

# JANUARY 2023 SCHEDULE

## ALEXANDER COUNTY FAMILY YMCA



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### MONDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:00am	9:45am	Cardio Fusion	Cherie B	Group Exercise Studio	
10:00am	10:45am	Pilates	Wesley W	Group Exercise Studio	
5:30pm	6:15pm	Fitness Mayhem	Danny S	Group Exercise Studio	

### TUESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:30am	10:15am	SilverSneakers® Classic	Lerin B	Group Exercise Studio	
10:30am	11:30am	Chair Yoga	Lerin B	Group Exercise Studio	
5:30pm	6:30pm	BODYPUMP®*	Ellen A	Group Exercise Studio	
5:30pm	6:15pm	Cycle	Andrew M	Cycle Studio	

### WEDNESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:00am	9:45am	Cardio Fusion	Cherie B	Group Exercise Studio	
12:00pm	12:45pm	Cardio Dance Party	Jennifer P	Group Exercise Studio	

### THURSDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
9:30am	10:15am	SilverSneakers® Classic	Lerin B	Group Exercise Studio	
10:30am	11:30am	Chair Yoga	Lerin B	Group Exercise Studio	
12:00pm	1:00pm	BODYPUMP®*	Lisa B	Group Exercise Studio	
5:30pm	6:15pm	Fitness Mayhem	Danny S	Group Exercise Studio	

### FRIDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
10:00am	10:45am	Pilates	Wesley W	Group Exercise Studio	

## Group Ex Class Descriptions

**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.

**Chair Yoga**– Replaces yoga mats with chairs to perform yoga poses that improve flexibility and mobility, thus decreasing muscle tightness and discomfort. Designed to meet the needs of seniors, beginners, or those who prefer not to be on the floor.

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

**Fitness Mayhem**– Will use a combination of traditional strength training exercises with dumbbells, cardio training, plyometric, interval training, etc. This is a total body workout.

**Pilates**– is a body conditioning routine that helps to not only build flexibility, but also strength, and coordination in the legs, abs, arms, and back. Breathing control and flexibility exercises restore balance, and improve posture and body alignment.

**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.

**Sign-ups begin 24 hours in advance for each class.** You may reserve your spot from our website, [www.acfamilyymca.org](http://www.acfamilyymca.org).

**The YMCA of NWNC 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 (9<sup>th</sup>) or above to attend. These classes are marked with an \* on the descriptions page. Rising middle school students (6<sup>th</sup> 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.