

DECEMBER 2022 CLASS SCHEDULE – STATESVILLE FAMILY YMCA



MONDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:30am	9:15am	Senior Fit	Ann S	Group Exercise Studio	HOLIDAY HOURS December 24: 8am-2pm December 25: CLOSED December 31: 8am-2pm
9:30am	10:30am	BODYPUMP®	Jordan D	Group Exercise Studio	
11:00am	12:00pm	Balance Coordination ST	Margaret S	Group Exercise Studio	
12:30pm	1:00pm	HIIT Cycle	Nacole S	Group Exercise Studio	
5:30pm	6:30pm	BODYPUMP®	Jamie P	Group Exercise Studio	

TUESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:30am	9:15am	Cycle	Stephanie J	Group Exercise Studio	CHRISTMAS CYCLE Join Nacole and Stephanie for a Christmas Cycle class on Saturday, December 17 at 10:30am.
9:45am	10:45am	Yoga	Stephanie J	Mind and Body Studio	
10:00am	10:45am	SilverSneakers® Classic	Debbie S	Group Exercise Studio	
11:00am	11:45am	SilverSneakers® Classic	Debbie S	Group Exercise Studio	
5:30pm	6:15pm	Cycle	Nacole S	Group Exercise Studio	

WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:30am	9:15am	Line Dancing	Birdman	Group Exercise Studio	SAMPLER SATURDAY A great opportunity to try something new! 8:15-8:45 Kickboxing with Stephanie 8:45-9:15 Line Dancing with Birdman 9:15-10 BODYPUMP with Suzanne 10-10:30 Yoga with Melinda
9:30am	10:30am	BODYPUMP®	Jordan D	Group Exercise Studio	
11:00am	11:45am	Senior Fit	Ann S	Group Exercise Studio	
5:30pm	6:30pm	Yoga	Melinda S	Mind and Body Studio	
6:30pm	7:15pm	MixedFit®	Mickey D	Group Exercise Studio	

THURSDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:30am	9:15am	Cycle	Angie R	Group Exercise Studio	*Virtual SH'BAM 12/29
9:30am	10:15am	Total Body Sculpt	Angie R	Group Exercise Studio	
9:45am	10:45am	BODYBALANCE®	Lisa B	Mind and Body Studio	
11:00am	11:45am	SilverSneakers® Classic	Debbie S	Group Exercise Studio	
5:30pm	6:30pm	BODYPUMP®	Matthew P	Group Exercise Studio	
6:35pm	7:20pm	XTREME HIP-HOP Step™	Michelle L	Group Exercise Studio	

FRIDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:30am	9:15am	Senior Fit	Ann S	Group Exercise Studio	NEW YEAR'S DAY SCHEDULE 1:15pm: Cycle 2:15pm: BODYPUMP® 3:30pm: Restorative Yoga
9:30am	10:15am	Cardio Fusion	Birdman	Group Exercise Studio	
11:00am	12:00pm	Balance Coordination ST	Margaret S	Group Exercise Studio	
12:30pm	1:00pm	HIIT Cycle	Nacole S	Group Exercise Studio	

SATURDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:15am	9:15am	BODYPUMP®	Suzanne G	Group Exercise Studio	*Sampler Saturday 12/31
9:30am	10:15am	Line Dancing	Birdman	Group Exercise Studio	*Sampler Saturday 12/31
10:30am	11:30am	Restorative Yoga	Melinda S	Mind and Body Studio	*Virtual BODYBALANCE 12/24 *Sampler Saturday 12/31

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!

STATESVILLE FAMILY YMCA

828 Wesley Drive, Statesville NC 28677

P 704 873 9622 F 704 871 9160 www.statesvilleyymca.org A United Way Agency

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

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

Group Ex Class Descriptions

Balance and Coordination Strength Training- Improve balance, coordination, and functional strength through a series of exercises specialized for older adults.

BODYBALANCE® 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 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.

HIIT Cycle- This 30 minute cycle class utilizes short bursts of interval at varying resistance and speeds to maximize not only calorie burn during class, but will increase your metabolic rate for hours after the workout.

Line Dancing – Enjoy a fabulous workout while dancing your way to better health! You'll boost your brain power by improving your memory skills, strengthen your bones without hurting your joints, develop better balance to help prevent falls, and release stress so you feel great.

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

Restorative Yoga- An extremely gentle approach to Yoga, which helps cleanse the body and mind. This is an excellent class for beginners or individuals with illness or injuries.

Senior Fit- A cardio and toning class designed for those "seasoned in life" to improve cardiovascular fitness, balance, and strength.

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.

Total Body Sculpt: A total body workout utilizing a variety of resistance equipment to strengthen and tone major muscle groups.

XTRE ME HIP HOP Step(TM)- a step program like no other for all level steppers. We have combined Xtreme cardio, the step board, hip-hop music and lots of swag to provide you with a fresh spin on an old concept.

Total Body Sculpt- A total body workout to strengthen and tone major muscle groups.

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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