

# YMCA - Northwest North Carolina - Yadkin Family

## Group Exercise Studio Schedule - VIRTUAL and LIVE

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

Monday

Tuesday

Wednesday

Thursday

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Sunday

***VIRTUAL RPM 50 Mins***

6:20PM - 7:10PM

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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## **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.

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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



YMCA - Northwest North  
Carolina - Yadkin Family  
Group Exercise Timetable