



# Danville Family YMCA October Schedule

## Group Exercise

**Facility Hours:**  
 Monday-Friday-5:00am-9:00pm  
 Saturday - 8:00am-6:00pm  
 Sunday - 12:00pm-5:00pm

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

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>5:30 Boxing w/TRX</b> Crystal			<b>5:30 HITT**</b> Karol	
	<b>8:15 Cardio Kick</b> Donni	<b>8:15 Cardio Conditioning</b> Donni	<b>8:15 Bar Boot Camp</b> Donni	<b>8:15 Cardio Conditioning</b> Donni	<b>8:15 Group Power</b> David	<b>9:00 Extreme Hip Hop Step</b> Comeaux 10/26 – Regular Step with Robin
	<b>9:30 Cardio Core</b> Letitia	<b>9:30 Core Strong</b> Michelle	<b>9:30 Yoga</b> Letitia	<b>9:30 Core Strong</b> Michelle	<b>9:30 Cycle</b> Laura	
	<b>10:30 Line Dance</b> Crystal	<b>10:30 Senior Fit</b> Michelle	<b>10:30 Line Dance</b> Crystal	<b>10:30 Senior Fit</b> Michelle	<b>10:30 Yoga</b> Frank	<b>9:00 Cycle</b> Letitia
	<b>4:30 Cardio Mix Upper</b> Robin	<b>4:30 Cycle Fusion</b> Robin	<b>4:30 Cardio Mix BLT</b> Robin	<b>4:30 Group Power/BBC</b> Krystal		<b>10:00 Yoga</b> YMCA Staff
	<b>5:45 Zumba</b> Darnisha	<b>5:45 Group Power</b> Angela	<b>5:45 Line Dance</b> Tevris	<b>5:45 Zumba</b> Lesley NO CLASS 10/31		
	<b>5:45 Yoga**</b> Kerribeth		<b>6:15 Wing Chun Self-Defense</b> Chad			

\*\* indicates a mat is necessary for the class

There's a chill in the air and things are getting spooky...October is here! While this may be the spookiest month of the year, the only scary thing about our Group Exercise classes is how much fun you'll have with them! This month's schedule looks pretty much the same as September's, just take note of any specific days where a class may not be held. Between the new Extreme Hip Hop Step class added last month and the rest of our stellar classes, you're sure to find a great favorite! Have a great October!

## 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!

**Group Power/BBC** – a great mix of the Group Power class with Bar Boot Camp!

**Extreme Hip Hop Step** – Lively cardio dance class set to great hip hop beats!