



# TODAY IS GOING TO BE THE BEST DAY EVER!

## JANUARY 2018 TAZEWELL MORNING CLASS SCHEDULE

SUN	MON	TUES	WED	THU	FRI	SAT
INCLEMENT WEATHER POLICY: Please call 1hr ahead of scheduled class time or check facebook in case of cancellation.	1 Happy New Year! The Y is closed today!	2 5:15 Weight Lifting 9:00 Battle Ropes 9:30 Abs & Stretch 10:00 Chair Aerobics	3 5:15 Cycle 8:00 Line Dance 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics 11:00 Deep Water	4 5:15 Battle Ropes 9:00 Battle Ropes 9:30 Abs & Stretch 10:00 Chair Aerobics	5 5:15 Cycle 8:00 Line Dance 8:15 SPIN 9:15 ZUMBA Gold (101) 10:00 Deep Water	6
7 When Tazewell County Schools are closed or on late schedule due to inclement weather, Child Watch will open at 9:00am	8 5:15 Cycle 8:00 Line Dance 8:15 SPIN 9:15 ZUMBA 10:00 Water Aerobics 10:00 Yoga 11:00 Deep Water	9 5:15 Weight Lifting 9:00 Battle Ropes 9:30 Abs & Stretch 10:00 Chair Aerobics	10 5:15 Cycle 8:00 Line Dance 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics 11:00 No Deep Water Today!	11 5:15 Battle Ropes 9:00 Battle Ropes 9:30 Abs & Stretch 10:00 Chair Aerobics	12 5:15 Cycle 8:00 Line Dance 8:15 SPIN 9:15 Cardio Combo 10:00 Deep Water	13
14	15 5:15 Cycle 8:00 Line Dance 8:15 SPIN 9:15 ZUMBA 10:00 Water Aerobics 10:00 Yoga 11:00 Deep Water	16 5:15 Interval/Toning 9:00 Battle Ropes 9:30 Abs & Stretch 10:00 Chair Aerobics	17 5:15 Cycle 8:00 Line Dance 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics 11:00 Deep Water	18 5:15 Battle Ropes 9:00 Battle Ropes 9:30 Abs & Stretch 10:00 Chair Aerobics	19 5:15 Cycle 8:00 Line Dance 8:15 SPIN 9:15 Cardio Combo 10:00 Deep Water	20
21	22 5:15 Cycle 8:00 Line Dance 8:15 SPIN 9:15 ZUMBA 10:00 Water Aerobics 10:00 Yoga 11:00 Deep Water	23 5:15 Weight Lifting 9:00 Battle Ropes 9:30 Abs & Stretch No Chair Aerobics Today	24 5:15 Cycle 8:00 Line Dance 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics 11:00 Deep Water	25 5:15 Battle Ropes 9:00 Battle Ropes 9:30 Abs & Stretch No Chair Aerobics Today	26 5:15 Cycle 8:00 Line Dance 8:15 SPIN 9:15 Cardio Combo 10:00 Deep Water	27
28	29 5:15 Cycle 8:00 Line Dance 8:15 SPIN 9:15 Zumba 10:00 Water Aerobics 10:00 Yoga 11:00 Deep Water	30 5:15 Interval/Toning 9:00 Battle Ropes 9:30 Abs & Stretch 10:00 Chair Aerobics	31 5:15 Cycle 8:00 Line Dance 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics 11:00 Deep Water			



# GOOD EVENING!

## JANUARY 2018 TAZEWELL EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
<p>1 <b>Happy New Year!</b></p> <p>The Y is closed today!</p>	<p>2 4:30 Power Pump 5:30 <b>No Line Dance</b> 5:30 Battle Ropes 6:45 Yoga</p>	<p>3 5:00 Abs Only 5:30 ZUMBA 5:30 Cycle <b>No 6:30 Class Tonight</b></p>	<p>4 4:30 Power Pump 5:30 Battle Ropes 6:45 Yoga</p>	<p>INDOOR CYCLING &amp; SPINNING® An instructor will lead you the class in different variations and drills on the bikes. The class is limited to 11 participants.</p> <p>POWER PUMP– A group weight workout! The class will use 3lb barbells. 2.5, 5 and 10 lb plates can be added. Total Body Workout</p> <p>Chair Aerobics –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.</p> <p>YOGA –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.</p> <p>ZUMBA®–This class combines Latin Dance moves Salsa, Merenque, Reggaton, and Cumbia. The class is an upbeat class for all ages.</p> <p>ABS ONLY: <b>20 minutes of floor abdominal work!</b></p> <p>DEEP WATER AEROBICS–<b>Meets in the therapy pool. The class focuses on: full range of motion, no impact and core workout</b></p> <p>CARDIO COMBO–Combination that may include step, hi/low, kickboxing, toning, weights and/or stretch!</p> <p>HIIT BATTLE ROPE– High Intensity Interval Training class utilizing battle ropes, body weight exercises and cardio moves!</p> <p><b>20/20/20–</b> CARDIO, WEIGHT TRAINING, ABS AND STRETCH</p> <p>Beginning Line Dance and Line Dance Party–Learn the basics move of line dance!</p> <p>Line Dance–New, old and popular line dances!</p> <p><b>Circuit</b> (40 minute class that includes a cardio/weight combo, abs and stretch!</p> <p><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</p> <p><b>*We welcome you to join any class at any time! All classes will be multi level class formats. All classes can be adjusted to your fitness level.</b></p>
<p>8 4:30 Beginning Line Dance 5:00 Battle Ropes 5:30 PIYO 5:30 Cycle 6:30 20/20/20</p>	<p>9 4:30 Power Pump 5:30 Line Dance 5:30 Battle Ropes 6:45 Yoga</p>	<p>10 5:00 Abs Only 5:30 PIYO 5:30 SPIN 6:30 Circuit Training (40 minutes)</p>	<p>11 4:30 Power Pump 5:30 Battle Ropes 6:45Yoga</p>	
<p>15 4:30 Beginning Line Dance 5:00 Battle Ropes 5:30 ZUMBA 5:30 Cycle 6:30 20/20/20</p>	<p>16 4:30 Power Pump 5:30 Line Dance 5:30 Battle Ropes 6:45 Yoga</p>	<p>17 5:00 Abs Only 5:30 ZUMBA 5:30 SPIN 6:30 Circuit Training (40 minutes)</p>	<p>18 4:30 Power Pump 5:30 Battle Ropes 6:45 Yoga</p>	
<p>22 4:40 Beginning Line Dance 5:00 Battle Ropes 5:30 ZUMBA 5:30 Cycle 6:30 20/20/20</p>	<p>23 <b>4:30 Power Pump will not meet!</b>  5:30 Line Dance 5:30 Battle Ropes 6:45 Yoga</p>	<p>24 <b>5:00 Abs and 5:30 Zumba will not meet!</b>  5:30 SPIN 6:30 Circuit Training (40 Minutes)</p>	<p>25 <b>Power Pump &amp; Yoga will not meet!</b> 5:30 Battle Ropes  CPR class and YMCA Annual Meeting!</p>	
<p>29 4:40 Beginning Line Dance 5:00 Battle Ropes 5:30 PIYO 5:30 Cycle 6:30 20/20/20</p>	<p>30 4:30 Power Pump 5:30 Line Dance 5:30 Battle Ropes 6:45 Yoga</p>	<p>31 5:00 Abs Only 5:30 ZUMBA 5:30 SPIN 6:30 Circuit Training (40 minutes)</p>	<p><b>INCLEMENT WEATHER POLICY: Please call 1hr ahead of scheduled class time or check facebook in case of cancellation.</b></p>	