



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule

Harrison Family YMCA

February 27th - April 30th

1000 Independence Drive

Rocky Mount, NC 27804

2529729622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Cycle Studio 2 Katy Fuson 5am - 6am	Pilates Studio 1 Beth Parrish 5am - 6am	Body Pump Studio 1 Jaclyn Votipka 5am - 6am	20-20-20 Studio 1 Beth Parrish 5am - 6am	Pedal & Pump Studio 1 Haywood Parker 5am - 6am		
7am				Pilates Studio 1 Kathleen Loucks 7:15am - 8:15am		30/30 Studio 1 Haywood Parker 7:15am - 8:15am	
8am	Power Sculpt Studio 1 Haywood Parker 8:15am - 9:15am	Yoga Studio 1 Anthony Gagon 8:15am - 9:15am	Pedal & Pump Studio 2 Haywood Parker 8:15am - 9:15am	30/30 Studio 1 Haywood Parker 8:15am - 9:15am	Yoga Studio 1 Anthony Gagon 8:15am - 9:15am	Cycle Studio 2 Rotating Instructors 8:15am - 9:15am	
9am	Cycle Studio 1 Haywood Parker 9:15am - 9:45am	Cycle Studio 2 Katy Fuson 9:15am - 10:15am	Abs Studio 2 Haywood Parker 9:15am - 9:30am	Kettlebell Studio 1 Katy Fuson 9:15am - 10:15am	Cycle, Core & Stretch Studio 2 Sharon Simons 9am - 10am		
	Low Impact Cardio Fusion Studio 1 Sharon Simons 9:15am - 10:15am	Dance Fusion Studio 1 Elaine Jaber 9:30am - 10:30am	Low Impact Cardio Fusion Studio 1 Sharon Simons 9:15am - 10:15am		Body Sculpt Studio 1 Katy Fuson 9:30am - 10:30am		
10am	Line Dancing Studio 1 Elaine Jaber 10:15am - 11:15am	Silver Sneakers Studio 1 Beverly Nines 10:45am - 11:45am	Aerobic Dance Studio 1 Gretchen Hunt 10:15am - 11:15am	Silver Sneakers Studio 1 Sharon Simons 10:45am - 11:45am		Boot Camp Studio 1 Elwood Whitaker 10:30am - 11:30am	
11am	Silver Sneakers Circuit Studio 1 Beverly Nines 11:15am - 12pm						
12pm	Power Sculpt Studio 1 Kim Chandler 12:15pm - 1pm	Stretch & Core Studio 1 Kim Chandler 12:15pm - 1pm	HIIT Studio 1 Kim Chandler 12:15pm - 1pm	Body Pump Studio 1 Jaclyn Votipka 12:15pm - 1:15pm	Pedal & Pump Studio 2 Kim Chandler 12:15pm - 1pm		
5pm	Zumba Studio 1 Gretchen Hunt 5:30pm - 6:30pm	Insanity Studio 1 Katy Fuson 5:30pm - 6:30pm	Strength Training Studio 1 Jessica Horne 5:30pm - 6:30pm	TRX Studio 2 Carol Barker 5:30pm - 6:30pm			
	Cycle Studio 2 Jessica Horne 5:30pm - 6:30pm	Family Shake it Up Studio 2 Beverly Nines 5:30pm - 6:30pm	Cycle Studio 2 Katy Fuson 5:30pm - 6:30pm	Step Studio 1 Tuyanna Mason 5:30pm - 6:30pm			
6pm	Boot Camp Studio 1 Elwood Whitaker 6:30pm - 7:30pm	Family Yoga Studio 1 Anthony Gagon 6:30pm - 7:30pm	Boot Camp 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.

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 & Stretch - A combination class consisting of cycling, core work, followed by stretching!

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

Family Shake it Up - A class for everyone no matter your fitness level! Ages 8 & up only!

Family Yoga - Yoga for ages 8 & up!

HIIT - High Intensity Interval Training!

Insanity - The name speaks for itself! Come join our intense class!

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!

Strength Training - Total muscle workout!

Stretch & Core - A blend of stretching and core 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.