



GROUP FITNESS SCHEDULE

March 2019

*Schedule Mar 4 - Mar 30

	TIME	CLASS		LOCATION
Monday	5:30 AM	Morning Madness	Jill R.	Group Fitness Studio
	5:30 AM	Spin	Rachel	Spin Room
	6:15 AM	Early Bird	Volunteer Led	Gym
	8:00 AM	Body Blast	Hannah	Group Fitness Studio
	9:00 AM	Power Muscle	Megan	Group Fitness Studio
	9:00 AM	Yoga Flow Level 1 & 2	Sissy	Yoga & Pilates Studio
	9:00 AM	Silver Sneakers	Billy	Butler-Mason
	10:00 AM	Chair Yoga	Sissy	Community Room
	10:15 AM	Chair Yoga	Beth	Butler-Mason
	10:00 AM	AIM	Nancy	Group Fitness Studio
	11:00 AM	Hula Hoop	Volunteer Led	Group Fitness Studio
	11:00 AM	BAM	Sissy	Community Room
	12:10 PM	Lunch Express	Kim	Group Fitness Studio
	1:10 PM	Yoga	Kim	Yoga & Pilates Studio
	4:15 PM	Chair Yoga	Lori	Community Room
	4:30 PM	Core & More	Hannah	Group Fitness Studio
	4:30 PM	Spin	Jill R.	Spin Room
	4:30 PM	Holy Yoga	Maggie	Yoga & Pilates Studio
	5:30 PM	Power Muscle	Suzanna	Group Fitness Studio
	5:30 PM	Spin	Holly	Spin Room
5:30 PM	Yoga	Lucretia	Yoga & Pilates Studio	
6:30 PM	Zumba Soul	Katherine	Group Fitness Studio	
6:30 PM	Spin	Rhonda	Spin Room	
Tuesday	5:30 AM	Piloxing Knockout	Melody	Group Fitness Studio
	5:30 AM	Spin	Lauren	Spin Room
	5:30 AM	Yoga	Jill T.	Yoga & Pilates Studio
	6:20 AM	Spin	Rachel	Spin Room
	8:00 AM	Pilates	Deborah	Group Fitness Studio
	8:30 AM	Yoga	Jill T.	Yoga & Pilates Studio
	9:00 AM	Kickboxing	Megan	Group Fitness Studio
	10:00 AM	Chair Yoga	Lucretia	Community Room
	10:00 AM	Zumba	Sissy	Group Fitness Studio
	11:00 AM	Zumba Gold	Nancy	Group Fitness Studio
	11:30 AM	Silver Sneakers	Rachel	Community Room
	12:10 PM	Pump Express	Jill T.	Group Fitness Studio
	12:10 PM	Spin	Kim	Spin Room
	1:15 PM	Yoga	Lucretia	Yoga & Pilates Studio
	4:30 PM	R.I.P	Holly	Group Fitness Studio
	5:30PM	Zumba	Sabrina	Group Fitness Studio
	5:30 PM	Spin	Suzanna	Spin Room
	5:30 PM	All levels Yoga	Sissy	Yoga & Pilates Studio
6:30 PM	Core & More	Hannah	Group Fitness Studio	
6:30 PM	Spin	Sam	Spin Room	
Wednesday	5:30 AM	Boga Fit	Jill T.	Everett-Milton Pool
	5:30 AM	Morning Madness	Jill R.	Group Fitness Studio
	5:30 AM	Power Flow Yoga	Shena	Yoga & Pilates Studio
	6:15 AM	Early Bird	Volunteer Led	Gym
	8:00 AM	Power Muscle	Rachel	Group Fitness Studio
	9:00 AM	Yoga	Rachel	Yoga & Pilates Studio
	9:00 AM	Zumba	Megan	Group Fitness Studio
	9:00 AM	Silver Sneakers	Billy	Butler-Mason
	10:00 AM	Chair Yoga	Lucretia	Community Room
	10:00 AM	AIM	Nancy	Group Fitness Studio
	11:00 AM	Hula Hoop	Volunteer Led	Group Fitness Studio
	11:00 AM	Use It or Lose It!	Billy	Community Room
	12:10 PM	Lunch Express	Kim	Group Fitness Studio
	1:10 PM	Yoga	Kim	Yoga & Pilates Studio
	4:30 PM	Core & More	Hannah	Group Fitness Studio
	4:30 PM	Spin	Jill R.	Spin Room
	4:30 PM	Holy Yoga	Maggie	Yoga & Pilates Studio
	5:30 PM	Power Muscle	Megan A.	Group Fitness Studio
5:30 PM	Spin	Holly	Spin Room	
5:30 PM	Yoga	Lucretia	Yoga & Pilates Studio	
6:30 PM	Pump	Jill T.	Group Fitness Studio	
Thursday	5:30 AM	Piloxing Knockout	Melody	Group Fitness Studio
	5:30 AM	Spin	Rachel	Spin Room
	5:30 AM	Yoga	Jill T.	Yoga & Pilates Studio
	6:20 AM	Spin	Lauren	Spin Room
	8:00 AM	Pilates	Deborah	Group Fitness Studio
	8:30 AM	Yoga Flow Level 1 & 2	Joanne	Yoga & Pilates Studio
	9:00 AM	Kickboxing	Megan	Group Fitness Studio
	10:00 AM	Chair Yoga	Lucretia	Community Room
	10:00 AM	Zumba	Sissy	Group Fitness Studio
	11:00 AM	Zumba Gold	Nancy	Group Fitness Studio

