



# Group Exercise Schedule

Harrison Family YMCA

June 19th - July 30th

1000 Independence Drive

Rocky Mount, NC 27804

2529729622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Cycle</b> Studio 2 Beth Parrish 5am - 6am	<b>20-20-20</b> Studio 1 Beth Parrish 5am - 6am	<b>Body Pump</b> Studio 1 Jaclyn Votipka 5am - 6am	<b>Pilates</b> Studio 1 Beth Parrish 5am - 6am			
7am				<b>Pilates</b> Studio 1 Kathleen Loucks 7:15am - 8:15am		<b>30/30</b> Studio 1 Haywood Parker 7:15am - 8:15am	
8am	<b>Power Sculpt</b> Studio 1 Haywood Parker 8:15am - 9:15am	<b>Yoga</b> Studio 1 Kathleen Loucks 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 Interval</b> Studio 1 Kim Chandler 8:15am - 9:15am	<b>Cycle</b> Studio 2 Rotating Instructors 8:15am - 9:15am	
9am	<b>Low Impact Cardio Fusion</b> Studio 1 Sharon Simons 9:15am - 10:15am	<b>Cycle</b> Studio 2 Jessica Horne 9:15am - 10:15am	<b>Abs</b> Studio 2 Haywood Parker 9:15am - 9:30am	<b>Kettlebell</b> Studio 1 Haywood Parker 9:15am - 10:15am	<b>Cycle &amp; Pilates</b> Studio 2 Sharon Simons 9am - 10am		
	<b>Cycle</b> Studio 2 Haywood Parker 9:15am - 9:45am	<b>Dance Fusion</b> Studio 1 Elaine Jaber 9:30am - 10:30am	<b>Low Impact Cardio Fusion</b> Studio 1 Sharon Simons 9:15am - 10:15am		<b>Body Sculpt</b> Studio 1 Haywood Parker 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>Aerobic Dance</b> Studio 1 Gretchen Hunt 10:15am - 11:15am	<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>Stretch &amp; Stability</b> Studio 1 Kim Chandler 12:15pm - 1pm	<b>HIIT</b> Studio 1 Kim Chandler 12:15pm - 1pm	<b>Body Pump</b> Studio 1 Jaclyn Votipka 12:15pm - 1:15pm	<b>Cycle &amp; Core</b> Studio 1 Kim Chandler 12:15pm - 1:15pm		
5pm	<b>Abs</b> Studio 1 Jessica Horne 5:15pm - 5:30pm	<b>Body Pump</b> Studio 1 Jaclyn Votipka 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>Zumba</b> Studio 1 Gretchen Hunt 5:30pm - 6:30pm		<b>Strength Training</b> Studio 1 Jaclyn Votipka 5:30pm - 6:30pm	<b>Step</b> Studio 1 Kim Chandler 5:30pm - 6:30pm			
	<b>Cycle</b> Studio 2 Jessica Horne 5:30pm - 6:30pm		<b>Cycle</b> Studio 2 Jessica Horne 5:30pm - 6:30pm				
6pm	<b>Boot Camp</b> Studio 1 Elwood Whitaker 6:30pm - 7:30pm	<b>Family Yoga</b> Studio 1 Kim Chandler 6:30pm - 7:30pm	<b>Boot Camp</b> Studio 1 Elwood Whitaker 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

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**20-20-20** - 20 minute intervals of cycle, step and kickboxing!

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

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

**Aerobic Dance** - Come to dance, have fun and get a little workout in too!

**Body Pump** - Low weight, high rep cardio weightlifting!

**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.

**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!

**Family Yoga** - Yoga for ages 8 & up!

**HIIT** - High Intensity Interval Training!

**Kettlebell** - A total body workout that mixes strength and conditioning training in a fun, high energy express class.

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

**Low Impact Cardio Fusion** - 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!

**Step Interval** - Step with intervals of strength training.

**Strength Training** - Total muscle workout!

**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.

**Zumba** - Let's Dance! This popular class features movements inspired by various styles of Latin American dance and popular music of today.