



TODAY IS GOING TO BE THE BEST DAY EVER!

August 2020 TAZEWELL MORNING CLASS SCHEDULE

SUN	MON	TUES	WED	THU	FRI	SAT
						1
2	3 8:00 Line Dance Party (Pam) 10:00 Water Aerobics (Janet)	4 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Matt)	5 8:00 Line Dance Party (Pam) 10:00 Water Aerobics (Janet)	6 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Matt)	7 8:00 Line Dance Party (Pam) 9:00 YOGA (Brooke) 10:00 Water Aerobics (Janet)	8
9	10 8:00 Line Dance Party (Pam) 10:00 Water Aerobics (Janet)	11 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Matt)	12 8:00 Line Dance Party (Pam) 10:00 Water Aerobics (Janet)	13 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Matt)	14 8:00 Line Dance Party (Pam) 9:00 YOGA (Brooke) 10:00 Water Aerobics (Janet)	15
16	17 8:00 Line Dance Party (Pam) 10:00 Water Aerobics (Janet)	18 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Matt)	19 8:00 Line Dance Party (Pam) 10:00 Water Aerobics (Janet)	20 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Matt)	21 8:00 Line Dance Party (Pam) 9:00 YOGA - NO CLASS 10:00 Water Aerobics (Janet)	22
23	24 8:00 Line Dance Party (Pam) 10:00 Water Aerobics (Janet)	25 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Matt)	26 8:00 Line Dance Party (Pam) 10:00 Water Aerobics (Janet)	27 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Matt)	28 8:00 Line Dance Party (Pam) 9:00 YOGA (Brooke) 10:00 Water Aerobics (Janet)	29
30	31 8:00 Line Dance Party (Pam) 10:00 Water Aerobics (Janet)					



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August 2020 TAZEVELL EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
3 5:00 Battle Ropes (Matt) 5:45 Indoor Cycle (Robin)	4 5:00 Battle Ropes (Kesha) 5:30 Power Pump(Kesha) 6:30 Yoga (Brooke)	5 5:45 Indoor Cycle (Robin)	6 5:00 Battle Ropes (Jessica) 5:30 Power Pump(Kesha)	<p>INDOOR CYCLING & SPINNING® will take place in the Group Ex Room on 1st floor. An instructor will lead you through class in different variations and drills on the bikes. The class is limited to the first 6 participants.</p> <p>POWER PUMP- is a group weight workout. The class will use 3lb barbells. 2.5, 5 and 10 lb plates can be added. This class gives a total body workout. The class is limited to the first 10 participants.</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. Class limited to the first 10 participants.</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. Class limited to the first 10 participants.</p> <p>DEEP WATER AEROBICS—Meets in the therapy pool. The class focuses on full range of motion, no impact and core workout. Class is limited to the first 10 participants.</p> <p>HIIT BATTLE ROPE— High Intensity Interval Training class utilizing battle ropes, body weight exercises and cardio moves! Class Limited to the first 10 participants.</p> <p>LINE DANCE PARTY—Join this non-instructor led group for line dance fun and fellowship! Class limited to the first 10 participants.</p> <p>**We welcome you to join any class at any time! All classes will be multi-level classes. All classes can be modified to your fitness level. Come join in the fun!**</p> <p>PLEASE CLEAN ALL EQUIPMENT (i.e. Mats, Weights, Chairs, Bikes etc.) USED DURING CLASS BEFORE AND AFTER EACH USE.</p> <p>Phone 276-979-0280 Fax 276-979-0287 www.fsymca.org www.facebook.com/fsymca</p>
10 5:00 Battle Ropes (Matt) 5:45 Indoor Cycle (Robin)	11 5:00 Battle Ropes (Matt) 5:30 Power Pump(Kesha) - NO CLASS 6:30 Yoga (Brooke)	12 5:45 Indoor Cycle (Robin)	13 5:00 Battle Ropes (Jessica) 5:30 Power Pump(Kesha)	
17 5:00 Battle Ropes (Matt) 5:45 Indoor Cycle (Robin)	18 5:00 Battle Ropes (Kesha) 5:30 Power Pump(Kesha) 6:30 Yoga (Brooke) - NO CLASS	19 5:45 Indoor Cycle (Robin)	20 5:00 Battle Ropes (Jessica) 5:30 Power Pump(Kesha)	
24 5:00 Battle Ropes (Matt) 5:45 Indoor Cycle (Robin)	25 5:00 Battle Ropes (Kesha) 5:30 Power Pump(Kesha) 6:30 Yoga (Brooke) - NO CLASS	26 5:45 Indoor Cycle (Robin)	27 5:00 Battle Ropes (Jessica) 5:30 Power Pump(Kesha)	
31 5:00 Battle Ropes (Matt) 5:45 Indoor Cycle (Robin)				

