Danville Family YMCA November Schedule

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

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.

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
** indicates a mat is necessary for the class	**8:15 Cardio Kick** Donni **9:30 Cardio Core** Letitia **10:30 Line Dance** Crystal **4:30 Cardio Mix BTS** Robin **5:45 Zumba** Darnisha **5:45 Yoga**** Kerribeth	**5:30 Boxing Fitness Circuit** Crystal **8:15 Cardio Conditioning** Donni **9:30 Core Strong** Michelle **10:30 Senior Fit** Michelle **4:30 Cycle & Strength** Robin NO CLASS 11/17 **5:45 Group Power** Laura	**NO CLASSES AFTER 10:30 ON 11/25** **8:15 Group Power** YMCA Staff **9:30 Power Flow** Dr. Jaz **10:30 Line Dance** Crystal NO CLASS 11/25 **4:30 Cardio Mix BLT** Robin **5:45 Line Dance** Tevris **6:15 Wing Chun Self-Defense** Chad	**NO CLASSES 11/26 HAPPY THANKSGIVNG!** **5:30 HITT** Brianna **8:15 Cardio Conditioning** Dr. Jaz **8:15 Cycle** Laura **9:30 Core Strong** Michelle **10:30 Senior Fit** Michelle **4:30 HITT Circuit Training** Krystal **5:45 Zumba** Lesley **5:45 Yoga Flow** Haley	**8:15 Group Power** Donni **9:30 Forever Fit** Michelle **10:30 Yoga** Frank	**9:00 Extreme Hip Hop Step** Comeaux **9:00 Cycle & Abs** Letitia NO CLASS 11/7 **10:15 Yoga** YMCA Staff

November is here and it's time to start harvesting some great new habits with our Group Exercise Classes! It's always the perfect time to start coming to classes if you haven't started already! Putting a new class in your routine will give you something to be thankful for this month! Speaking of which, with Thanksgiving on the 28th, please remember that the Y will be closed that day. Also, on Wednesday, 11/25, there are no classes after 10:30AM. Let's have a great November together!

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!