



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	NO CLASSES 9/7 HAPPY LABOR DAY!	5:30 Boxing Fitness Circuit Crystal		5:30 HITT Brianna		
	8:15 Cardio Kick Donni	8:15 Cardio Conditioning Haley	8:15 Group Power Donni	8:15 Cardio Conditioning Dr. Jaz	8:15 Group Power Donni	9:00 Extreme Hip Hop Step Comeaux
	9:30 Cardio Core Letitia	9:30 Core Strong Michelle	9:30 Power Flow Dr. Jaz	9:30 Core Strong Michelle	9:00 Cycle Angela	9:00 Cycle & Abs Letitia
	10:30 Line Dance Crystal	10:30 Senior Fit Michelle	10:30 Line Dance Crystal	10:30 Senior Fit Michelle	9:30 Forever Fit Michelle	
	4:30 Cardio Mix BTS Robin	4:30 Cycle & Strength Robin	4:30 Cardio Mix BLT Robin	4:30 HITT Circuit Training Krystal	10:30 Yoga Frank	10:15 Yoga YMCA Staff
	5:45 Zumba Darnisha	5:45 Group Power Randy	5:45 Line Dance Tevris	5:45 Zumba Lesley	4:30 Cycle & Strength YMCA Staff	
	5:45 Yoga** Kerribeth		6:15 Wing Chun Self-Defense Chad	5:45 Yoga Flow Haley		

September is here! Coming back from summer vacation with some goals you want to reach? Autumn is a season of change, but thankfully our Group Exercise classes are always here for you! This month's schedule is largely the same as it was throughout the summer, so your routine can keep going through the seasonal transition. Also, please note that with Labor Day Monday, 9/7, 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 – 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!