



Danville Family YMCA July 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
** 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	NO CLASSES 7/4 HAPPY FOURTH!	9:00 Extreme Hip Hop Step Comeaux NO CLASS 7/12
	9:30 Cardio Core Letitia	8:15 Cardio Conditioning Donni	9:30 Yoga Letitia	9:30 Core Strong Michelle	5:30 HITT** Karol	
	10:30 Line Dance Crystal	9:30 Core Strong Michelle	10:30 Line Dance Crystal	10:30 Senior Fit Michelle	8:15 Group Power David	9:00 Cycle Letitia
	4:30 Cardio Mix Upper Robin	10:30 Senior Fit Michelle	4:30 Cardio Mix BLT Robin	4:30 Group Power/BBC Krystal	9:00 Cycle Laura	10:15 Yoga YMCA Staff
	5:45 Zumba Darnisha	4:30 Cycle Fusion Robin	5:45 Line Dance Tevris	5:45 Zumba Lesley	*NEW CLASS!* 9:30 Forever Fit Michelle	
	5:45 Yoga** Kerribeth	5:45 Group Power Angela	6:15 Wing Chun Self-Defense Chad		10:30 Yoga Frank	

Happy July! We're fully in the summer season now and it's getting hotter and hotter outside! Beat the heat this summer by staying inside...but still staying active by putting one of our fantastic Group Exercise classes in your routine! The schedule is pretty much the same as June, so you can keep up your routine if you have one already or add something new in to shake things up! Remember that on 7/4 the Y will be operating on holiday hours (open 9AM-3PM) and there will be no classes that day.

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!

Forever Fit – A new kind of class that combines movement and equipment creating a great workout for every body!