



# TODAY IS GOING TO BE THE BEST DAY EVER!

## February 2018 TAZEWELL MORNING CLASS SCHEDULE

SUN	MON	TUES	WED	THU	FRI	SAT
Inclement Weather Schedule: Please call the Y 1 hour before class start time to check status of scheduled classes!	Feb. 22nd, 9 a.m.-11a.m. Cholesterol Screening (\$15.00 and must fast prior to testing) ) Free Blood Pressures and Sugar Screening	Feb. 22, 6 p.m. Ask the Dietician: Jessica Arney! Questions may be submitted in advance to the front desk		1 5:15 Battle Ropes 9:00 Battle Ropes 9:30 Abs and Stretch 10:00 Chair Aerobics	2 5:15 Cycle 8:00 Line Dance Party 8:15 SPIN 9:15 Cardio Combo  Wear Red Today for Heart Health	3
4	5 5:15 Cycle 8:00 Line Dance Party 8:15 SPIN 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics 11:00 Deep Water	6 5:15 Weight Training 9:00 Battle Ropes 9:30 Abs & Stretch 10:00 Chair Aerobics	7 5:15 Cycle 8:00 Line Dance Party 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics 11:00 Deep Water	8 5:15 Battle Ropes 9:00 Battle Ropes 9:30 Abs and Stretch 10:00 Chair Aerobics	9 5:15 Cycle 8:00 Line Dance Party 8:15 SPIN 9:15 Cardio Combo	10
11	12 5:15 Cycle 8:00 Line Dance Party 8:15 SPIN 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics 11:00 Deep Water	13 5:15 Interval/Toning 9:00 Battle Ropes 9:30 Abs & Stretch 10:00 Chair Aerobics	14 5:15 Cycle 8:00 Line Dance Party 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics 11:00 Deep Water	15 5:15 Battle Ropes 9:00 Battle Ropes 9:30 Abs and Stretch No Chair Aerobics!  10:00 Corn Hole 11:15 Senior Soup & Sandwich Lunch!	16 5:15 Cycle 8:00 No Line Dance Party 8:15 Cycle 9:15 No Cardio Combo	17
18	19 5:15 Cycle 8:00 Line Dance Party 8:15 SPIN 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics 11:00 Deep Water	20 5:15 Weight Lifting 9:00 Battle Ropes 9:30 Abs & Stretch 10:00 Chair Aerobics	21 5:15 Cycle 8:00 Line Dance Party 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics 11:00 Deep Water	22 5:15 Battle Ropes 9:00 Battle Ropes 9:30 Abs and Stretch 10:00 Chair Aerobics	23 5:15 Cycle 8:00 Line Dance Party 8:15 Cycle 9:15 Cardio Combo	24
25	26 5:15 Cycle 8:00 Line Dance Party 8:15 Cycle 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics 11:00 Deep Water	27 5:15 Interval/Toning 9:00 Battle Ropes 9:30 Abs & Stretch 10:00 Chair Aerobics	28 5:15 Cycle 8:00 Line Dance Party 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics 11:00 Deep Water			



# GOOD EVENING!

## FEBRUARY 2018 TAZEWELL EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
Monday/Wednesday 5:30 p.m. & 6:15 p.m. classes will be 45 minutes each!			1 4:30 Power Pump 5:30 Battle Ropes 6:45 Yoga	<b>INDOOR CYCLING &amp; SPINNING®</b> An instructor will lead you the class in different variations and drills on the bikes. The class is limited to 11 participants. <b>POWER PUMP</b> – A group weight workout! The class will use 3lb barbells. 2.5, 5 and 10 lb. plates can be added. Total Body Workout <b>Chair Aerobics</b> –The majority of the class will be done seated in the chair. A great beginner class, participants will do a cardio workout, toning and stretching.
5 4:30 Beginning Line Dance 5:00 Battle Ropes 5:30 PIYO 5:30 Cycle 6:15 Cardio Combo	6 4:30 Power Pump 5:30 Battle Ropes 5:30 Line Dance 6:15 Cycle 6:45 Yoga	7 5:00 Abs Only 5:30 SPIN 5:30 ZUMBA 6:15 Circuit Training	8 4:30 Power Pump 5:30 Battle Ropes 6:45 Yoga	<b>YOGA</b> –These classes will meet in the group exercise room. The participants will work on breathing, stretching, toning and relaxation. Being barefoot is the preferred “shoe”. Yoga mats will be available to use during class. <b>ZUMBA®</b> –This class combines Latin Dance moves Salsa, Merenque, Reggaton, and Cumbia. The class is an upbeat class for all ages. <b>ABS ONLY: 20 minutes of floor abdominal work!</b> <b>DEEP WATER AEROBICS</b> –Meets in the therapy pool. The class focuses on: full range of motion, no impact and core workout
12 4:30 Beginning Line Dance 5:00 Battle Ropes 5:30 ZUMBA 5:30 Cycle 6:15 Cardio Combo	13 4:30 Power Pump 5:30 Battle Ropes 5:30 ZUMBA Kids V-Day 6:15 Cycle 6:45 Yoga  No Line Dance tonight	14 5:00 Abs Only 5:30 Spin 5:30 ZUMBA 6:15 Circuit Training	15 4:30 Power Pump 5:30 Battle Ropes 6:45 Flow Yoga (Recommended for the Intermediate to advanced Yoga participant! )	<b>CARDIO COMBO</b> –Combination that may include step, hi/low, kickboxing, toning, weights and/or stretch! <b>HIIT BATTLE ROPE</b> – High Intensity Interval Training class utilizing battle ropes, body weight exercises and cardio moves! <b>20/20/20</b> – CARDIO, WEIGHT TRAINING, ABS AND STRETCH <b>Beginning Line Dance and Line Dance Party</b> –Learn the basics move of line dance!
19 4:30 Beginning Line Dance 5:00 Battle Ropes 5:30 PIYO 5:30 Cycle 6:15 Cardio Combo	20 4:30 Power Pump 5:30 Battle Ropes 5:30 Line Dance 6:15 Cycle 6:45 Yoga	21 5:00 Abs Only 5:30 SPIN 5:30 ZUMBA 6:15 Circuit Training	22 4:30 No Power Pump 5:30 Battle Ropes 6:45 Yoga  6:00 Ask the Dietician with Jessica!	<b>Line Dance</b> –New, old and popular line dances! <b>Circuit</b> (45 minute class that includes a cardio/weight combo, abs and stretch! <b>PiYo</b> combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.. The speed change will deliver a true fat-burning, low-impact workout <b>Sport:</b> Drills, functional core movements and basic strength training come together to create a total body workout that fits everybody, from the beginner to the athlete
26 4:30 Beginning Line Dance 5:00 Battle Ropes 5:30 ZUMBA 5:30 Cycle 6:15 Cardio Combo	27 4:30 Power Pump 5:30 Battle Ropes 5:30 Line Dance 6:15 Cycle 6:45 Candle Light Yoga	28 5:00 Abs Only 5:30 SPIN 5:30 Sport** 6:15 Circuit Training	** New Class	<b>*We welcome you to join any class at any time! All classes will be multi level class formats!</b>