

FEBRUARY 2023 SCHEDULE – WILKES FAMILY YMCA



MONDAY

| START | END | CLASS | INSTRUCTOR | LOCATION | NOTES |
|---------|---------|--------------|-------------|-----------------------|-------|
| 5:15am | 6:00am | Cycle | Lisa B | Cycle Studio | |
| 8:00am | 8:45am | Cycle | Christina R | Cycle Studio | |
| 9:00am | 10:00am | BODYPUMP® | Lisa B | Group Exercise Studio | |
| 10:30am | 11:15am | Tai Chi | Steve J | Group Exercise Studio | |
| 12:00pm | 1:00pm | BODYBALANCE® | Lisa B | Group Exercise Studio | |
| 5:30pm | 6:15pm | Cycle | Angie S | Cycle Studio | |
| 5:30pm | 6:00pm | Bounce! | Cherie B | Group Exercise Studio | |
| 6:30pm | 7:30pm | BODYPUMP® | Angie S | Group Exercise Studio | |

ZUMBA® for your heart this Valentine's Day! Bring a friend for a special ZUMBA® class with Natalie L. on Saturday, February 11, from 11:00am-12:00pm.

TUESDAY

| START | END | CLASS | INSTRUCTOR | LOCATION | NOTES |
|---------|---------|-------------------------|-------------|-----------------------|-------|
| 8:15am | 9:15am | Yoga | Jenna M | Group Exercise Studio | |
| 9:30am | 10:15am | Cardio Dance Party | Ellen A | Group Exercise Studio | |
| 10:30am | 11:15am | SilverSneakers® Classic | Christina R | Group Exercise Studio | |
| 12:00pm | 12:45pm | HIIT and Hills Cycle | Cherie B | Cycle Studio | |
| 5:30pm | 6:15pm | LesMills CORE® | Natalie E | Group Exercise Studio | |
| 6:30pm | 7:15pm | BODYBALANCE® | Natalie E | Group Exercise Studio | |

WEDNESDAY

| START | END | CLASS | INSTRUCTOR | LOCATION | NOTES |
|---------|---------|----------------------|------------|-----------------------|---------------|
| 8:00am | 8:45am | HIIT and Hills Cycle | Jenna M | Cycle Studio | |
| 9:00am | 9:45am | Pilates | Wesley W | Group Exercise Studio | |
| 10:30am | 11:00am | Joy Riders | Cherie B | Cycle Studio | |
| 12:00pm | 1:00pm | BODYPUMP® | Heather W | Group Exercise Studio | |
| 5:30pm | 6:30pm | BODYPUMP® | Natalie E | Group Exercise Studio | |
| 6:45pm | 7:30pm | Restorative Yoga | Peyton A | Group Exercise Studio | *no class 2/8 |

THURSDAY

| START | END | CLASS | INSTRUCTOR | LOCATION | NOTES |
|---------|---------|-------------------------|------------|-----------------------|------------|
| 8:15am | 9:15am | Yoga | Jenna M | Group Exercise Studio | |
| 9:30am | 10:15am | Cardio Dance Party | Ellen A | Group Exercise Studio | |
| 10:30am | 11:15am | SilverSneakers® Classic | Ellen A | Group Exercise Studio | |
| 12:00pm | 12:45pm | HIIT and Hills Cycle | Heather W | Cycle Studio | |
| 5:30pm | 6:15pm | Cycle | Jennifer G | Cycle Studio | |
| 5:30pm | 6:15pm | ZUMBA® | Natalie L | Group Exercise Studio | *NEW CLASS |
| 6:30pm | 7:15pm | BODYBALANCE® | Jennifer G | Group Exercise Studio | |

FRIDAY

| START | END | CLASS | INSTRUCTOR | LOCATION | NOTES |
|---------|---------|--------------|-------------|-----------------------|-------|
| 5:15am | 6:00am | Cycle | Lisa B | Cycle Studio | |
| 8:00am | 8:45am | Step | Natalie E | Group Exercise Studio | |
| 9:00am | 10:00am | BODYBALANCE® | Natalie E | Group Exercise Studio | |
| 10:30am | 11:00am | Joy Riders | Christina C | Cycle Studio | |
| 12:00pm | 1:00pm | BODYPUMP® | Ellen A | Group Exercise Studio | |

SATURDAY

| START | END | CLASS | INSTRUCTOR | LOCATION | NOTES |
|--------|---------|-----------|------------|-----------------------|-------|
| 8:10am | 9:10am | Yoga | Dawn R | Group Exercise Studio | |
| 8:15am | 9:00am | Cycle | Staff | Cycle Studio | |
| 9:30am | 10:30am | BODYPUMP® | Staff | Group Exercise Studio | |

WILKES FAMILY YMCA

1801 YMCA Boulevard, Wilkesboro NC 28697

P 336 838 3991 F 336 838 0979 www.wilkesymca.org A United Way Agency

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

Group Ex Class Descriptions

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 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!

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

HIIT and Hills Cycle–Improve your fitness and power with this 45 minute HIIT and Hills cycle workout. By combining HIIT and Hills you not only burn more calories during class, you will leave with a higher metabolic rate for hours, reduced heart rate and blood pressure, reduced blood sugar, and a smile on your face. HIIT utilizes short bursts of power combined with rest periods to condition you on and off the bike.

Joy Riders– Designed for those “seasoned in life” and those new to cycle! This is a 30 minute interactive class.

LesMills CORE® – CORE provides the vital ingredient for a stronger body while chiseling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

All moves in CORE have options, so it's challenging but achievable for your own level of fitness. Trained instructors guide you through correct technique as you work with resistance tubes or bands and weight plates, as well as body weight exercises like crunches and hovers. We also include hip, butt and lower back exercises.

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– Restorative yoga can be an excellent way to relieve stress and enjoy long, meditative stretches. This is a practice that is all about slowing down and opening your body through passive stretching.

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.

Step– Step is a classic cardio workout. The step bench is a 4-inch to 12-inch raised platform. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles.

Tai Chi – involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Benefits include increased body awareness and mental calmness while improving balance and posture.

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.

ZUMBA®– is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

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.wilkesymca.org.

The NWNCA 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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