



# March Group Exercise Schedule

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15-7:15 AM Muscle Pump Bill (B)	6:15-7 AM Pilates Susan (A)	6:15-7:15 AM Total Strength Bill (B)	6:15-7:00 AM Pilates Susan (A)	6:15-7:15 AM Muscle Pump Bill (B)	8:45-9:45 AM Power Yoga Eleanor (B)	2-3 PM Chair Yoga Eleanor (B)
7-8 AM Rocket Yoga Danielle (A)	7-8 AM Silver Sneakers® Susan (B)	6:30-7:15 AM Yogalates Julia (A)	7:45-8:45 AM Silver Sneakers® Susan (B)	6:30-7:15 AM Gentle Yogalates Eleanor (A)	9-10 AM BODYPUMP™ Samantha (A)	3-4 PM Yogalates Eleanor (B)
9-10 AM Aqua Zumba® Patsy	9-10 AM Water Aerobics Karen	8:30-9:30 AM Thai Chi for Arthritis Lonnie (B)	9-10 AM Water Aerobics Karen	9-10:30 AM Classical Yoga Eleanor (B)	9:30-10:30 AM Water Aerobics Michele G	
10:15-11:15 am Zumba® Patsy (A)	10-11 AM BODYPUMP™ Kimberly (A)	9:00-10:00 AM Aqua Zumba® Patsy	10-11 AM BODYPUMP™ Kimberly (A)	9-10 AM Water Aerobics Olivia	10-11 AM Zumba/Dance Fitness Rotating (B)	
11:15-12:15 PM Silver Sneakers® Tiffany (B)	11:15-12:15 PM RPM™ Kimberly (A)	10:15-11:15 AM Zumba® Patsy (A)	11:15-12:15 AM RPM™ Kimberly (A)	10:45-11:45 AM Silver Sneakers® Chandler (B)		
4-5 PM Body Sculpt Lisa (A)	12:15-1 PM Yoga Mix Eleanor (B)	11-12 PM Chair Yoga Eleanor (B)	11-12 PM Gentle Mat Yoga Eleanor (B)			
6-7 PM Zumba/Dance Fitness April and Kolby (A)	4:30-5:30 PM Step Combo Michele (B)	12:15-1 PM Yoga Mix Eleanor (B)	12:15-1 PM Yoga Mix Eleanor (B)			
7-8 PM PiYo Stephanie (B)	5:30-6:30 PM BODYPUMP™ Kimberly (A)	1:15-2:15 PM Silver Sneakers® Kolby (B)	4-5 PM Body Sculpt Lisa (A)			
7:10-7:55 PM BodyPump Express Kimberly (A)	6:15-7:15 PM Zumba® Tiffany (B)	4-4:45 PM Yogalates Eleanor (A)	4:30-5:30 PM Step Combo Michele (B)			
8:05-8:35 CXWorx™ Kimberly (A)	6:35 – 7:05 PM CXWorx™ Kimberly (A)	5:30-7 PM Classical Yoga Josh (A)	5:30-6:30 PM BODYPUMP™ Kimberly (A)			
	7:15-8 PM RPM™ Kimberly (A)	6:30-8 PM Self Defense Lonnie (multi-purpose)	6:15-7:15 PM Zumba® Tiffany (B)			
	7:30-8:30 PM Yin Yoga Danielle (B)		6:35-7:05 PM CXWorx™ Kimberly (A)			
			7:15-8 PM RPM™ Kimberly (A)			

**Southside VA Family YMCA**  
  
 580 Commerce Rd.  
  
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**Body Sculpt:** Sculpt your muscles through a variety of different aerobic and weight bearing exercises performed with weights, bands, jump ropes, stability balls and mats.

**CXWorx™:** “Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. Trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.”

**Muscle Pump:** This class is a total body workout using weights and body strength to perform a variety of different exercises. Each exercise is performed in a 20 second time with 10 seconds rest for 8 sets.

**SilverSneakers®:** 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 needed for seated or standing support.

**Step Combo:** An upbeat, quick paced cardio class combining rhythmic movements and steps on the step box intertwined with resistance training with weights for toning and strengthening.

**Zumba®:** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie -burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

**Pilates:** A strengthening and toning class that progresses through a series of mat exercises focusing on the core of the body, while improving posture.

**Total Strength:** This class offers exercises to increase muscle definition and strength for the upper and lower body, utilizing progressive weights.

**Classical Yoga:** Based on Integral Yoga Hatha, this class will lay the foundation for a dynamic progression of postures, deep relaxation, breathing practices and meditation-leading to a calmer mind and state of well-being.

**Chair Yoga:** This class will help improve one's strength and balance, and aid in relieving tension while maintaining and improving flexibility. Beginners are welcome. Please note that participants do not have to be able to get down to or up from the floor.

**Mat Yoga:** This class requires participants to be able to use a mat on the floor. The format includes breathing exercises, awakening poses, modified sun salutations, strength, balance, and restorative work, as well as final relaxation and meditation.

**PiYo:** Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

**Power Yoga:** This class will make you sweat and improve your body's strength, flexibility, and balance. Class will begin with a warm up and then move on to build muscles and improve balance and stamina. Class will finish with deep stretching and relaxation exercises.

**Tai Chi for Arthritis™:** Tai Chi is an ancient Chinese Martial Art that involves slow movement and coordinated breathing. Regular Tai Chi Practice helps promote aerobic and low-impact exercise, coordination, muscle conditioning while reducing stiffness and pain, and improving general wellness and quality of sleep.

**Yogalates:** This class combines the best of yoga and Pilates to strengthen and tone muscles while improving flexibility. Several options will be taught for each exercise making this class appropriate for beginners and advanced students alike.

**Yoga Mix:** Strengthen, tone, and flex your body in this Yoga variety class. Each week we will explore a different approach to yoga, abdominal power, flexibility, and upper or lower body strength.

**BODYPUMP™:** For anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

**RPM™:** Is a cycling workout that delivers maximum results with minimum impact on your joints. Tune in to some great music and get your pedals spinning as your instructor takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your fitness level over time.

**Aqua Zumba:** For those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. This class blends the Zumba® philosophy with water resistance, enjoy less impact on your joints during one pool party you don't want to miss.

**Water Aerobics:** This class focuses on getting your heart rate up through interval training and resistance training in the water using dumbbells, noodles, and kickboards. Aquatic fitness classes are suitable for all abilities, including non-swimmers.

**Rocket Yoga:** power yoga practice for those who are interested in building heat and exploring inversions. Practitioners flow thru vinyasa transitions, moving from the floor and back up quickly.

**Yin Yoga:** part of the original Hatha Yoga tradition, practitioner's emphasis long-held passive stretches of the deeper connective tissues. Yin yoga mobilizes and strengthens the joints, ligaments and deep fascia networks and is a practice of softening and surrender. The practice is done on the floor and class includes meditation, breathing exercises and poses held 1 to 3 minutes each.