



Group Exercise Schedule
 Harrison Family YMCA
 October 30th - December 17th

1000 Independence Drive
 Rocky Mount, NC 27804
 2529729622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Cycle Studio 2 Rita Boucher 5am - 6am	HIIT Studio 1 Beth Parrish 5am - 6am	Power Sculpt Studio 1 Jaclyn Votipka 5am - 6am	Pilates Studio 1 Beth Parrish 5am - 6am	HIIT Studio 1 Kelly Bly 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	Cycle Studio 2 Haywood Parker 8:15am - 9:15am	Pedal & Pump Studio 2 Haywood Parker 8:15am - 9:15am	Yoga Studio 1 Kathleen Loucks 8:15am - 9:15am	Step Interval Studio 1 Kim Chandler 8:15am - 9:15am	Cycle Studio 2 Rotating Instructors 8:15am - 9:15am	
		Yoga Studio 1 Kathleen Loucks 8:15am - 9:15am		Kettlebell Interval Studio 2 Haywood Parker 8:15am - 9:15am			
9am	Low Impact Cardio Studio 1 Sharon Simons 9:15am - 10:15am	Dance Fusion Studio 1 Elaine Jaber 9:30am - 10:30am	Abs Studio 2 Haywood Parker 9:15am - 9:30am		Cycle & Pilates Studio 2 Sharon Simons 9am - 10am		
	Cycle Studio 2 Haywood Parker 9:15am - 9:45am		Low Impact Cardio Studio 1 Sharon Simons 9:15am - 10:15am		Body Sculpt Studio 1 Kim Chandler 9:30am - 10:30am		
10am	Line Dancing Studio 1 Elaine Jaber 10:15am - 11:15am	Silver Sneakers Studio 1 Beverly Nines 10:45am - 11:30am		Silver Sneakers Studio 1 Sharon Simons 10:45am - 11:30am		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	Butts & Guts Studio 1 Kim Chandler 12:15pm - 1pm	HIIT Studio 1 Kim Chandler 12:15pm - 1pm	Cycle & Core Studio 2 Kim Chandler 12:15pm - 1pm	Stretch & Stability Studio 1 Kim Chandler 12:15pm - 1:15pm		
5pm	Abs Studio 1 Jessica Horne 5:15pm - 5:30pm	Power Sculpt Studio 1 Lou Ellen Stroud 5:30pm - 6:30pm	Abs Studio 1 Jessica Horne 5:15pm - 5:30pm	TRX Studio 2 Carol Barker 5:30pm - 6:30pm			
	Cycle Studio 2 Jessica Horne 5:30pm - 6:30pm		HIIT Studio 1 Jessica Horne 5:30pm - 6:30pm	Power Sculpt Studio 1 Jessica Horne 5:30pm - 6:30pm			
	Step Studio 1 Lou Ellen Stroud 5:30pm - 6:30pm						
6pm	Boot Camp Studio 1 Elwood Whitaker 6:30pm - 7:30pm	Abs Studio 1 Lou Ellen Stroud 6:30pm - 6:45pm	Boot Camp Studio 1 Elwood Whitaker 6:30pm - 7:30pm	Yoga Studio 1 Kim Chandler 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 Harrison Family YMCA

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

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.

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!

HIIT - High Intensity Interval Training!

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!

Low Impact Cardio - 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.

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.