

July 2010

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
|---|--|---|--|--|---|
| | | | 1-Jul 5:45 Cycle 1 Randy 5:45 Boot Camp 2 Bernie 6:35 Sculpt Express 1 Randy 8:00 Hi / Lo 2 Theresa 9:00 Cycle 1 Sean 9:15 Body Blast 2 Andrea 10:15 Body Sculpt 2 Jeannie 10:15 SilverSneakers 1 Allyson 11:15 SilverSneakers 1 Allyson 12:00 Yoga 2 Becky 12:00 Boxing 101 G Blake 3:30 Kid Zumba 2 Robin 4:15 Kickboxing 2 Theresa 5:30 Yoga 1 Janice 5:30 Cardio Cond. 2 Phillip 6:50 Zumba 2 Katherine 7:30 Boxing 101 G Phillip | 2-Jul 5:45 Boot Camp G Jeannie 6:00 Sunrise Yoga 2 Janice 8:00 Pilates 1 Rene 8:15 Cardio/Sculpt 2 Reety 8:15 Boxing G Jessica 9:10 Seniors 1 Reety 10:15 SilverSneakers2 1 Kathy S. 10:20 Zumba 2 Robin 12:00 Yoga 2 Becky 4:15 Cardio / Sculpt 2 Sean | 3-Jul 7:40 Boot Camp 2 Phillip 8:45 Step N Sculpt 2 Jeannie 9:45 Yoga 1 Sean 9:45 Body Power 2 Phillip 10:50 Zumba 2 Katherine 11:00 Cycle 1 Sean 12:15 Kettlebell Exp 2 Phillip |
| | | | | | 4-Jul YMCA CLOSED - NO CLASSES |
| 5-Jul 5:45 Boot Camp 2 Jeannie 6:00 Sunrise Yoga 1 Janice 8:15 Cardio / Muscle 2 Theresa 9:10 Seniors 1 Kathy S. 9:20 Zumba 2 Rachel 10:00 Boxing 101 G Bruce 10:20 Body Blast 2 Theresa 12:00 Kettlebell Ex. 2 Andrew 4:15 Cardio Sculpt 2 Sean 5:30 Cycle 1 Giselle 5:45 Step / Sculpt 2 Mindy 6:35 Yoga 1 Brendan 6:50 Athletic Cond. 2 Kelly 7:00 Kettlebell Ex. CC Phillip | 6-Jul 5:45 Cycle 1 Randy 5:45 Boot Camp 2 Bernie 6:35 Sculpt Express 1 Randy 8:00 Step 2 Mary 9:00 Cycle 1 Sean 9:10 Core & More 2 Jeannie 10:15 Body Sculpt 2 Sandy 10:15 SilverSneakers 1 Kathy S. 11:15 SilverSneakers 1 Kathy S. 12:00 Yoga 2 Becky 12:00 Boxing 101 G Blake 3:30 Kid Zumba 2 Robin 4:15 Kickboxing 2 Theresa 5:30 Muscle Moves 1 Margaret 5:45 Step / Interval 2 Mindy 6:50 Zumba 2 Rachel 7:30 Boxing 101 G Phillip | 7-Jul 5:30 Cycle 1 Giselle 5:45 Boot Camp 2 Jeannie 8:15 Body Power 2 Buffy 9:10 Seniors 