



# Danville Family YMCA September 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	<b>NO CLASSES 9/1 – HAPPY LABOR DAY!</b>	<b>5:30 Boxing w/TRX</b> Crystal	<b>8:15 Bar Boot Camp</b> Donni	<b>8:15 Cardio Conditioning</b> Donni	<b>5:30 HITT**</b> Karol	<b>9:00 Extreme Hip Hop Step</b> Comeaux NO CLASS 9/27
	<b>8:15 Cardio Kick</b> Donni	<b>8:15 Cardio Conditioning</b> Donni	<b>9:30 Yoga</b> Letitia	<b>9:30 Core Strong</b> Michelle	<b>8:15 Group Power</b> David	<b>9:00 Cycle</b> Laura
	<b>9:30 Cardio Core</b> Letitia	<b>9:30 Core Strong</b> Michelle	<b>10:30 Line Dance</b> Crystal	<b>10:30 Senior Fit</b> Michelle	<b>*NEW CLASS!*</b> <b>9:30 Forever Fit</b> Michelle	<b>9:00 Cycle</b> Letitia
	<b>10:30 Line Dance</b> Crystal	<b>10:30 Senior Fit</b> Michelle	<b>4:30 Cardio Mix BLT</b> Robin	<b>4:30 Group Power/BBC</b> Krystal	<b>10:30 Yoga</b> Frank	<b>10:15 Yoga</b> YMCA Staff
	<b>4:30 Cardio Mix Upper</b> Robin	<b>4:30 Cycle Fusion</b> Robin	<b>5:45 Line Dance</b> Tevris	<b>5:45 Zumba</b> Lesley		
	<b>5:45 Zumba</b> Darnisha	<b>5:45 Group Power</b> Angela	<b>6:15 Wing Chun Self-Defense</b> Chad			
	<b>5:45 Yoga**</b> Kerribeth					

September is here! Summer is winding down and autumn is gearing up to begin! Autumn is a season of change and transition, but thankfully our Group Exercise classes are always here for you! This month's schedule is largely the same as throughout the summer, so your routine can keep going through the seasonal transition. Also, please note that with Labor Day on Monday, 9/1, there will be no Group Exercise classes that day and the Y will be open from 9AM-3PM. Let's have a wonderful September!

## 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!