



# Danville Family YMCA February Schedule

## Group Exercise

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.

<b>Facility Hours:</b>
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	<b>8:15 Cardio Kick</b> Donni  <b>9:30 Cardio Core</b> Letitia  <b>10:30 Line Dance</b> Crystal  <b>4:30 Cardio Mix Upper</b> Robin  <b>5:45 Zumba</b> Darnisha  <b>5:45 Yoga**</b> Kerribeth	<b>5:30 Boxing w/TRX</b> Crystal  <b>8:15 Cardio Conditioning</b> Donni  <b>9:30 Core Strong</b> Michelle  <b>10:30 Senior Fit</b> Michelle  <b>4:30 Cycle &amp; Strength</b> Robin  <b>5:45 Group Power</b> Randy	<b>8:15 Bar Boot Camp</b> Donni  <b>9:30 Power Flow</b> Dr. Jaz  <b>10:30 Line Dance</b> Crystal  <b>4:30 Cardio Mix BLT</b> Robin  <b>5:45 Line Dance</b> Tevris  <b>6:15 Wing Chun Self-Defense</b> Chad	<b>8:15 Cardio Conditioning</b> Donni  <b>9:30 Core Strong</b> Michelle  <b>10:30 Senior Fit</b> Michelle  <b>4:30 Group Power/BBC</b> Krystal  <b>5:45 Zumba</b> Lesley  <b>5:45 Power Flow</b> Dr. Jaz	<b>5:30 HITT**</b> Karol  <b>8:15 Group Power</b> David  <b>9:00 Cycle</b> Laura  <b>9:30 Forever Fit</b> Michelle  <b>10:30 Yoga</b> Frank  <b>4:30 Cycle</b> YMCA Staff	<b>9:00 Extreme Hip Hop Step</b> Comeaux  <b>9:00 Cycle &amp; Abs</b> Letitia  <b>10:15 Yoga</b> YMCA Staff

Happy February! We hope everyone's been keeping up with those New Year's Resolutions! February, among is American Heart Month! Throughout February, everyone is encouraged to focus on their cardiovascular health. A happy, healthy heart is at the center of our physical wellbeing! We have plenty of cardio-focused classes on the schedule, from step and cardio mix classes to dance classes, and more! Check one of them out and develop some good habits for your cardiovascular health this Heart Month!

## 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** – Yoga inspired stretching and power moves to help with mobility and strength. The perfect opportunity to develop new strength and long lasting muscle relief!

- 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!

**Cycle & Strength** – A spin on cycle class that includes 30 minutes of cardio training on the bike and 30 minutes of strength training with weights and mat work. The perfect mix for everyone!