1 Kathy S. 9:20 Step & Abs 2 Theresa 10:00 Boxing 101 G Bruce 10:15 Yoga Stretch 1 Becky 10:20 Zumba 2 Rachel 12:00 Kettlebell Exp. 2 Blake 12:00 Cycle 1 Giselle 4:15 Cardio / Sculpt 2 Sean 4:15 Yoga 1 Janice 5:45 Athletic Cond. 2 Sam 5:45 Cycle 1 Jim 6:30 Cycle 1 Jim 6:30 Step / Sculpt 2 Christin 7:00 Kettlebell Exp. CC Phillip | 8-Jul 5:45 Cycle 1 Randy 5:45 Boot Camp 2 Bernie 6:35 Sculpt Express 1 Randy 8:00 Hi / Lo 2 Margaret 9:00 Cycle 1 Sean 9:15 Body Blast 2 Andrea 10:15 Body Sculpt 2 Mary 10:15 SilverSneakers 1 Kathy S. 11:15 SilverSneakers 1 Kathy S. 12:00 Yoga 2 Becky 12:00 Boxing 101 G Blake 3:30 Kid Zumba 2 Christin 4:15 Turbo Kick 2 Christin 5:30 Yoga 1 Brendan 5:30 Cardio Cond. 2 Phillip 6:50 Zumba 2 Mindy 7:30 Boxing 101 G Phillip | 9-Jul 5:45 Boot Camp G Jolene 6:00 Sunrise Yoga 2 Janice 8:00 Pilates 1 Rene 8:15 Cardio/Sculpt 2 Jeannie 8:15 Boxing G Jessica 9:10 Seniors 1 Kathy L. 10:15 SilverSneakers2 1 Mary 10:20 Zumba 2 Rachel 12:00 Yoga 2 Becky 12:00 Cycle 1 Giselle 4:15 Cardio / Sculpt 2 Sean | 10-Jul 7:40 Boot Camp 2 Phillip 8:45 Step N Sculpt 2 Mary 8:45 Pilates 2 1 Angi 9:45 Pilates 1 1 Angi 9:45 Body Power 2 Phillip 10:50 Zumba 2 Christin 11:00 Cycle 1 Sean 12:15 Kettlebell Exp 2 Phillip |
| 12-Jul 5:45 Boot Camp 2 Jolene 6:00 Sunrise Yoga 1 Janice 8:00 Pilates 1 Marilyn 8:15 Cardio / Muscle 2 Fran 9:10 Seniors 1 Kathy L. 9:20 Zumba 2 Rachel 10:00 Boxing 101 G Bruce 10:20 Body Blast 2 Reety 12:00 Kettlebell Ex. 2 Andrew 4:15 Cardio Sculpt 2 Sean 5:30 Cycle 1 Giselle 5:45 Step / Sculpt 2 Mindy 6:35 Yoga 1 Brendan 6:50 Athletic Cond. 2 Sam 7:00 Kettlebell Ex. CC Phillip | 13-Jul 5:45 Cycle 1 Randy 5:45 Boot Camp 2 Bernie 6:35 Sculpt Express 1 Randy 8:00 Step 2 Christin 9:00 Cycle 1 Sean 9:10 Core & More 2 Fran 10:15 Body Sculpt 2 Sandy 10:15 SilverSneakers 1 Allyson 11:15 SilverSneakers 1 Allyson 12:00 Yoga 2 Becky 12:00 Boxing 