



Danville Family YMCA March Schedule

Group Exercise

CYCLE class is in the Group Training Studio; Line Dance is in the Gymnasium. ALL other classes are in the Main Group Exercise Room upstairs.

Facility Hours:

Monday–Friday–5:00am–9:00pm

Saturday – 8:00am–6:00pm

Sunday – 12:00pm–5:00pm

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
** indicates a mat is necessary for the class	8:15 Cardio Kick Donni	5:30 Boxing w/TRX Crystal	8:15 Bar Boot Camp Donni	8:15 Cardio Conditioning Donni	5:30 HITT** Karol	
	9:30 Cardio Core Letitia	8:15 Cardio Conditioning Donni	9:30 Yoga Letitia	9:30 Core Strong Michelle	8:15 Group Power David	9:00 Cycle Letitia
	10:30 Line Dance Crystal	9:30 Core Strong Michelle	10:30 Line Dance Crystal	10:30 Senior Fit Michelle	9:30 Cycle Laura	10:00 Yoga YMCA Staff
	4:30 Cardio Mix Upper Robin	10:30 Senior Fit Michelle	4:30 Cardio Mix BLT Robin	4:30 Group Power Randy	10:30 Yoga Frank	
	5:45 Cardio Kick Cindy	4:30 Cycle Fusion Robin	5:45 Line Dance Tevris	5:45 Power Flow Angela		
		5:45 Group Power Angela	6:15 Wing Chun Self-Defense Chad	5:45 Zumba Lesley		
		5:45 Yoga** Kerribeth				

March is here and spring is right around the corner! As the winter chills leave us, there's never been a better time to start putting our classes in your schedules. Find your new favorite whether that be a great pumped up class like Cardio Kick, a more focused one like yoga, or just having some fun in line dance or Zumba! The schedule is largely the same as last month, allowing you to continue with your current routine if you already have one, or add something new in and change it up a bit!

Group Exercise Class Descriptions

Butt/ Legs/ Tummy (BLT) – A mixture of toning for the entire lower body and cardio strength exercises to tone up 'trouble' spots

Cardio Dance – get your heart pounding to Latin and hip-hop rhythms

Cardio Mix – a step workout mixed with body weight training

Cardio Sculpt – a full body workout using a variety of equipment and body weight

Core Strong – athletic, pilates inspired core work with a focus on muscle strength and flexibility

Cycle – An hour on the bike to improve cardio endurance and all over leg strength

Cycle Fusion – A shorter ride with weight training, abs, and a good stretch

Group Power – a periodized, multi-rep muscle training workout set to a great beat

HITT – High Intensity Total Training—a full body workout using body weight (burpees, push-ups, planks)

Line Dance – a fun dance workout for all ages

Weights in Motion – A full body workout that uses weights to get results in all muscle groups

Yoga/Hatha Yoga – mind and body work to promote strength and flexibility

Senior Fit – a great chair-based workout for the older adult population. Energy, movement, and strength combine in this great workout.

Core Strong (Formerly Pilates) – a core-based strength workout that targets muscles that inspire great posture and core strength.

Zumba – Latin-based and modern rhythms to get you moving!

Bar Boot Camp – Think boot camp class, but with a heavy bar thrown in the mix! Lots of strength training to music with a focus on getting stronger and building endurance.

Boxing With TRX – Start out getting your heart rate up with bag work and training, followed by a full strength/stretch workout with the bands – stay for part or all of the class!

Self-Defense – Learn to protect yourself while also getting a great workout in!

Power Flow – A great blend of yoga, Pilates, and core work that is set to music and periodized to assure a full mind and body workout.

Cardio Kick – Cardio driven workout that incorporates combat, kickboxing, and core!