

JUNE 2023 SCHEDULE

ALEXANDER COUNTY FAMILY YMCA



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	Yoga	Dawn R	Group Exercise Studio	*NEW CLASS

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	
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	

SATURDAY

START	END	CLASS	INSTRUCTOR	LOCATION	NOTES
8:30am	9:30am	Yoga	Dawn R	Group Exercise Studio	

Group Ex Class Descriptions

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.

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.

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.

Sign-ups begin 24 hours in advance for each class. You may reserve your spot from our website, www.acfamilyymca.org.

ALEXANDER COUNTY FAMILY YMCA

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