101 G Blake 3:30 Kid Zumba 2 Christin 4:15 Turbo Kick 2 Christin 5:30 Muscle Moves 1 Margaret 5:45 Step / Interval 2 Reety 6:50 Zumba 2 Mindy 7:30 Boxing 101 G Phillip | 14-Jul 5:30 Cycle 1 Giselle 5:45 Boot Camp 2 Jolene 8:15 Body Power 2 Buffy 9:10 Seniors 1 Reety 9:20 Step & Abs 2 Allyson 10:00 Boxing 101 G Bruce 10:15 Yoga Stretch 1 Becky 10:20 Zumba 2 Rachel 12:00 Kettlebell Exp. 2 Blake 12:00 Cycle 1 Giselle 4:15 Cardio / Sculpt 2 Sean 4:15 Yoga 1 Janice 5:45 Athletic Cond. 2 Sam 5:45 Cycle 1 Steve 6:30 Cycle 1 Steve 6:30 Step / Sculpt 2 Reety 7:00 Kettlebell Exp. CC Phillip | 15-Jul 5:45 Cycle 1 Randy 5:45 Boot Camp 2 Bernie 6:35 Sculpt Express 1 Randy 8:00 Hi / Lo 2 Margaret 9:00 Cycle 1 Sean 9:15 Body Blast 2 Theresa 10:15 Body Sculpt 2 Sandy 10:15 SilverSneakers 1 Allyson 11:15 SilverSneakers 1 Allyson 12:00 Yoga 2 Becky 12:00 Boxing 101 G Blake 3:30 Kid Zumba 2 Christin 4:15 Turbo Kick 2 Christin 5:30 Yoga 1 Brendan 5:30 Cardio Cond. 2 Phillip 6:50 Zumba 2 Christin 7:30 Boxing 101 G Phillip | 16-Jul 5:45 Boot Camp G Jolene 6:00 Sunrise Yoga 2 Crystal 8:00 Pilates 1 Rene 8:15 Cardio/Sculpt 2 Reety 8:15 Boxing G Jessica 9:10 Seniors 1 Reety 10:15 SilverSneakers2 1 Fran 10:20 Zumba 2 Sonia 12:00 Yoga 2 Becky 12:00 Cycle 1 Giselle 4:15 Cardio / Sculpt 2 Sean | 17-Jul 7:40 Boot Camp 2 Phillip 8:45 Step N Sculpt 2 Reety 8:45 Pilates 2 1 Angi 9:45 Pilates 1 1 Angi 9:45 Body Power 2 Phillip 10:50 Zumba 2 Mindy 11:00 Cycle 1 Sean 12:15 Kettlebell Exp 2 Phillip |
| 19-Jul 5:45 Boot Camp 2 Jeannie 6:00 Sunrise Yoga 1 Janice 8:00 Pilates 1 Marilyn 8:15 Cardio / Muscle 2 Theresa 9:10 Seniors 1 Kathy L. 9:20 Zumba 2 Rachel 10:00 Boxing 101 G Bruce 10:20 Body Blast 2 Reety 12:00 Kettlebell Ex. 2 Andrew 4:15 Cardio Sculpt 2 Sean 5:30 Cycle 1 Giselle 5:45 Step / Sculpt 2 Mindy 6:35 Yoga 1 Brendan 6:50 Athletic Cond. 2 Sam 7:00 Kettlebell Ex. CC Phillip | 