



# TODAY IS GOING TO BE THE BEST DAY EVER!

## SEPTEMBER 2017 TAZEWELL MORNING CLASS SCHEDULE

SUN	MON	TUES	WED	THU	FRI	SAT
					1 5:15 Cycle 8:00 Line Dance Party 8:15 No SPIN! 10:00 Deep Water	2 9:30 Turbo Kick  <b>No Child Watch Today!</b>
3	<b>4 The Y is closed today!</b>  <b>Happy Labor Day!</b>	5 5:15 Insanity/Toning 9:00 Battle Ropes 9:30 Abs & Stretch 10:00 Chair Aerobics	6 5:15 Cycle 8:00 Line Dance Party 9:15 ZUMBA 10:00 Yoga 10:15 Water Aerobics 11:00 Deep Water	7 5:15 Battle Ropes 9:00 Battle Ropes 9:30 Abs & Stretch 10:00 Chair Aerobics	8 5:15 Cycle 8:00 Line Dance Party 8:15 SPIN 10:00 Deep Water	<b>9 Turbo Kick will not meet today!</b>
10	11 5:15 Cycle 8:00 Line Dance Party 8:15 SPIN 9:15 ZUMBA 10:00 Yoga 10:15 Water Aerobics 11:00 Deep Water	12 5:15 Insanity/Toning 9:00 Battle Ropes 9:30 Abs & Stretch 10:00 Chair Aerobics	13 5:15 Cycle 8:00 Line Dance Party 9:15 ZUMBA 10:00 Yoga 10:15 Water Aerobics 11:00 Deep Water	14 5:15 Battle Ropes 9:00 Battle Ropes 9:30 Abs & Stretch 10:00 Chair Aerobics	15 5:15 Cycle 8:00 Line Dance Party 8:15 SPIN 10:00 Deep Water	16 9:30 Turbo Kick
17 <b>** 5:15 a.m. classes in RED subject to change!</b>	18 <b>5:15 Cycle**</b> 8:00 Line Dance Party 8:15 SPIN 9:15 ZUMBA 10:00 Yoga 10:15 Water Aerobics 11:00 Deep Water	19 <b>5:15 Insanity/Toning**</b> 9:00 Battle Ropes 9:30 Abs & Stretch 10:00 Chair Aerobics	20 <b>5:15 Cycle**</b> 8:00 Line Dance Party 9:15 ZUMBA 10:00 Yoga 10:15 Water Aerobics 11:00 Deep Water	21 <b>5:15 Battle Ropes**</b> 9:00 Battle Ropes 9:30 Abs & Stretch 10:00 Chair Aerobics	22 <b>5:15 Cycle**</b> 8:00 Line Dance Party 8:15 SPIN 10:00 Deep Water	23 9:30 Turbo Kick
24	25 <b>5:15 Cycle**</b> 8:00 Line Dance Party 8:15 SPIN 9:15 ZUMBA 10:00 Yoga 10:15 Water Aerobics 11:00 Deep Water	26 <b>5:15 Insanity/Toning**</b> 9:00 Battle Ropes 9:30 Abs & Stretch 10:00 Chair Aerobics	27 <b>5:15 Cycle**</b> 8:00 Line Dance Party 9:15 ZUMBA 10:00 Yoga 10:15 Water Aerobics 11:00 Deep Water	28 <b>5:15 Battle Ropes**</b> 9:00 Battle Ropes 9:30 Abs & Stretch 10:00 Chair Aerobics	29 <b>5:15 Cycle**</b> 8:00 Line Dance Party 8:15 SPIN 10:00 Deep Water	30 9:30 Turbo Kick



# GOOD EVENING!

## SEPTEMBER 2017 TAZEWELL EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
4 The Y is Closed Today!	5 4:30 Power Pump 5:30 Battle Ropes 5:30 Line Dance 6:30 Yoga	6 5:00 Abs Only 5:30 ZUMBA 5:30 SPIN 6:30 RIPPED	7 4:30 Power Pump 5:30 Battle Ropes 6:30 Yoga	<p><b>INDOOR CYCLING &amp; SPINNING®</b> will take place on the 2<sup>nd</sup> 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><b>POWER PUMP-</b> 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><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”. Regular mats will be available to use during class.</p> <p><b>ZUMBA®</b>–This class combines Latin Dance moves Salsa, Merenque, Reggaton, and Cumbia. The class is an upbeat class for all ages.</p> <p><b>EASY TONE/STRETCH OR TONING-</b> Toning with weights, bands etc along with light cardio and stretching</p> <p><b>R.I.P.P.E.D.™</b>–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><b>ABS ONLY: 20 minutes of floor abdominal work!</b></p> <p><b>DEEP WATER AEROBICS</b>–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><b>CARDIO COMBO</b>–Combination that may include step, hi/low, kickboxing, toning, weights and/or stretch!</p> <p><b>HIIT BATTLE ROPE</b>– High Intensity Interval Training class utilizing battle ropes, body weight exercises and cardio moves!</p> <p><b>TURBO KICK</b> is a fast paced kickboxing workout mixed with hip hop moves for a cardio workout and calorie blast.</p> <p><b>**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!</b></p>
11 4:30 Beginning Line Dance 5:00 Battle Ropes 5:30 ZUMBA 5:30 Cycle 6:30 RIPPED	12 4:30 Power Pump 5:30 Battle Ropes 5:30 Line Dance 6:30 Yoga	13 5:00 Abs Only 5:30 Cardio Combo 5:30 SPIN 6:30 RIPPED	14 4:30 Power Pump <b>5:30 Step Express</b> 5:30 Battle Ropes 6:30 Yoga	
18 4:30 Beginning Line Dance 5:00 Battle Ropes 5:30 ZUMBA 5:30 Cycle 6:30 RIPPED	19 4:30 Power Pump 5:30 Battle Ropes 5:30 Line Dance 6:30 Yoga	20 5:00 Abs Only 5:30 ZUMBA 5:30 SPIN 6:30 RIPPED	21 <b>No Power Pump</b> 5:30 Battle Ropes 6:30 Yoga	
25 4:30 Beginning Line Dance 5:00 Battle Ropes 5:30 ZUMBA 5:30 Cycle 6:30 RIPPED	26 4:30 Power Pump 5:30 Battle Ropes 5:30 Line Dance 6:30 Yoga	27 5:00 Abs Only 5:30 Cardio Combo 5:30 SPIN 6:30 RIPPED	28 4:30 Power Pump <b>5:30 Step Express</b> 5:30 Battle Ropes 6:30 Yoga	