



TODAY IS GOING TO BE THE BEST DAY EVER!

May 2017 TAZEWELL MORNING CLASS SCHEDULE

SUN	MON	TUES	WED	THU	FRI	SAT
	1 5:15 Cycle 8:00 Line Dance Party 8:15 SPIN 9:00 Deep Water 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics	2 5:15 Insanity/Tone 9:00 Power Pump 10:00 Chair Aerobics	3 5:15 Cycle 8:00 Line Dance Party 8:15 Cycle 9:00 Deep Water 9:15 ZUMBA 10:00 No Yoga Today! 10:00 Water Aerobics	4 5:15 Battle Ropes 9:00 Battle Ropes 9:30 Abs and Stretch 10:00 Chair Aerobics	5 5:15 Cycle 8:00 Line Dance Party 8:15 Cycle 10:00 Deep Water	6 9:30 Turbo Kick
7	8 5:15 Cycle 8:00 Line Dance Party 8:15 SPIN 9:00 Deep Water 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics	9 5:15 Insanity/Tone 9:00 Power Pump 10:00 Chair Aerobics	10 5:15 Cycle 8:00 Line Dance Party 8:15 Cycle 9:00 Deep Water 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics	11 5:15 Battle Ropes 9:00 Battle Ropes 9:30 Abs and Stretch 10:00 Chair Aerobics	12 5:15 Cycle 8:00 Line Dance Party 8:15 SPIN 10:00 Deep Water	13 9:30 Turbo Kick
14	15 5:15 Cycle 8:00 Line Dance Party 8:15 SPIN 9:00 Deep Water 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics	16 5:15 Insanity/Tone 9:00 Power Pump 10:00 Chair Aerobics	17 5:15 Cycle 8:00 Line Dance Party 8:15 Cycle 9:00 Deep Water 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics	18 5:15 Battle Ropes 9:00 Battle Ropes 9:30 Abs and Stretch 10:00 Chair Aerobics	19 5:15 Cycle 8:00 Line Dance Party 8:15 SPIN 10:00 Deep Water	20 9:30 Turbo Kick
21	22 5:15 Cycle 8:00 Line Dance Party 8:15 SPIN 9:00 Deep Water 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics	23 5:15 Insanity/Tone 9:00 Power Pump 10:00 Chair Aerobics	24 5:15 Cycle 8:00 Line Dance Party 8:15 Cycle 9:00 Deep Water 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics	25 5:15 Battle Ropes 9:00 Battle Ropes 9:30 Abs and Stretch 10:00 Chair Aerobics	26 5:15 Cycle 8:00 Line Dance Party 8:15 SPIN 10:00 Deep Water	27 9:30 Turbo Kick
28	29 The YMCA is closed today! Happy Memorial Day!	30 5:15 Insanity/Tone 9:00 Power Pump 10:00 Chair Aerobics	31 5:15 Cycle 8:00 Line Dance Party 8:15 Cycle 9:00 Deep Water 9:15 ZUMBA 10:00 Yoga 10:00 Water Aerobics			



GOOD EVENING!

May 2017 TAZEWELL EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
1 4:30 Beginning Line Dance 5:00 Battle Ropes 5:30 ZUMBA 5:30 Cycle 6:30 RIPPED	2 4:30 Power Pump 5:30 Battle Ropes 5:30 Line Dance 6:45 Yoga	3 5:00 Abs Only 5:30 ZUMBA 5:30 SPIN 6:30 RIPPED	4 4:30 Power Pump 5:30 Battle Ropes 5:30 Step Express (30 minute class) 6:45 Yoga	<p>INDOOR CYCLING & SPINNING® will take place on the 2nd floor, beside the Weight Machine Room. 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- is a group weight workout. The class is limited to the first 19 participants. 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”. Regular 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>EASY TONE/STRETCH OR TONING- Toning with weights, bands etc along with light cardio and stretching</p> <p>R.I.P.P.E.D.™–Combines resistance, intervals, power, plyometrics, endurance, and diet for intense total body workout!</p> <p>Insanity™–Total body conditioning program. High-intensity cardio as its foundation. Using MAX Interval Training. (30 to 40 minute class)</p> <p>ABS ONLY: 20 minutes of floor abdominal work!</p> <p>DEEP WATER AEROBICS–Meets in the therapy pool. Limited to the 1st -10. participants. The class focuses on: full range of motion, no impact and core workout</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>TURBO KICK is a fast paced kickboxing workout mixed with hip hop moves for a cardio workout and calorie blast.</p> <p>**We welcome you to join any class at any time! All classes will be multi-level classes. All classes can be adjusted to your fitness level!</p>
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29 The YMCA is Closed today! Happy Memorial Day!	30 4:30 Power Pump 5:30 Battle Ropes 5:30 Line Dance 6:45 Yoga	31 5:00 Abs Only 5:30 ZUMBA 5:30 SPIN 6:30 RIPPED	*STEP EXPRESS, 30min class. Three week series: May 4th, 11th, 18th	