



TODAY IS GOING TO BE THE BEST DAY EVER!

MARCH 2020 TAZEWELL MORNING CLASS SCHEDULE

SUN	MON	TUES	WED	THU	FRI	SAT
<p>NEW CLASS!! BARRE KICKBOXING! MONDAY EVENING!</p>	<p>2 8:00 Line Dance Party 10:00 Water Aerobics (Janet)</p>	<p>3 9:00 Battle Ropes + Abs (Keshia) 10:00 Chair Aerobics (Keshia)</p>	<p>4 6:00 Battle Ropes (Keshia) 8:00 Line Dance Party 9:00 YOGA (Brooke) 10:00 Water Aerobics (Janet)</p>	<p>5 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Keshia)</p>	<p>6 8:00 Line Dance Party 9:00 ZUMBA (Baleigh) 10:00 YOGA (Brooke) 10:00 Water Aerobics (Viola)</p>	<p>7 9:00 Power Pump 10:00 YOGA (Brooke)</p>
8	<p>9 8:00 Line Dance Party 10:00 Water Aerobics (NO CLASS)</p>	<p>10 9:00 Battle Ropes + Abs (Keshia) 10:00 Chair Aerobics (Keshia)</p>	<p>11 6:00 Battle Ropes (Keshia) 8:00 Line Dance Party 9:00 YOGA (Brooke) 10:00 Water Aerobics (Viola)</p>	<p>12 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Keshia)</p>	<p>13 8:00 Line Dance Party 9:00 ZUMBA (Baleigh) 10:00 YOGA (Brooke) 10:00 Water Aerobics (Viola)</p>	<p>14 9:00 Power Pump 10:00 YOGA (Brooke)</p>
15	<p>16 8:00 Line Dance Party 10:00 Water Aerobics (Viola)</p>	<p>17 9:00 Battle Ropes + Abs (Keshia) 10:00 Chair Aerobics (Keshia)</p>	<p>18 6:00 Battle Ropes (Keshia) 8:00 Line Dance Party 9:00 YOGA (Brooke) 10:00 Water Aerobics (Janet)</p>	<p>19 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Keshia)</p>	<p>20 8:00 Line Dance Party 9:00 ZUMBA (Baleigh) 10:00 YOGA (Brooke) 10:00 Water Aerobics (Viola)</p>	<p>21 9:00 Power Pump 10:00 YOGA (Brooke)</p>
22	<p>23 8:00 Line Dance Party 10:00 Water Aerobics (Janet)</p>	<p>24 9:00 Battle Ropes + Abs (Keshia) 10:00 Chair Aerobics (Keshia)</p>	<p>25 6:00 Battle Ropes (Keshia) 8:00 Line Dance Party 9:00 YOGA (Brooke) 10:00 Water Aerobics (Janet)</p>	<p>26 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Keshia)</p>	<p>27 8:00 Line Dance Party 9:00 ZUMBA (Baleigh) 10:00 YOGA (Brooke) 10:00 Water Aerobics (Viola)</p>	<p>28 9:00 Power Pump 10:00 YOGA (Brooke)</p>
29	<p>30 8:00 Line Dance Party 10:00 Water Aerobics (Janet)</p>	<p>31 9:00 Battle Ropes + Abs (Keshia) 10:00 Chair Aerobics (Keshia)</p>				



GOOD EVENING!

MARCH 2020 TAZEWELL EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
2 4:30 ZUMBA (Baleigh) 5:00 Battle Ropes (Matt) 5:30 POUND/ BARRE KICKBOXING Jami/Keshia 5:30 Indoor Cycle (Robin)	3 5:00 Battle Ropes (Jess) 5:30 Power Pump (Keshia) 6:30 Yoga (Brooke)	4 5:00 CORE (Keshia) 5:30 Indoor Cycle (Robin)	5 5:00 Battle Ropes (Jess) 5:30 Step and Pump (Jess) 6:30 Yoga (Brooke)	<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>CORE: 30 minutes of floor abdominal work!</p> <p>ZUMBA®—This class combines Latin Dance moves Salsa, Merengue, Reggaeton, and Cumbia. The class is an upbeat class for all ages.</p> <p>WATER AEROBICS—Meets in the therapy pool. The class focuses on full range of motion, no impact and core workout</p> <p>HIIT BATTLE ROPE— High Intensity Interval Training class utilizing battle ropes, body weight exercises and cardio moves!</p> <p>LINE DANCE PARTY—Join this non-instructor led group for line dance fun and fellowship!</p> <p>BARRE KICKBOXING—Punch your way through this 30-minute cardio barre boxing workout; pairing plié squats with boxing cardio intervals and non-traditional core movements.</p> <p>POUND®—Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising.</p> <p>STEP AND PUMP— this class will incorporate an exciting cardio combo of power pump and step aerobics to up beat music everyone will enjoy!</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> <p>Phone 276-979-0280 Fax 276-979-0287 www.fsymca.org www.facebook.com/fsymca</p>
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