



Harrison Family YMCA  
 Virtual Class Schedule  
 October 21st - November 24th

1000 Independence Drive  
 Rocky Mount, NC 27804  
 2529729622

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	<b>Virtual CXWORX</b> Virtual Studio 1 6:05am - 6:35am	<b>Virtual BodyCombat</b> Virtual Studio 1 6:10am - 6:40am	<b>Virtual BodyFlow</b> Virtual Studio 1 6:05am - 6:35am	<b>Virtual BodyCombat</b> Virtual Studio 1 6:10am - 6:40am	<b>Virtual CXWORX</b> Virtual Studio 1 6:05am - 6:35am		
	<b>Virtual Cycle</b> Virtual Studio 2 6:30am - 7:30am	<b>Virtual Cycle</b> Virtual Studio 2 6:30am - 7:30am	<b>Virtual Cycle</b> Virtual Studio 2 6:30am - 7:30am	<b>Virtual Cycle</b> Virtual Studio 2 6:30am - 7:30am	<b>Virtual Cycle</b> Virtual Studio 2 6:30am - 7:30am		
	<b>Virtual BodyCombat</b> Virtual Studio 1 6:45am - 7:15am	<b>Virtual CXWORX</b> Virtual Studio 1 6:45am - 7:15am	<b>Virtual Less Mills Grit Athletic</b> Virtual Studio 1 6:45am - 7:15am	<b>Virtual CXWORX</b> Virtual Studio 1 6:45am - 7:15am	<b>Virtual BodyFlow</b> Virtual Studio 1 6:45am - 7:15am		
7am	<b>Virtual BodyFlow</b> Virtual Studio 1 7:30am - 8am	<b>Virtual Less Mills Grit Cardio</b> Virtual Studio 1 7:30am - 8am	<b>Virtual Less Mills Grit Strength</b> Virtual Studio 1 7:30am - 8am	<b>Virtual Less Mills Grit Cardio</b> Virtual Studio 1 7:30am - 8am	<b>Virtual BodyPump</b> Virtual Studio 1 7:30am - 8am		
8am				<b>Virtual Cycle</b> Virtual Studio 2 8:15am - 9:15am			
11am					<b>Virtual CXWORX</b> Virtual Studio 1 11:30am - 12pm	<b>Virtual CXWORX</b> Virtual Studio 1 11:35am - 12:05pm	
12pm					<b>Virtual SH'BAM</b> Virtual Studio 1 12:15pm - 1pm	<b>Virtual BodyFlow</b> Virtual Studio 1 12:15pm - 1:15pm	
1pm	<b>Virtual Cycle</b> Virtual Studio 2 1:30pm - 2pm	<b>Virtual Les Mills Barre</b> Virtual Studio 1 1:05pm - 1:35pm	<b>Virtual Cycle</b> Virtual Studio 2 1:30pm - 2pm	<b>Virtual BodyFlow</b> Virtual Studio 1 1:05pm - 1:35pm	<b>Virtual Cycle</b> Virtual Studio 2 1:30pm - 2pm	<b>Virtual Cycle</b> Virtual Studio 2 1:30pm - 2pm	<b>Virtual BodyPump</b> Virtual Studio 1 1:15pm - 2:15pm
		<b>Virtual Cycle</b> Virtual Studio 2 1:30pm - 2pm		<b>Virtual Cycle</b> Virtual Studio 2 1:30pm - 2pm		<b>Virtual Less Mills Grit Cardio</b> Virtual Studio 1 1:30pm - 2pm	<b>Virtual Cycle</b> Virtual Studio 2 1:30pm - 2pm
		<b>Virtual BodyPump</b> Virtual Studio 1 1:40pm - 2:10pm		<b>Virtual Less Mills Grit Athletic</b> Virtual Studio 1 1:40pm - 2:10pm			
2pm						<b>Virtual SH'BAM</b> Virtual Studio 1 2:15pm - 3pm	<b>Virtual Cycle</b> Virtual Studio 2 2:30pm - 3:30pm
						<b>Virtual Cycle</b> Virtual Studio 2 2:30pm - 3:30pm	<b>Virtual CXWORX</b> Virtual Studio 1 2:30pm - 3pm
3pm	<b>Virtual BodyFlow</b> Virtual Studio 1 3pm - 3:30pm	<b>Virtual Less Mills Grit Strength</b> Virtual Studio 1 3pm - 3:30pm	<b>Virtual Les Mills Barre</b> Virtual Studio 1 3pm - 3:30pm	<b>Virtual Less Mills Grit Strength</b> Virtual Studio 1 3pm - 3:30pm	<b>Virtual CXWORX</b> Virtual Studio 1 3pm - 3:30pm	<b>Virtual Les Mills Barre</b> Virtual Studio 1 3:15pm - 3:45pm	<b>Virtual BodyFlow</b> Virtual Studio 1 3:10pm - 4:10pm
	<b>Virtual BodyPump</b> Virtual Studio 1 3:40pm - 4:10pm	<b>Virtual CXWORX</b> Virtual Studio 1 3:40pm - 4:10pm	<b>Virtual BodyFlow</b> Virtual Studio 1 3:40pm - 4:10pm	<b>Virtual CXWORX</b> Virtual Studio 1 3:40pm - 4:10pm	<b>Virtual Less Mills Grit Strength</b> Virtual Studio 1 3:40pm - 4:10pm		
4pm	<b>Virtual Cycle</b> Virtual Studio 2 4pm - 5pm	<b>Virtual Cycle</b> Virtual Studio 2 4pm - 5pm	<b>Virtual Cycle</b> Virtual Studio 2 4pm - 5pm	<b>Virtual Cycle</b> Virtual Studio 2 4pm - 5pm	<b>Virtual Cycle</b> Virtual Studio 2 4pm - 5pm		