*Thursday schedule continued on back

Thur	11:30 AM	Silver Sneakers	Rachel	Community Room
	12:10 PM	Pump Express	Jill T.	Group Fitness Studio
	12:10 PM	Spin	Kim	Spin Room
	1:15 PM	Yoga	Lucretia	Yoga & Pilates Studio
	4:30 PM	R.I.P	Holly	Group Fitness Studio
	5:30 PM	Zumba	Sabrina	Group Fitness Studio
	5:30 PM	Spin	Suzanna	Spin Room
	6:30 PM	Core & More	Hannah	Group Fitness Studio
Friday	6:30 PM	Spin	Sam	Spin Room
	5:30 AM	Boga Fit	Jill T.	Everett-Milton Pool
	5:30 AM	Yoga Slow Down	Shena	Yoga & Pilates Studio
	5:30 AM	Pilates	Lauren	Group Fitness Studio
	6:15 AM	Early Bird	Volunteer Led	Gym
	8:00 AM	Body Blast	Rachel	Group Fitness Studio
	9:00 AM	Yoga	Rachel	Yoga & Pilates Studio
	9:00AM	Power Muscle	Megan	Group Fitness Studio
	9:00 AM	Silver Sneakers	Beth	Butler-Mason
	10:00 AM	Chair Yoga	Rachel	Community Room
	10:00 AM	AIM	Susan	Group Fitness Studio
	11:00 AM	Hula Hoop	Volunteer Led	Racquet Ball Court
	11:00 AM	Zumba Soul	Katherine	Group Fitness Studio
	12:10 PM	Lunch Express	Kim	Group Fitness Studio
	1:10 PM	Yoga	Kim	Yoga & Pilates Studio
4:30 PM	Power Muscle	Megan A.	Group Fitness Studio	
4:30 PM	Spin	Victoria	Spin Room	
5:30 PM	Zumba	Sabrina	Group Fitness Studio	
Sat.	9:00 AM	Spin	TBA	Spin Room
	9:00 AM	Zumba Soul	Katherine	Group Fitness Studio
	10:00 AM	Instructor choice	TBA	Group Fitness Studio

Visit www.ymca-thomasville.org for a complete class description or ask a

AIM	Adults in motion! An exercise class designed for those 55 years and up incorporating cardiovascular training, flexibility, strength, and balance.
BAM	Beats And Motion! Using rhythm as the source of inspiration to discover a new group fitness experience BAM combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm.
Body Blast	This is a full body workout that involves cardio to increase the heart rate, and resistance training to sculpt the arms, butt, and core. It is an intense workout to start your day out right and have you leave class feeling great!
Body Blast	This is a full body workout that involves cardio to increase the heart rate, and resistance training to sculpt the arms, butt, and core. It is an intense workout to start your day out right and have you leave class feeling great!
Kickboxing	A cardio workout that incorporates punches, kicks, ply metrics and more. You will burn mega calories. Great for the beginner or the experienced.
Lunch Express	A 30 minute total body workout.
Morning Madness	This circuit style class is guaranteed to wake you up!
Pilates	This class improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.
Power Muscle Pump	Work every major muscle group in the body. Strengthens, conditions, tones, and defines! A workout that challenges all the major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great for any fitness level!
Silver Sneakers	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if
Strong	Combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.
R.I.P.	Combine cardio and strength training for the ultimate full body workout that will tone your muscles and burn fat leaving you dripping with sweat!
Step	This creative routine builds cardiovascular endurance and burns excess fat at a fast rate. A nice variety of moves will ensure you a great workout!
Spin	Join in for an exciting, high-calorie burning workout that utilizes motivational techniques and music, while cycling indoors
Use it or Lose It!	This class is created to help individuals maintain or gain functional strength and balance for every day life by incorporating specific modalities in a friendly and supportive group environment.
Yoga*	This program incorporates the best of stretch, strength, and stabilization training. Exercises are designed to develop strength and flexibility to counter balance the stress of day to day life. *see separate yoga schedule for more detailed yoga descriptions for various yoga classes
Chair Yoga	Perfect for beginning yoga students & those with physical challenges who find it difficult to get on & off the floor as required in a traditional yoga class. The postures are chosen to protect joints, strengthen balance and increase range of movement.
Zumba	One of the fastest growing dance based classes, Zumba fuses hypnotic Latin rhythm and easy to follow moves to create a dynamic fitness workout.
Zumba Soul	Get in touch with your inner joy with zumba soul! Shake it up in a traditional zumba class with the added aspect of exploring your inner being and finding joy through movement!
Zumba Gold	Less intense, with dance routines designed for beginners and older adults who may have limited capabilities.