

MARCH 2023 CLASS SCHEDULE – STATESVILLE FAMILY YMCA



MONDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00am	8:45am	Senior Fit	Ann S	Group Exercise Studio	
8:30am	9:15am	Kickboxing	Stephanie J	Mind and Body Studio	
9:30am	10:30am	BODYPUMP®	Jordan D	Group Exercise Studio	
11:15am	12:15pm	Balance Coordination ST	Margaret S	Group Exercise Studio	
5:30pm	6:30pm	BODYPUMP®	Jamie P	Group Exercise Studio	
6:30pm	7:30pm	Yoga	Cinnamon B	Mind and Body Studio	
6:35pm	7:20pm	MixedFit®	Shirelle C	Group Exercise Studio	

Give your body a boost with Line Dancing on Saturday, March 4, 10:30am-12:00pm!

TUESDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00am	8:45am	Cycle	Stephanie J	Group Exercise Studio	
9:00am	10:00am	Yoga	Stephanie J	Mind and Body Studio	
10:00am	11:00am	SilverSneakers® Classic	Debbie S	Group Exercise Studio	
11:15am	12:15pm	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	
9:30am	10:30am	BODYBALANCE®	Lisa B	Mind and Body Studio	
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	7:30pm	MixedFit®	Mickey D	Group Exercise Studio	

THURSDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:00am	8:45am	Cycle	Angie R	Group Exercise Studio	
9:00am	9:45am	Cardio Fusion	Angie R	Group Exercise Studio	
9:00am	10:00am	Yoga	Linda O	Mind and Body Studio	
10:00am	11:00am	SilverSneakers® Classic	Debbie S	Group Exercise Studio	
10:15am	11:00am	Chair Yoga	Linda O	Mind and Body Studio	
11:15am	12:15pm	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
8:00am	8:45am	Senior Fit	Ann S	Group Exercise Studio	
8:00am	8:45am	Pilates	Cinnamon B	Mind and Body Studio	
9:00am	9:45am	Line Dancing	Birdman	Group Exercise Studio	
10:00am	11:00am	BODYPUMP®	Heather W	Group Exercise Studio	
11:15am	12:15pm	Balance Coordination ST	Margaret S	Group Exercise Studio	

SATURDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:15am	9:00am	Cycle	Staff	Group Exercise Studio	
9:15am	10:15am	BODYPUMP®	Suzanne G	Group Exercise Studio	
10:30am	11:30am	Restorative Yoga	Melinda S	Mind and Body Studio	

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."

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.

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.

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.

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.

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.

XTREME 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.

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.

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.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.

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