



Group Exercise Schedules
 Harrison Family YMCA
 December 7th - December 29th

1000 Independence Drive
 Rocky Mount, NC 27804
 2529729622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Cycle Studio 2 5am - 6am	HIIT Studio 1 5am - 6am	Power Sculpt Studio 1 5am - 6am	Pilates Studio 1 5am - 6am	HIIT Studio 1 5am - 6am		
7am				Pilates Studio 1 7:15am - 8:15am		Body Sculpt Studio 1 7:15am - 8:15am	
8am	Power Sculpt Studio 1 8:15am - 9:15am	Cycle Studio 2 8:15am - 9:15am	Pedal & Pump Studio 1 8:15am - 9:15am	Yoga Studio 1 8:15am - 9:15am	Boot Camp Studio 1 8:15am - 9:15am	Cycle Studio 2 8:15am - 9:15am	
		Yoga Studio 1 8:15am - 9:15am		Kettlebell Interval Studio 2 8:15am - 9:15am			
9am	Cardio Fusion Studio 1 9:15am - 10:15am	Dance Fusion Studio 1 9:30am - 10:30am	Abs Studio 2 9:15am - 9:30am		Cycle & Tai Chi Studio 2 9am - 10am		
			Cardio Fusion Studio 1 9:15am - 10:15am		Body Sculpt Studio 1 9:30am - 10:30am		
10am	Line Dancing Studio 1 10:15am - 11:15am	Silver Sneakers Studio 1 10:45am - 11:30am		Silver Sneakers Studio 1 10:45am - 11:30am		Jammin' Cardio Studio 1 10:30am - 11:30am	
						Boot Camp Studio 2 10:30am - 11:30am	
11am	SS Circuit Studio 1 11:15am - 12pm						
12pm	Body Sculpt Studio 1 12:15pm - 1pm	Butts & Guts Studio 1 12:15pm - 1pm	HIIT Studio 1 12:15pm - 1pm	Cycle & Core Studio 2 12:15pm - 1pm			
5pm	Abs Studio 2 5:15pm - 5:30pm	Abs Studio 1 5:15pm - 5:30pm	Power Sculpt & Core Studio 1 5:30pm - 6:30pm	30/30 Studio 2 5:30pm - 6:30pm			
	HIIT Step Studio 1 5:30pm - 6:30pm	HIIT Studio 1 5:30pm - 6:30pm		Zumba Studio 1 5:30pm - 6:30pm			
	Cycle Studio 2 5:30pm - 6:30pm						
6pm	Boot Camp Studio 1 6:30pm - 7:30pm		Boot Camp Studio 1 6:30pm - 7:30pm	Yoga Studio 1 6:30pm - 7:30pm			
7pm			Jammin' Cardio Studio 1 7:30pm - 8:30pm				

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 Cycle!

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.

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

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 & Tai Chi - A blend of intense cycle before a recovering series of Tai Chi 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!

HIIT Step - A High Intensity class that combines the use of the step with other cardio movements to give you a great full body workout!

Jammin' Cardio - An hour of heart pumping low to medium impact dance aerobics. Fun for all ages and walks of life!

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!

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.

Power Sculpt & Core - Traditional Power Sculpt class including muscle toning and power moves combined with intense core work!

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.

SS Circuit - Silver Sneakers, but with a twist!

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.