

**Group Exercise Schedule**  
**Adrian L. Shuford Jr. YMCA**  
**Jan-Mar 2025**

**\* NEW THIS MONTH**  
**Class 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	SPIN (Marni) Spin Room	SPIN (Marsha) 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)	Yoga (Pete) Yoga Room	
9:30-10:15AM						TRX (Kellie) TRX Room	
9:30-10:30AM	ZUMBA (Vasti & Miriam)	BODY SCULPT MAX (Miriam)	POUND EXPO (Kim)	ZUMBA (Vasti & Miriam)	CORE & MORE (Kari)	CARDIO DANCE (Valery) Yoga Room 10:00-10:45am	
10:30-11-30AM		*LINE DANCING (Patti) Yoga Room				XTREME Hip Hop (Maria)	
11:00-11:45AM	SILVER SNEAKERS CLASSIC ® (Krystal)	POUND EXPO (Tammy) 10:30-11:30am	SILVER NEAKERS CLASSIC ® (Krystal)		SILVER SNEAKERS CLASSIC ® (Kari)		
12:00-12:45PM	SILVER SNEAKERS CLASSIC ® (Dede)		SILVER SNEAKERS CLASSIC ® (Dede)	YOGA (Pete) Yoga Room	GENTLE CHAIR YOGA (Mandy)		CORE& MORE (Pete) 3pm-4pm
4:30-5:15PM		TRX (Kelly) TRX Room	TRX (Kelly) TRX Room	PILATES MAX (Kim)			YOGA MIX LEVOS (Pete) Yoga Room 4pm-5pm
5:30-6:15PM	POUNT EXPO (Kim)		*LINE DANCING (Patti) Yoga Room 4:30-5:30pm		*ZUMBA TONING* (Shavodka)		
5:30-6:30PM		POWER CUTS (Vanesa)	YOGA (Pete) Yoga Room 5:30pm-6:30pm	POWER CUTS (Vanesa)			
6:30-7:30PM	XTREME HIP HOP (Maria & Lesly)	ZUMBA (Vasti)	STEP/STRENGTH (Michelle)	ZUMBA (Shavodka)			
7:30-8:15PM Every other Monday	AVANCE XTREME HIP HOP (Maria)						Find us on Facebook

## Group Exercise Class Description

**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.

**Yoga:** Yoga builds a strong body, mind and spirit. This yoga class utilizes a combination of Hatha and Vinyasa styles that incorporates postures, breathing exercises and a mindful focus to improve balance, strength and flexibility with a thoughtful arrangement of poses. Great for all experience and fitness levels.

**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!

**Cardio Dance:** A total body workout through dance! With the hottest music as its soundtrack, and a perfect blend of dance moves, this energetic class will tone your upper and lower body and strengthen your core. Get muscle definition while improving your balance and posture, and cardio dance workout moves - all while having a blast!

**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

**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 variety of resistance tools for Maximum strength, muscle tone, and endurance.

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

**TRX®:** (Total Body Resistance Training) is a group suspension training body blast. TRX® is a revolutionary method of leveraged body-weight exercises. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, core strength and prevent injuries. The intensity level is your choice.

**XTREME HIP HOP:** This is a revamp of traditional step aerobics and includes routines set to old and new school hip hop that makes you want to get up and move while getting a great caloric burn!

**XTREME HIP HOP Advance 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.

**LINE DANCING:** In this class you will learn a variety of line dances. It's a fun, stress relieving and very social way to exercise. Line dancing is also a way for you to dance alone and not feel self-conscious. After this line dancing lesson, you will be ready to show off your moves at any wedding reception or large gathering.

### 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 me

**CHAIR YOGA:** In this gentle yoga class participants practice poses seated in a chair or standing with the assistance of a chair. Great for active older adults and for those who are unable to get up and down from the floor. Check out the schedule for chair yoga in your area!

