

**Group Exercise Schedule**  
**Adrian L. Shuford Jr. YMCA**  
**DEC 2024**

**\*NEW CLASSES\***

**Classes in Red Are Appropriate for Older Adults!**



**FOR YOUTH DEVELOPMENT  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY**

PERIOD/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45AM	MANIC MONDAY (Marni) Spin Room	SPIN (Marsha) Spin Room	WORSHIP RIDE (Marni) Spin Room	SPIN (Marsha) Spin Room	SPIN (Marni) Spin Room		
7:30-8:15AM	YOGA (Pete) Yoga Room				YOGA (Pete) Yoga Room		
8:15-9:15AM						BARRE FUSION (KIM)	
8:30-9:30AM	20-20-20 (Kim)	PILATES MAX (Kim)	20-20-20 (Miriam)	PILATES MAX (Kim)	M.A.D (Miriam)		
9:30-10:15AM						TRX (Kellie) TRX Room	
9:30-10:30AM	ZUMBA (Miriam)	BODY SCULPT MAX (Miriam)	POUND EXPO (Kim)	ZUMBA (Miriam)	CORE & MORE (Kari)	CARDIO DANCE (Valerie) 9:45-10:30am	
10:30-11:30AM	SPIN (Tammy) Spin Room	POUND EXPO (Tammy)					
11:00-11:45AM	<b>SILVER SNEAKERS CLASSIC ® (Krystal)</b>		<b>SILVER SNEAKERS CLASSIC ® (Krystal)</b>		<b>SILVER SNEAKERS CLASSIC ® (Kari)</b>		
12:00-12:45PM	<b>SILVER SNEAKERS CLASSIC ® (Dede)</b>		<b>SILVER SNEAKERS CLASSIC ® (Dede)</b>	YOGA (Pete) Yoga Room	<b>*CHAIR YOGA* (MANDY)</b>		
3:00-4:00PM							
4:30-5:15PM		TRX (Kelly) TRX Room	TRX (Kelly) TRX Room	PILATES MAX (Kim)			
5:30-6:15PM	POUND EXPO (Kim)				ZUMBA TONING (Shavodka)		
5:30-6:30PM		POWER CUTS (Vanesa)	STEP/STRENGTH (Michelle)	POWER CUTS (Vanesa)			YOGA (Pete) Yoga Room 4:00-5:00pm
6:30-7:30PM	XTREME HIP HOP (Maria & Lesly)	ZUMBA (Miriam)	YOGA (PETE) Yoga Room	ZUMBA (Shavodka)			CORE & MORE (Pete) 3:00-4:00pm
7:30-8:15PM Every other Monday	ADVANCED XTREME HIP HOP (MARIA)						Find us on Facebook

## Group Exercise Class Descriptions

**Power Cuts:** Conditions the muscles of the entire body with repetitions set to music using plate-loaded bars

**Spin:** An all-level spin class that features a 30-45-minute cardio ride, including a warm-up and cool-down. All classes are first come, first serve.

**Friday Faith Ride:** A ride for all fitness levels that challenges our strength, stamina and endurance. A chance to truly work your mind, body and soul. Energizing Christian playlist that will set your heart on fire,

and work every part of your body. Leave all your concerns at the door, and come join our sweat family as we worship and ride together.

**Warrior Hour:** A ride for all fitness levels that celebrates the Warrior in all of us. Eclectic, themed playlists that change every week. Requests are always welcome!! Here's where we really push the envelope in combining all of the elements...Strength, Stamina, Endurance... REPEAT! There is a Warrior in all of us, let's unearth and unpack that spirit animal together!

**Worship Reset Ride** A ride for all fitness levels that challenges our endurance for a middle of the week reset. A high energy, contemporary Christian playlist that will focus on core strength training, and 30 second intervals of grit and resistance. A sweat party to start your day!

**Yoga:** We will focus on body alignment, movement, and breath which will enhance all aspects of your daily life and health and wellness activities. Come away feeling great with an improved sense of well-being and peace. Move from beginner to advanced posture options.

**Yoga Level 1-2:** This class will help tone and sculpt the muscles of your body. It is a physically vigorous class for creating strength, flexibility, and peace of mind. This is an active class.

**Zumba:** An exciting blend of intense cardio combinations that will have your heart pumping, mixed in with your favorite Latin and ZUMBA dance moves.

**20-20-20:** A 60 minute moderate to high intensity class that is a full body workout! 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core. Come away with a well-rounded group exercise experience!

**Pilates Max:** A system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness.

**Core & More:** Circuit workout for the core, all fitness levels welcome and challenge

**Boot Camp:** Basic kickboxing moves combined with plyometric, strength training with wts, barbells and other equipment in a boot camp setting.

Variety of total body moves designed to challenge every aspect of your fitness: strength, endurance, balance and agility. Tone up and turn on the fat burn! For intermediate to high fitness levels.

**M.A.D.: Making a Difference!** This class is an explosive Mixed Martial Arts cardio and strength workout with grit! You'll be kicking and punching at a rapid pace that will leave you drenched in sweat!

**Step & Strength:** A well-rounded class with intervals of "Step" to get your heart pumping mixed with intervals of "Strength" to keep you strong! This class is great for cardiovascular and muscular endurance.

**Body Sculpt Max:** A full body strength building class that targets all muscle groups using a variety of resistance tools for Maximum strength, muscle tone, and endurance.

**Hot & Happy Yoga:** This yoga class is great for beginners and seniors. It is a gentle 45 minute class focusing on flexibility, balance, strength and yoga breathing.

**Pound Expo:** The Pound Expo class uses weighted drumsticks to help you sweat your way to a rock-hard body!

**XTreme Hip Hop:** a high energy, high calorie burning, and toning step class, using a step board. No experience needed. We go over each call out. Only requirement is a positive attitude and energy. It is a class for all fitness levels.

**XTREME Hip Hop (Advanced edition):** A high energy, high calorie burning, and toning step class, using a step board. Advance class is for one who knows the basic callouts and ready to level up with adding combinations and fancy moves. 1st, 3rd, 5th – Monday and 2nd Sunday of each month.

## For Our Seniors

**SILVERSNEAKERS® CLASSIC:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers® ball are offered for resistance. A chair is available if needed for seated or standing support. YMCA and Silver Sneakers® YMCA