

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

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

### **Kickboxing**

Kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle.

### **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

### **Pilates**

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.

### **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.

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

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## **LES MILLS** **BODYBALANCE**

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** **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** **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** **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.

**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.

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**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

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