

MAY 2022 SCHEDULE – WILKES FAMILY YMCA



MONDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
5:15am	6:00am	Cycle	Lisa B	Cycle Studio	*no class 5/30
8:00am	8:45am	Barre-Yoga Fusion	Jessica C	Group Exercise Studio	
9:00am	10:00am	BODYPUMP®*	Lisa B	Group Exercise Studio	
10:30am	11:15am	Tai Chi	Steve J	Group Exercise Studio	*no class 5/2
12:00pm	1:00pm	BODYFLOW®	Lisa B	Group Exercise Studio	
5:30pm	6:15pm	Cycle	Angie S	Cycle Studio	*no class 5/30
6:30pm	7:30pm	BODYPUMP®*	Angie S	Group Exercise Studio	*no class 5/30

TUESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00am	9:00am	Yoga	Jenna M	Group Exercise Studio	
9:30am	10:15am	Cardio Dance Party	Jessica C	Group Exercise Studio	
10:30am	11:15am	SilverSneakers® Classic	Staff	Group Exercise Studio	
12:00pm	12:45pm	Cycle	Cherie B	Cycle Studio	
12:00pm	1:00pm	Yoga	Jessica C	Group Exercise Studio	*no class 5/3
5:30pm	6:15pm	LesMills CORE®	Natalie E	Group Exercise Studio	
6:30pm	7:15pm	BODYFLOW®	Natalie E	Group Exercise Studio	

WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00am	8:45am	Cardio Fusion	Cherie B	Group Exercise Studio	
9:00am	9:45am	Pilates	Wesley W	Group Exercise Studio	
10:30am	11:00am	Joy Riders	Cherie B	Cycle Studio	
12:00pm	1:00pm	BODYPUMP®*	Lisa B	Group Exercise Studio	
5:30pm	6:30pm	BODYPUMP®*	Natalie E	Group Exercise Studio	

Memorial Day Hours:
 Wilkes Family Y:
 8:00am-4:00pm
 Wilkes Express Y:
 CLOSED
 Classes will be held as
 scheduled.

THURSDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00am	9:00am	Yoga	Jessica C	Group Exercise Studio	
9:30am	10:15am	Cardio Dance Party	Ellen A	Group Exercise Studio	
10:30am	11:15am	SilverSneakers® Classic	Ellen A	Group Exercise Studio	
12:00pm	12:45pm	Cycle	Cherie B	Cycle Studio	
12:00pm	1:00pm	Yoga	Jessica C	Group Exercise Studio	*no class 5/5
5:30pm	6:15pm	Cycle	Lisa B	Cycle Studio	
5:30pm	6:15pm	LesMills CORE®	Ellen A	Group Exercise Studio	
6:30pm	7:15pm	BODYFLOW®	Jennifer G	Group Exercise Studio	

FRIDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
5:15am	6:00am	Cycle	Lisa B	Cycle Studio	
8:00am	8:45am	Pilates	Wesley W	Group Exercise Studio	
9:00am	10:00am	BODYFLOW®	Natalie E	Group Exercise Studio	
12:00pm	1:00pm	BODYPUMP®*	Ellen A	Group Exercise Studio	

SATURDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:10am	9:10am	Yoga	Dawn R	Group Exercise Studio	
8:15am	9:00am	Cycle	Cherie B	Cycle Studio	
9:30am	10:30am	BODYPUMP®*	Staff	Group Exercise Studio	

WILKES FAMILY YMCA

1801 YMCA Boulevard, Wilkesboro NC 28697

P 336 838 3991 F 336 838 0979 www.wilkesymca.org A United Way Agency

Our Mission: "Helping all people reach their God-given potential in spirit, mind and body." Financial Assistance available.

Classes are open to all exercise levels, with alternative movements offered for different skill levels to maximize your personal workout. Our instructors are happy to give additional guidance to beginners, just introduce yourself before class!

Sign-ups begin 24 hours in advance for each class. You may reserve your spot from our mobile app or website, www.wilkesymca.org.

The NWNC YMCA Association Youth Attendance Policy: In an effort to ensure the safety of participants, specific group exercise classes involving speed, weights, intensity and agility, will require an age of rising high school grade (9th) or above to attend. These classes are marked with an * on the descriptions page.

Rising middle school students (6th grade) and above are welcome to attend group exercise classes with a parent, or without a parent after completing the Middle School and UFit Orientations, except for classes marked with an * on the descriptions page. Cycle classes are open to middle school members and older, as long as proper cycle fit can be established.

Rivers Edge Strength & Conditioning is at the Y. Strength & Conditioning is a challenging, yet rewarding, training program structured around the ten components of fitness: strength, stamina, endurance, accuracy, power, agility, balance, speed, coordination, and flexibility. All WODs (Workout of the Day) can be modified and are appropriate for all fitness levels. Classes are available for members and potential members age 16 and older. **Come and try it, your first time is free!**

Group Ex Class Descriptions

Barre-Yoga Fusion- This sculpting class will get you flowing through a vinyasa sequence designed to decompress while toning your entire body through barre-inspired movements. You're getting the best of both worlds in one workout with toning, sculpting and flexibility.

BODYFLOW® is a yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life. Bending and stretching through safe and simple yoga moves, a BODYFLOW class blends elements of Tai Chi and Pilates to strengthen your entire body. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

BODYPUMP®- *SEE YOUTH ATTENDANCE POLICY* is a weight class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories. It'll also tone and shape your body, without adding bulky muscles. The rep effect – a scientifically proven Les Mills formula – is the secret to developing lean athletic muscle without the need for heavy weights.

Cardio Dance Party – Cardio Dance Party is a variety of dance formats with high energy music that will burn calories and make your workout fun! This is for all fitness levels. If you can move, you can groove!

Cardio Fusion- A total body workout "infused" with cardio & toning exercises.

Cycle- Focuses on proper alignment and cycling techniques using specifically designed studio bikes. Bring towel and water– you control your own pace.

Joy Riders- Designed for those "seasoned in life" and those new to cycle! This is a 30 minute interactive class.

LesMills CORE® – CORE provides the vital ingredient for a stronger body while chiseling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together. All moves in CORE have options, so it's challenging but achievable for your own level of fitness. Trained instructors guide you through correct technique as you work with resistance tubes or bands and weight plates, as well as body weight exercises like crunches and hovers. We also include hip, butt and lower back exercises.

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.

Tai Chi – involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Benefits include increased body awareness and mental calmness while improving balance and posture.

Yoga– Yoga combines movement with breath to create strength, awareness and harmony in both the mind and body. Develop your practice by exploring a wider variety of poses and styles in this class.

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