:30PM YK GEx Studio	VIRTUAL RPM 50 Mins 5:10PM - 6:00PM YK GEx Studio	VIRTUAL BODYCOMBAT 45 Mins 12:10PM - 12:55PM YK GEx Studio	On Demand 1:00PM - 4:30PM YK GEx Studio		
VIRTUAL BODYCOMBAT 45 Mins 4:35PM - 5:20PM YK GEx Studio	VIRTUAL BODYFLOW 45 Mins 4:35PM - 5:20PM YK GEx Studio	MixedFit 6:15PM - 7:15PM YK GEx Studio	On Demand 1:00PM - 4:30PM YK GEx Studio	VIRTUAL BODYCOMBAT 45 Mins 4:35PM - 5:20PM YK GEx Studio		
SPRINT 5:30PM - 6:00PM YK GEx Studio	Hip Hop 5:30PM - 6:15PM YK GEx Studio		VIRTUAL BODYFLOW 45 Mins 4:35PM - 5:20PM YK GEx Studio	VIRTUAL SPRINT 30 Mins 5:30PM - 6:00PM YK GEx Studio		
Zumba 6:15PM - 7:15PM YK GEx Studio	BODYCOMBAT™ 6:20PM - 7:05PM YK GEx Studio		Hip Hop 5:30PM - 6:15PM YK GEx Studio	VIRTUAL CORE 30 Mins 6:05PM - 6:35PM YK GEx Studio		

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

RPM™

6:20PM - 7:05PM

YK GEx Studio

VIRTUAL RPM 50 Mins

6:45PM - 7:35PM

YK GEx Studio

LES MILLS BODYCOMBAT

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

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.

MixedFit

MixedFit® is a people-inspired fitness program that incorporates explosive dancing and toning. Everything about our fitness program can be described as explosive – all of our movements are always big, exaggerated, full-out, and our very best

ONDEMAND

On Demand

LES MILLS RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

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 sprint

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

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