20-Jul 5:45 Cycle 1 Randy 5:45 Boot Camp 2 Bernie 6:35 Sculpt Express 1 Randy 8:00 Step 2 Theresa 9:00 Cycle 1 Sean 9:10 Core & More 2 Jeannie 10:15 Body Sculpt 2 Sandy 10:15 SilverSneakers 1 Allyson 11:15 SilverSneakers 1 Allyson 12:00 Yoga 2 Becky 12:00 Boxing 101 G Blake 3:30 Kid Zumba 2 Christin 4:15 Turbo Kick 2 Christin 5:30 Muscle Moves 1 Margaret 5:45 Step / Interval 2 Reety 6:50 Zumba 2 Katherine 7:30 Boxing 101 G Phillip | 21-Jul 5:30 Cycle 1 Giselle 5:45 Boot Camp 2 Jeannie 8:15 Body Power 2 Theresa 9:10 Seniors 1 Reety 9:20 Step & Abs 2 Allyson 10:00 Boxing 101 G Bruce 10:15 Yoga Stretch 1 Becky 10:20 Zumba 2 Rachel 12:00 Kettlebell Exp. 2 Blake 12:00 Cycle 1 Giselle 4:15 Cardio / Sculpt 2 Sean 4:15 Yoga 1 Janice 5:45 Athletic Cond. 2 Sam 5:45 Cycle 1 Jim 6:30 Cycle 1 Jim 6:30 Step / Sculpt 2 Allyson 7:00 Kettlebell Exp. CC Phillip | 22-Jul 5:45 Cycle 1 Randy 5:45 Boot Camp 2 Bernie 6:35 Sculpt Express 1 Randy 8:00 Hi / Lo 2 Margaret 9:00 Cycle 1 Sean 9:15 Body Blast 2 Andrea 10:15 Body Sculpt 2 Sandy 10:15 SilverSneakers 1 Allyson 11:15 SilverSneakers 1 Allyson 12:00 Yoga 2 Becky 12:00 Boxing 101 G Blake 3:30 Kid Zumba 2 Christin 4:15 Turbo Kick 2 Christin 5:30 Yoga 1 Brendan 5:30 Cardio Cond. 2 Phillip 6:50 Zumba 2 Robin 7:30 Boxing 101 G Phillip | 23-Jul 5:45 Boot Camp G Jolene 6:00 Sunrise Yoga 2 Janice 8:00 Pilates 1 Rene 8:15 Cardio/Sculpt 2 Reety 8:15 Boxing G Jessica 9:10 Seniors 1 Reety 10:15 SilverSneakers2 1 Fran 10:20 Zumba 2 Sonia 12:00 Yoga 2 Becky 12:00 Cycle 1 Giselle 4:15 Cardio / Sculpt 2 Sean | 24-Jul 7:40 Boot Camp 2 Kelly 8:45 Step N Sculpt 2 Christin 8:45 Pilates 2 1 Fran / Jolene 9:45 Pilates 1 1 Fran / Jolene 9:45 Body Power 2 Sandy 10:50 Zumba 2 Robin 11:00 Cycle 1 Sean 12:15 Kettlebell Exp 2 Andrew |
| | | | | | 25-Jul 1:40 Kid's Yoga 2 Pandora 1:45 Cycle 1 Giselle 2:20 Beginners Yoga 2 Pandora 3:15 Yoga 2 Pandora |

