

YMCA - Northwest North Carolina - Statesville Family Group Exercise Timetable - VIRTUAL and LIVE Group Exercise Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL BODYCOMBAT 45 Mins 5:10AM - 5:55AM	VIRTUAL RPM 50 Mins 5:10AM - 6:00AM	VIRTUAL CORE 45 Mins 5:10AM - 5:55AM	VIRTUAL RPM 50 Mins 5:10AM - 6:00AM	VIRTUAL BODYATTACK 45 Mins 5:10AM - 5:55AM	BODYPUMP™ 8:15AM - 9:15AM	VIRTUAL RPM 50 Mins 1:10PM - 2:00PM
VIRTUAL BODYBALANCE 45 Mins 6:00AM - 6:45AM	VIRTUAL CORE 45 Mins 6:10AM - 6:55AM	VIRTUAL RPM 50 Mins 6:00AM - 6:50AM	VIRTUAL CORE 45 Mins 6:10AM - 6:55AM	VIRTUAL BODYBALANCE 45 Mins 6:00AM - 6:45AM	Line Dancing 9:30AM - 10:15AM	VIRTUAL CORE 45 Mins 2:10PM - 2:55PM
VIRTUAL RPM 50 Mins 7:00AM - 7:50AM	VIRTUAL BODYATTACK 45 Mins 7:00AM - 7:45AM	VIRTUAL BODYBALANCE 45 Mins 7:00AM - 7:45AM	VIRTUAL BODYATTACK 45 Mins 7:00AM - 7:45AM	VIRTUAL RPM 50 Mins 7:00AM - 7:50AM	VIRTUAL BODYBALANCE 60 Mins 10:30AM - 11:30AM	VIRTUAL BODYCOMBAT 60 Mins 3:00PM - 4:00PM
Senior Fit 8:30AM - 9:15AM	Cycle 8:30AM - 9:15AM	Line Dancing 8:30AM - 9:15AM	Cycle 8:30AM - 9:15AM	Senior Fit 8:30AM - 9:15AM	VIRTUAL BODYCOMBAT 45 Mins 12:00PM - 12:45PM	VIRTUAL BODYBALANCE 45 Mins 4:05PM - 4:50PM
BODYPUMP™ 9:30AM - 10:30AM	Silver Sneakers Classic 11:00AM - 11:45AM	BODYPUMP™ 9:30AM - 10:30AM	Total Body Sculpt 9:30AM - 10:15AM	Cardio Fusion 9:30AM - 10:15AM	VIRTUAL CORE 45 Mins 1:05PM - 1:50PM	
Balance and Coordination Strength Training 11:00AM - 12:00PM	VIRTUAL BODYBALANCE 45 Mins 1:00PM - 1:45PM	Senior Fit 11:00AM - 11:45AM	Silver Sneakers Classic 11:00AM - 11:45AM	Balance and Coordination Strength Training 11:00AM - 12:00PM	VIRTUAL RPM 50 Mins 2:00PM - 2:50PM	
HIIT Cycle 12:30PM - 1:00PM	VIRTUAL RPM 50 Mins 2:00PM - 2:50PM	VIRTUAL RPM 50 Mins 12:00PM - 12:50PM	VIRTUAL RPM 50 Mins 1:00PM - 1:50PM	VIRTUAL RPM 30 Mins 12:30PM - 1:00PM	VIRTUAL BODYATTACK 45 Mins 3:00PM - 3:45PM	
VIRTUAL BODYCOMBAT 30 Mins 1:15PM - 1:45PM	VIRTUAL BODYATTACK 45 Mins 3:10PM - 3:55PM	VIRTUAL CORE 45 Mins 1:00PM - 1:45PM	VIRTUAL CORE 45 Mins 2:00PM - 2:45PM	VIRTUAL BODYATTACK 30 Mins 1:15PM - 1:45PM		
VIRTUAL BODYBALANCE 45 Mins 2:00PM - 2:45PM	VIRTUAL BODYBALANCE 45 Mins 4:00PM - 4:45PM	VIRTUAL BODYATTACK 60 Mins 2:00PM - 3:00PM	VIRTUAL BODYBALANCE 45 Mins 3:00PM - 3:45PM	VIRTUAL BODYCOMBAT 45 Mins 2:00PM - 2:45PM		
VIRTUAL CORE 45 Mins 3:00PM - 3:45PM	Cycle 5:30PM - 6:15PM	VIRTUAL RPM 50 Mins 3:05PM - 3:55PM	VIRTUAL RPM 50 Mins 4:10PM - 5:00PM	VIRTUAL RPM 50 Mins 3:00PM - 3:50PM		
VIRTUAL RPM 50 Mins 4:00PM - 4:50PM	VIRTUAL CORE 45 Mins 6:30PM - 7:15PM	VIRTUAL BODYCOMBAT 45 Mins 4:00PM - 4:45PM	BODYPUMP™ 5:30PM - 6:15PM	VIRTUAL BODYATTACK 60 Mins 4:00PM - 5:00PM		
BODYPUMP™ 5:30PM - 6:15PM		VIRTUAL RPM 50 Mins 5:30PM - 6:20PM	XTREME Hip Hop Step 6:35PM - 7:20PM	VIRTUAL CORE 45 Mins 5:10PM - 5:55PM		
VIRTUAL SH'BAM 45 Mins 6:35PM - 7:20PM		VIRTUAL BODYCOMBAT 45 Mins 6:35PM - 7:20PM		VIRTUAL BODYBALANCE 60 Mins 6:00PM - 7:00PM		

LES MILLS **BODYBALANCE**

BODYBALANCE™ is a new 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 leaving you feeling calm and centred.

LES MILLS **BODYPUMP**

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

Cycle

Control your own pace and get a great cardio workout focusing on endurance, strength, intervals, high intensity and recovery while using proper alignment and cycling techniques on specifically designed studio bikes.

Senior Fit

Get up and go with an aerobics class for you—safe, heart-healthy and gentle on the joints! This class was created to keep active older adults moving at an appropriate pace and increase endurance for activities of daily living.

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 **BODYATTACK**

High-energy fitness class with a combination of athletic movements and strength exercises.

LES MILLS **BODYATTACK**

High-energy fitness class with a combination of athletic movements and strength exercises.

LES MILLS **BODYATTACK**

High-energy fitness class with a combination of athletic movements and strength exercises.

LES MILLS **BODYBALANCE**

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

LES MILLS **BODYBALANCE**

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

LES MILLS **BODYCOMBAT**

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

LES MILLS **BODYCOMBAT**

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

LES MILLS **BODYCOMBAT**

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

LES MILLS **CORE**

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 **RPM**

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

LES MILLS **SH'BAM**

Fun-loving and insanely addictive dance workout. No dance experience required!

XTREME Hip Hop Step

XTREME HIP HOP Step is 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.

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 - Statesville
Family
Group Exercise Timetable