



Group Exercise Schedule  
 Harrison Family YMCA  
 January 1st - April 29th

1000 Independence Drive  
 Rocky Mount, NC 27804  
 2529729622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Cycle</b> Studio 2 Rita Boucher 5am - 6am	<b>HIIT</b> Studio 1 Beth Parrish 5am - 6am	<b>Power Sculpt</b> Studio 1 Jaclyn Votipka 5am - 6am	<b>Pilates</b> Studio 1 Beth Parrish 5am - 6am	<b>HIIT</b> Studio 1 Kelly Bly 5am - 6am		
7am				<b>Pilates</b> Studio 1 Kathleen Loucks 7:15am - 8:15am		<b>30/30</b> Studio 1 Rotating Instructors 7:15am - 8:15am	
8am	<b>Power Sculpt</b> Studio 1 Haywood Parker 8:15am - 9:15am	<b>Cycle</b> Studio 2 Haywood Parker 8:15am - 9:15am	<b>Pedal &amp; Pump</b> Studio 2 Haywood Parker 8:15am - 9:15am	<b>Yoga</b> Studio 1 Kathleen Loucks 8:15am - 9:15am	<b>Step</b> Studio 1 Kim Chandler 8:15am - 9:15am	<b>Cycle</b> Studio 2 Rotating Instructors 8:15am - 9:15am	
		<b>Yoga</b> Studio 1 Kathleen Loucks 8:15am - 9:15am		<b>Kettlebell Interval</b> Studio 2 Haywood Parker 8:15am - 9:15am			
9am	<b>Low Impact Cardio</b> Studio 1 Sharon Simons 9:15am - 10:15am	<b>Dance Fusion</b> Studio 1 Elaine Jaber 9:30am - 10:30am	<b>Abs</b> Studio 2 Haywood Parker 9:15am - 9:30am		<b>Cycle &amp; Pilates</b> Studio 2 Sharon Simons 9am - 10am		
	<b>Cycle</b> Studio 2 Haywood Parker 9:15am - 9:45am		<b>Low Impact Cardio</b> Studio 1 Sharon Simons 9:15am - 10:15am		<b>Body Sculpt</b> Studio 1 Kim Chandler 9:30am - 10:30am		
10am	<b>Line Dancing</b> Studio 1 Elaine Jaber 10:15am - 11:15am	<b>Silver Sneakers</b> Studio 1 Beverly Nines 10:45am - 11:30am		<b>Silver Sneakers</b> Studio 1 Sharon Simons 10:45am - 11:30am		<b>Boot Camp</b> Studio 1 Elwood Whitaker 10:30am - 11:30am	
11am	<b>Silver Sneakers Circuit</b> Studio 1 Beverly Nines 11:15am - 12pm						
12pm	<b>Power Sculpt</b> Studio 1 Kim Chandler 12:15pm - 1pm	<b>Butts &amp; Guts</b> Studio 1 Kim Chandler 12:15pm - 1pm	<b>HIIT</b> Studio 1 Dan Kirkpatrick 12:15pm - 1pm	<b>Cycle &amp; Core</b> Studio 2 Kimberly Marsigli 12:15pm - 1pm	<b>Stretch &amp; Stability</b> Studio 1 Kim Chandler 12:15pm - 1:15pm		
5pm	<b>Abs</b> Studio 1 Jessica Horne 5:15pm - 5:30pm	<b>Power Sculpt</b> Studio 1 Haywood Parker 5:30pm - 6:30pm	<b>Abs</b> Studio 1 Jessica Horne 5:15pm - 5:30pm	<b>TRX</b> Studio 2 Carol Barker 5:30pm - 6:30pm			
	<b>Cycle</b> Studio 2 Jessica Horne 5:30pm - 6:30pm		<b>HIIT</b> Studio 1 Jessica Horne 5:30pm - 6:30pm	<b>Power Sculpt</b> Studio 1 Jessica Horne 5:30pm - 6:30pm			
	<b>HIIT</b> Studio 1 Lou Ellen Stroud 5:30pm - 6:30pm						
6pm	<b>Boot Camp</b> Studio 1 Elwood Whitaker 6:30pm - 7:30pm	<b>Abs</b> Studio 1 Haywood Parker 6:30pm - 6:45pm	<b>Boot Camp</b> Studio 1 Elwood Whitaker 6:30pm - 7:30pm	<b>Yoga</b> Studio 1 Kim Chandler 6:30pm - 7:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



## Class Descriptions Harrison Family YMCA

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**30/30** - 30 minutes of Body Sculpt followed by 30 minutes of engaging core or Pilates!

**Abs** - 15 minutes of strictly abdominal workout!

**Body Sculpt** - Muscle toning using hand weights, resistance tubing and other tools to strengthen major muscle groups.

**Boot Camp** - You're in the Army now! A high intensity class designed to increase cardio-vascular endurance.

**Butts & Guts** - A class set up in cardio and toning intervals, designed to strengthen the core, glutes and thighs.

**Cycle** - A challenging "no impact" ride of your life!

**Cycle & Core** - Start things off with an intense cycle session followed up with some core work!

**Cycle & Pilates** - A blend of intense cycle before a recovering series of pilates exercises.

**Dance Fusion** - A fusion of dance and body sculpting exercises designed to help you meet your fitness goals and get your groove on!

**HIIT** - High Intensity Interval Training!

**Kettlebell Interval** - A total body workout using intervals that mixes strength and conditioning training in a fun and high energy class!

**Line Dancing** - Variety of pop and country line dancing! Join the fun!

**Low Impact Cardio** - A variety of low impact moves and activities designed to achieve and maintain lifelong fitness, themed around the season!

**Pedal & Pump** - If you like cycle class then add some weights and you have pedal & pump! Come get your cardio and strength all wrapped up in one!

**Pilates** - This class has an emphasis on core stabilization with proper body alignment to help improve strength, flexibility, balance and coordination.

**Power Sculpt** - Muscle toning combined with intense power moves and cardio intervals.

**Silver Sneakers** - Increase muscle strength, range of movement and activities of daily living while moving to the music with the use of hand held weights, bands and more. This is targeted for Seniors and chairs will be provided for support.

**Silver Sneakers Circuit** - Silver Sneakers, but with a twist!

**Step** - Step class combines 3-4 combos on an adjustable step while providing a background in the basic components of step movements and terminology. Have fun listening to music and bringing your cardiovascular workout to new heights!

**Stretch & Stability** - A blend of stretching and stability exercises.

**TRX** - Born in the Navy SEALs, Suspension Training body weight exercise develops strength, balance, flexibility and core stability simultaneously.

**Yoga** - Coordinated stretches and poses to improve flexibility and core body strength.