| 26-Jul | | | | 27-Jul | | | | 28-Jul | | | | 29-Jul | | | | 30-Jul | | | | 31-Jul | | | |
|--------|-----------------|----|----------|--------|-----------------|---|-----------|--------|-----------------|----|---------|--------|----------------|---|----------|--------|-----------------|---|---------|--------|----------------|---|---------|
| 5:45 | Boot Camp | 2 | Jeannie | 5:45 | Cycle | 1 | Randy | 5:30 | Cycle | 1 | Giselle | 5:45 | Cycle | 1 | Randy | 5:45 | Boot Camp | G | Jolene | 7:40 | Boot Camp | 2 | Phillip |
| 6:00 | Sunrise Yoga | 1 | Janice | 5:45 | Boot Camp | 2 | Bernie | 5:45 | Boot Camp | 2 | Jeannie | 5:45 | Boot Camp | 2 | Bernie | 6:00 | Sunrise Yoga | 2 | Crystal | 8:45 | Step N Sculpt | 2 | Mindy |
| 8:00 | Pilates | 1 | Fran | 6:35 | Sculpt Express | 1 | Randy | 8:15 | Body Power | 2 | Buffy | 6:35 | Sculpt Express | 1 | Randy | 8:00 | Pilates | 1 | Rene | 8:45 | Pilates 2 | 1 | Angi |
| 8:15 | Cardio / Muscle | 2 | Theresa | 8:00 | Step | 2 | Mary | 9:10 | Seniors | 1 | Reety | 8:00 | Hi / Lo | 2 | Fran | 8:15 | Cardio/Sculpt | 2 | Reety | 9:45 | Pilates 1 | 1 | Angi |
| 9:10 | Seniors | 1 | Kathy L. | 9:00 | Cycle | 1 | Sean | 9:20 | Step & Abs | 2 | Allyson | 9:00 | Cycle | 1 | Sean | 8:15 | Boxing | G | Jessica | 9:45 | Body Power | 2 | Phillip |
| 9:20 | Zumba | 2 | Rachel | 9:10 | Core & More | 2 | Jeannie | 10:00 | Boxing 101 | G | Bruce | 9:15 | Body Blast | 2 | Andrea | 9:10 | Seniors | 1 | Reety | 10:50 | Zumba | 2 | Sonia |
| 10:00 | Boxing 101 | G | Bruce | 10:15 | Body Sculpt | 2 | Sandy | 10:15 | Yoga Stretch | 1 | Mary | 10:15 | Body Sculpt | 2 | Mary | 10:15 | SilverSneakers2 | 1 | Fran | 11:00 | Cycle | 1 | Sean |
| 10:20 | Body Blast | 2 | Reety | 10:15 | SilverSneakers | 1 | Allyson | 10:20 | Zumba | 2 | Rachel | 10:15 | SilverSneakers | 1 | Allyson | 10:20 | Zumba | 2 | Sonia | 12:15 | Kettlebell Exp | 2 | Phillip |
| 12:00 | Kettlebell Ex. | 2 | Andrew | 11:15 | SilverSneakers | 1 | Allyson | 12:00 | Kettlebell Exp. | 2 | Blake | 11:15 | SilverSneakers | 1 | Allyson | 12:00 | Yoga | 2 | Sean | | | | |
| 4:15 | Cardio Sculpt | 2 | Sean | 12:00 | Yoga | 2 | Mary | 12:00 | Cycle | 1 | Giselle | 12:00 | Yoga | 2 | Sean | 12:00 | Cycle | 1 | Giselle | | | | |
| 5:30 | Cycle | 1 | Giselle | 12:00 | Boxing 101 | G | Blake | 4:15 | Cardio / Sculpt | 2 | Sean | 12:00 | Boxing 101 | G | Blake | 4:15 | Cardio / Sculpt | 2 | Sean | | | | |
| 5:45 | Step / Sculpt | 2 | Mindy | 3:30 | Kid Zumba | 2 | Christin | 4:15 | Yoga | 1 | Janice | 3:30 | Kid Zumba | 2 | Christin | | | | | | | | |
| 6:35 | Yoga | 1 | Brendan | 4:15 | Turbo Kick | 2 | Christin | 5:45 | Athletic Cond. | 2 | Sam | 4:15 | Turbo Kick | 2 | Christin | | | | | | | | |
| 6:50 | Athletic Cond. | 2 | Sam | 5:30 | Muscle Moves | 1 | Margaret | 5:45 | Cycle | 1 | Steve | 5:30 | Yoga | 1 | Brendan | | | | | | | | |
| 7:00 | Kettlebell Ex. | CC | Phillip | 5:45 | Step / Interval | 2 | Reety | 6:30 | Cycle | 1 | Steve | 5:30 | Cardio Cond. | 2 | Phillip | | | | | | | | |
| | | | | 6:50 | Zumba | 2 | Katherine | 6:30 | Step / Sculpt | 2 | Reety | 6:50 | Zumba | 2 | Christin | | | | | | | | |
| | | | | 7:30 | Boxing 101 | G | Phillip | 7:00 | Kettlebell Exp. | CC | Phillip | 7:30 | Boxing 101 | G | Phillip | | | | | | | | |

