



Danville Family YMCA October 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		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	8:15 Cycle Laura	9:30 Forever Fit Michelle	9:00 Cycle & Abs Letitia
	10:30 Line Dance Crystal	10:30 Senior Fit Michelle	10:30 Line Dance Crystal	9:30 Core Strong Michelle	10:30 Yoga Frank	10:15 Yoga YMCA Staff
	4:30 Cardio Mix BTS Robin	4:30 Cycle & Strength Robin	4:30 Cardio Mix BLT Robin	10:30 Senior Fit Michelle		
	5:45 Zumba Darnisha	5:45 Group Power Laura	5:45 Line Dance Tevris	4:30 HITT Circuit Training Krystal		
	5:45 Yoga** Kerribeth		6:15 Wing Chun Self-Defense Chad	5:45 Zumba Lesley		
				5:45 Cycle & Strength YMCA Staff		
				5:45 Yoga Flow Haley		

There's a chill in the air and things are getting spooky...October is here! While this may be the spookiest month of the year, the only scary thing about our Group Exercise classes is how much fun you'll have with them! And this month, we've added a couple new classes on Thursdays! Two new opportunities to get an amazing cardio workout: 8:15AM brings a full hour of cycling and 5:45PM offers a half and half workout with Cycle & Strength. Join in and check them out! Have a great October!

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!