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.



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	MON	TUE	WED	THU	FRI	SAT	SUN
	<b>Virtual SH'BAM</b> Virtual Studio 1 4:15pm - 5pm		<b>Virtual SH'BAM</b> Virtual Studio 1 4:15pm - 5pm		<b>Virtual SH'BAM</b> Virtual Studio 1 4:15pm - 5pm		
5pm					<b>Virtual BodyPump</b> Virtual Studio 1 5:30pm - 6:30pm		
6pm					<b>Virtual CXWORX</b> Virtual Studio 1 6:35pm - 7:05pm		
7pm	<b>Virtual Cycle</b> Virtual Studio 2 7:30pm - 8pm	<b>Virtual Cycle</b> Virtual Studio 2 7:30pm - 8pm	<b>Virtual Cycle</b> Virtual Studio 2 7:30pm - 8pm	<b>Virtual Cycle</b> Virtual Studio 2 7:30pm - 8pm	<b>Virtual Cycle</b> Virtual Studio 2 7:30pm - 8pm		
	<b>Virtual BodyFlow</b> Virtual Studio 1 7:50pm - 8:50pm	<b>Virtual Less Mills Grit Athletic</b> Virtual Studio 1 7:50pm - 8:20pm	<b>Virtual BodyFlow</b> Virtual Studio 1 7:50pm - 8:50pm	<b>Virtual Less Mills Grit Athletic</b> Virtual Studio 1 7:50pm - 8:20pm	<b>Virtual BodyFlow</b> Virtual Studio 1 7:50pm - 8:50pm		

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### Class Descriptions

**Virtual BodyCombat** - High-energy, martial arts inspired, non contact workout. Following the virtual instructor to punch, kick and strike your way into fitness.

**Virtual BodyFlow** - Yoga based class that will improve your mind, body and life. Following the virtual instructor to strengthen your entire body and leave feeling calm and centered.

**Virtual BodyPump** - A full body weight training program to get lean, fit and toned, following the virtual instructor on the screen.

**Virtual CXWORX** - Follow the on screen instructor to work all the muscles in your core, not just your abs! A stronger core is vital for a stronger body.

**Virtual Cycle** - A challenging "no impact" ride for your life! Just follow the instructor on the screen!

**Virtual Les Mills Barre** - Following the instructor on screen through this modern expression of the classical dance training designed to shape and tone the muscles and build the core.

**Virtual Less Mills Grit Athletic** - 30 minutes of high intensity interval training using plyometrics to increase your athletic performance in life. Following the virtual instructor to ready yourself for the game of life.

**Virtual Less Mills Grit Cardio** - 30 minutes of High intensity interval training. Following the on screen instructor to maximize calorie burn, increase speed and improve cardiovascular fitness.

**Virtual Less Mills Grit Strength** - 30 minute High intensity interval training. Just follow the virtual instructor through this workout designed to improve strength and build lean muscle.

**Virtual SH'BAM** - A fun loving Dance workout. Follow the instructor on the screen for a great cardio dance party!