



Harrison Family YMCA
Virtual Class Schedule
November 25th - December 31st

1000 Independence Drive
Rocky Mount, NC 27804
2529729622

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	Virtual CXWORX Virtual Studio 1 6:05am - 6:35am	Virtual BodyCombat Virtual Studio 1 6:10am - 6:40am	Virtual BodyFlow Virtual Studio 1 6:05am - 6:35am	Virtual BodyCombat Virtual Studio 1 6:10am - 6:40am	Virtual CXWORX Virtual Studio 1 6:05am - 6:35am		
	Virtual Cycle Virtual Studio 2 6:30am - 7:30am	Virtual Cycle Virtual Studio 2 6:30am - 7:30am	Virtual Cycle Virtual Studio 2 6:30am - 7:30am	Virtual Cycle Virtual Studio 2 6:30am - 7:30am	Virtual Cycle Virtual Studio 2 6:30am - 7:30am		
	Virtual BodyCombat Virtual Studio 1 6:45am - 7:15am	Virtual CXWORX Virtual Studio 1 6:45am - 7:15am	Virtual Less Mills Grit Athletic Virtual Studio 1 6:45am - 7:15am	Virtual CXWORX Virtual Studio 1 6:45am - 7:15am	Virtual BodyFlow Virtual Studio 1 6:45am - 7:15am		
7am	Virtual BodyFlow Virtual Studio 1 7:30am - 8am	Virtual Less Mills Grit Cardio Virtual Studio 1 7:30am - 8am	Virtual Less Mills Grit Strength Virtual Studio 1 7:30am - 8am	Virtual Less Mills Grit Cardio Virtual Studio 1 7:30am - 8am	Virtual BodyPump Virtual Studio 1 7:30am - 8am		
8am				Virtual Cycle Virtual Studio 2 8:15am - 9:15am			
11am					Virtual CXWORX Virtual Studio 1 11:30am - 12pm	Virtual SH'BAM Virtual Studio 1 11:35am - 12:05pm	
12pm					Virtual SH'BAM Virtual Studio 1 12:15pm - 1pm	Virtual BodyFlow Virtual Studio 1 12:15pm - 1:15pm	
1pm	Virtual Cycle Virtual Studio 2 1:30pm - 2pm	Virtual Les Mills Barre Virtual Studio 1 1:05pm - 1:35pm	Virtual Cycle Virtual Studio 2 1:30pm - 2pm	Virtual BodyFlow Virtual Studio 1 1:05pm - 1:35pm	Virtual Cycle Virtual Studio 2 1:30pm - 2pm	Virtual Cycle Virtual Studio 2 1:30pm - 2pm	Virtual BodyPump Virtual Studio 1 1:15pm - 2:15pm
		Virtual Cycle Virtual Studio 2 1:30pm - 2pm		Virtual Cycle Virtual Studio 2 1:30pm - 2pm		Virtual Less Mills Grit Cardio Virtual Studio 1 1:30pm - 2pm	Virtual Cycle Virtual Studio 2 1:30pm - 2pm
		Virtual BodyPump Virtual Studio 1 1:40pm - 2:10pm		Virtual Less Mills Grit Athletic Virtual Studio 1 1:40pm - 2:10pm			
2pm						Virtual SH'BAM Virtual Studio 1 2:15pm - 3pm	Virtual Cycle Virtual Studio 2 2:30pm - 3:30pm
						Virtual Cycle Virtual Studio 2 2:30pm - 3:30pm	Virtual CXWORX Virtual Studio 1 2:30pm - 3pm
3pm	Virtual BodyFlow Virtual Studio 1 3pm - 3:30pm	Virtual Less Mills Grit Strength Virtual Studio 1 3pm - 3:30pm	Virtual Les Mills Barre Virtual Studio 1 3pm - 3:30pm	Virtual Less Mills Grit Strength Virtual Studio 1 3pm - 3:30pm	Virtual CXWORX Virtual Studio 1 3pm - 3:30pm	Virtual Les Mills Barre Virtual Studio 1 3:15pm - 3:45pm	Virtual BodyFlow Virtual Studio 1 3:10pm - 4:10pm
	Virtual BodyPump Virtual Studio 1 3:40pm - 4:10pm	Virtual CXWORX Virtual Studio 1 3:40pm - 4:10pm	Virtual BodyFlow Virtual Studio 1 3:40pm - 4:10pm	Virtual CXWORX Virtual Studio 1 3:40pm - 4:10pm	Virtual Less Mills Grit Strength Virtual Studio 1 3:40pm - 4:10pm		
4pm	Virtual Cycle Virtual Studio 2 4pm - 5pm	Virtual Cycle Virtual Studio 2 4pm - 5pm	Virtual Cycle Virtual Studio 2 4pm - 5pm	Virtual Cycle Virtual Studio 2 4pm - 5pm	Virtual Cycle 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
	Virtual SH'BAM Virtual Studio 1 4:15pm - 5pm		Virtual SH'BAM Virtual Studio 1 4:15pm - 5pm		Virtual SH'BAM Virtual Studio 1 4:15pm - 5pm		
5pm					Virtual BodyPump Virtual Studio 1 5:30pm - 6:30pm		
6pm					Virtual CXWORX Virtual Studio 1 6:35pm - 7:05pm		
7pm	Virtual Cycle Virtual Studio 2 7:30pm - 8pm	Virtual Cycle Virtual Studio 2 7:30pm - 8pm	Virtual Cycle Virtual Studio 2 7:30pm - 8pm	Virtual Cycle Virtual Studio 2 7:30pm - 8pm	Virtual Cycle Virtual Studio 2 7:30pm - 8pm		
	Virtual BodyFlow Virtual Studio 1 7:50pm - 8:50pm	Virtual Less Mills Grit Athletic Virtual Studio 1 7:50pm - 8:20pm	Virtual BodyFlow Virtual Studio 1 7:50pm - 8:50pm	Virtual Less Mills Grit Athletic Virtual Studio 1 7:50pm - 8:20pm	Virtual BodyFlow Virtual Studio 1 7:50pm - 8:50pm		

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Class Descriptions Harrison Family YMCA

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!