



TODAY IS GOING TO BE THE BEST DAY EVER!

MAY 2018 TAZEWELL MORNING CLASS SCHEDULE

SUN	MON	TUES	WED	THU	FRI	SAT
<p>*MONDAYS 9:15am Dance It Out combines latin and hip hop dance moves with strength and conditioning. Dance it out is an upbeat, high energy class for all ages. Having a bad day? Come Dance It Out!</p>		<p>1 5:15 Battle Ropes (Marsha) 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Brittany)</p>	<p>2 5:15 Indoor Cycle (Marsha) 8:00 Line Dance Party 9:00 Power Pump (Becka) 10:00 Yoga (Carolynn) 11:15 Deep Water (Carol)</p>	<p>3 5:15 High Impact/Toning (Marsha) 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Brittany)</p>	<p>4 8:00 Line Dance Party</p>	5
6	<p>7 8:00 Line Dance Party 9:15 Dance It Out (Suzie) 10:00 Yoga (Carolynn) 10:00 Water Aerobics NO CLASS 11:15 Deep Water (Carol)</p>	<p>8 5:15 Battle Ropes (Marsha) 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Brittany)</p>	<p>9 5:15 Indoor Cycle (Marsha) 8:00 Line Dance Party 9:00 Power Pump (Becka) 10:00 Yoga (Carolynn) 11:15 Deep Water (Carol)</p>	<p>10 5:15 High Impact/Toning (Marsha) 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Brittany)</p>	<p>11 8:00 Line Dance Party</p>	12
13	<p>14 8:00 Line Dance Party 9:15 Dance It Out (Suzie) 10:00 Yoga (Brittany) 10:00 Water Aerobics NO CLASS 11:15 Deep Water (Carol)</p>	<p>15 5:15 Battle Ropes (Marsha) 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Brittany)</p>	<p>16 5:15 Indoor Cycle (Marsha) 8:00 Line Dance Party 9:00 Power Pump (Becka) 10:00 Yoga (Carolynn) 11:15 Deep Water (Carol)</p>	<p>17 5:15 High Impact/Toning (Marsha) 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Brittany)</p>	<p>18 8:00 Line Dance Party</p>	19
20	<p>21 8:00 Line Dance Party 9:15 Dance It Out (Suzie) 10:00 Yoga (Carolynn) 10:00 Water Aerobics (Candace) 11:15 Deep Water (Carol)</p>	<p>22 5:15 Battle Ropes (Marsha) 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Brittany)</p>	<p>23 5:15 Indoor Cycle (Marsha) 8:00 Line Dance Party 9:00 Power Pump (Becka) 10:00 Yoga (Brittany) 11:15 Deep Water (Carol)</p>	<p>24 5:15 High Impact/Toning (Marsha) 9:00 Battle Ropes + Abs (Matt) 10:00 NO CLASS, CARILION HAS GROUP EX ROOM</p>	<p>25 8:00 NO CLASS, CARILION HAS GROUP EX ROOM</p>	26
27	<p>28 CLOSED FOR MEMORIAL DAY</p>	<p>29 5:15 Battle Ropes (Marsha) 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Brittany)</p>	<p>30 5:15 Indoor Cycle (Marsha) 8:00 Line Dance Party 9:00 Power Pump (Becka) 10:00 Yoga (Carolynn) 11:15 Deep Water (Carol)</p>	<p>31 5:15 High Impact/Toning (Marsha) 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Brittany)</p>		



GOOD EVENING!

MAY 2018 TAZEWELL EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
	1 4:30 Power Pump (Kesha) 5:30 Line Dance Basics (Carol) 5:30 Battle Ropes (Jess) 6:15 Indoor Cycle (Jess) 6:45 Yoga (Brittany)	2 5:00 Abs Only (Matt) 5:30 SPORT (Kesha) 5:30 SPIN (Carolynn)	3 4:30 Power Pump (Kesha) 5:30 Battle Ropes (Jess) 6:45 Yoga (Brittany)	<p>INDOOR CYCLING & SPINNING® will take place on the 2nd floor, beside the Weight Machine Room. An instructor will lead you through 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”. Mats will be available to use during class.</p> <p>DANCE IT OUT—This class combines latin and hip hop dance moves with strength and conditioning. Dance it out is an upbeat, high energy class for all ages. Having a bad day? Come Dance It Out!</p> <p>ABS ONLY: 20 minutes of floor abdominal work!</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>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>SPORT - Drills, functional core movements and basic strength training come together to create a total body workout that fits everybody, from beginner to the athlete</p> <p>MARTIAL ARTS— Classes in Kuniba - Ha Shito - Ryu Shihan, Terry D. Kirk - 7th Dan</p> <p>LINE DANCE PARTY—Join this non-instructor led group for line dance fun and fellowship!</p> <p style="text-align: right;">Phone 276-979-0280 Fax 276-979-0287 www.fsymca.org www.facebook.com/fsymca</p>
7 4:30 Line Dance Basics (Carol) 5:00 Battle Ropes (Matt) 5:30 ZUMBA (Suzanne) 5:30 Indoor Cycle (Robin) 6:30 Martial Arts (Terry)	8 4:30 Power Pump (Kesha) 5:30 Line Dance Basics (Carol) 5:30 Battle Ropes (Jess) 6:15 Indoor Cycle (Jess) 6:45 Yoga (Brittany)	9 5:00 Abs Only (Becka) 5:30 SPORT (Kesha) 5:30 SPIN (Carolynn)	10 4:30 Power Pump (Kesha) 5:30 Battle Ropes (Jess) 6:45 Yoga (Becka)	
14 4:30 Line Dance Basics (Carol) 5:00 Battle Ropes (Matt) 5:30 ZUMBA (Suzanne) 5:30 Indoor Cycle (Robin) 6:30 Martial Arts (Terry)	15 4:30 Power Pump (Kesha) 5:30 Line Dance Basics (Carol) 5:30 Battle Ropes (Jess) 6:15 Indoor Cycle (Jess) 6:45 Yoga (Brittany)	16 5:00 Abs Only (Becka) 5:30 SPORT (Jennifer) 5:30 SPIN (Carolynn)	17 4:30 PowerPump NO CLASS 5:30 Battle Ropes (Jess) 6:45 Yoga (Becka)	
21 4:30 Line Dance Basics (Carol) 5:00 Battle Ropes (Matt) 5:30 ZUMBA (Suzanne) 5:30 Indoor Cycle (Robin) 6:30 Martial Arts (Terry)	22 4:30 Power Pump (Kesha) 5:30 Line Dance Basics (Carol) 5:30 Battle Ropes (Jess) 6:15 Indoor Cycle (Jess) 6:45 Yoga (Nikki)	23 5:00 Abs Only (Becka) 5:30 SPORT (Jennifer) 5:30 SPIN (Carolynn)	24 4:30 NO CLASS, CARILION HAS GROUP EX ROOM 5:30 Battle Ropes (Jess) 6:45 Yoga (Brittany)	
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