Group Exercise Class Descriptions

Aerobic / Cardio Classes

Cardio Conditioning (1-3): All levels. This class will challenge your cardiovascular system. The exercises and drills will bring your heart rate from aerobic to anaerobic levels and back.

Turbo Kick (1-3): All levels. An intense and fast paced class with plenty of kicking and punch combinations. A calorie burner!!

Hi / Lo (1-3): All levels. An excellent class for anyone new to group exercise classes. All movement patterns and exercises can be performed as high or low impact moves.

Step (1-3): All levels. A challenging workout with basic to intermediate choreography. You will sweat!

Step Interval (1-3): All levels. A great workout using the step as resistance.

Zumba (1-3): All levels. Join us for a "feel happy", Latin-based dance class that combines body sculpting with easy to learn dance steps.

Strength / Toning Classes

Athletic Conditioning: All levels. Get "strong to the core" and have fun with this interactive class using balls and your body weight. You must pick up a pass at the front desk to take this class.

Core & More (1-3): All levels. All movement and exercises in this class work your core muscles which include the deep muscles of the spine, pelvis, hip, shoulder, and scapula.

Body Power (1-3): All levels. Strengthen every major muscle group in your body through the use of a straight bar with plates, hand weights and bands.

Body Sculpt (1-3): All levels. A total body workout designed to increase muscular strength and endurance while using hand weights, straight bar, bands and/or stability balls.

Muscle Moves (1-3): All levels. A strength and conditioning class working all major muscle groups using a variety of equipment.

Combination Classes

Boot Camp (1-3): All levels. This class is a total body workout consisting of sports specific training and intense athletic drills.

Intervals (1-3): All levels. You will burn calories as you alternate between intense levels of intervals of cardio and strength work.

Cardio/Muscle (1-3): All levels. A fun class utilizing hand weights, stability balls, bands and/or medicine balls to give students a great cardio, as well as, strength workout.

Cardio/Sculpt (1-3): All levels. A high intensity sculpting class moving students quickly from one exercise to the next to keep their heart rates elevated. There are cardio intervals, which bring students from aerobic to anaerobic states and back.

Body Blast / Cardio Blast (1-3): All levels. These high-energy combo classes incorporate step work and body sculpting using a variety of equipment.

Cycle Classes

Cycle (1-3): All levels. Get ready for a super cardio workout as you burn calories while pedaling your bike to motivating music.

Mind / Body Classes

Pilates (1-3): All levels. Pilates is a body conditioning program focusing on movements which work the "powerhouse". The practice of Pilates strengthens and lengthens muscles, improves posture, flexibility and balance.

Pilates 1 (1-3): All levels. A great introductory class to the practice of Pilates. You will learn basic Pilates exercises and breathing patterns, as well as how to engage and work your core muscles during the entire class.

Pilates 2 (2-3): A more rigorous class with more advanced exercises. These exercises will challenge your strength, flexibility and balance while working your "powerhouse" muscles.

Yoga/Stretch (1-3): All levels. You will stretch and lengthen your muscles and increase your flexibility.

Yoga (1-3): All levels. Learn and practice basic to intermediate yoga poses. The practice of Yoga increases flexibility, balance and strength.

Express Classes

Kettle Bell Express (1-3): All levels. An intense workout in 30 minutes! This introductory class will teach you basic kettle bell exercises with a strong emphasis on form and technique while using a kettle bell to challenge your cardiovascular and muscular system.

Instructor will assist in matching student to kettlebell. Kettlebells are limited in quantity.

Boxing 101 (1-3): All levels. A traditional boxing class. Participants will learn basic punch combinations using heavy bags. The class will consist of 2 to 3-minute rounds with students rotating through 9-10 stations. A very tough workout with lots of core work.

Wraps and gloves are provided. Limit 10 students! First come, first served.

Senior Classes

Seniors (1-3): All levels. This class is designed for older adults and combines a low impact cardio segment with muscle conditioning using light hand weights and/or resistance bands.

SilverSneakers I (MSROM): A basic class for older adults to increase strength, range of movement, balance, coordination and improve functional capabilities.

SilverSneakers II (Cardio Circuit): A more advanced class for student wanting more cardiovascular and muscular endurance conditioning and have demonstrated above baseline proficiencies in ability, balance, and coordination.

Youth Classes

Kid's Yoga: Ages 10 and under. A 30-minute class designed to provide a playful approach to the practice of Yoga.

Class Intensity

Level 1: A moderate cardiovascular or strengthening class. A good choice for anyone starting to exercise, or returning to working out.

Level 2: Classes recommended for members with intermediate and/or advanced fitness levels.

Level 3: A class designed to challenge those with a high level of fitness.

Fitness Class Policies

Minimum age to participate in an adult group exercise class is 12. Children under this age are not allowed in the room during class time unless the class is designed for them.

Late Policy

Instructors reserve the right not to allow latecomers to enter class. In respect to others in the class, please try to be on time. A sign, "Please do not enter, class in session" will be posted outside the room if and when the instructor has determined latecomers would risk injury, or be disruptive to the class. We appreciate your cooperation.