



TODAY IS GOING TO BE THE BEST DAY EVER!

December 2022 TAZEVELL MORNING CLASS SCHEDULE

MON	TUES	WED	THU	FRI	SAT
			1 9:00 Warrior Circuit Class (Matt) 10:00 Y 360	2 8:00 Line Dance Party (Pam) NO CLASS 9:00 Y 360 Senior Strength NO CLASS 10:00 Water Aerobics (Marie)	3
5 8:00 Line Dance Party (Pam) 9:00 Y360 Senior Strength 10:00 Water Aerobics (Marie)	6 9:00 Warrior Circuit Class (Matt) 10:00 Y 360	7 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	8 9:00 Warrior Circuit Class (Matt) 10:00 Y 360 NO CLASS	9 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	10
12 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	13 9:00 Warrior Circuit Class (Matt) 10:00 Y 360	14 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	15 9:00 Warrior Circuit Class (Matt) 10:00 Y 360	16 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	17
19 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	20 9:00 Warrior Circuit Class (Matt) 10:00 Y 360	21 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	22 9:00 Warrior Circuit Class (Matt) 10:00 Y 360	23 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	24
26 8:00 Line Dance Party (Pam) NO CLASS 9:00 Y 360 Senior Strength NO CLASS 10:00 Water Aerobics (Marie) NO CLASS	27 9:00 Warrior Circuit Class (Matt) NO CLASS 10:00 Y 360	28 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	29 9:00 Warrior Circuit Class (Matt) 10:00 Y 360	30 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	31



December 2022 EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
			1 5:00 Warrior Circuit Class (Jessica) 5:30 Step (Missy) 6:35 Yoga (Missy)	<p>RIPPED (1 HOUR) Combines resistance, interval, power, plyometrics, Endurance, and core.</p> <p>CIRCUIT TRAINING (TUESDAY-1 HOUR) Is a form of full body conditioning that involves endurance training, resistance training. It targets strength building and muscular endurance.</p> <p>UP & DOWN (1 HOUR) The class will consist of basic exercises from your school days (jumping jacks, jump rope, squats and walking/running the track).</p>
5 5:00 Warrior Circuit Class (Matt) 5:30 RIPPED (Missy)	6 5:30 UP & DOWN (Missy) 6:35 Yoga (Missy)	7 5:30 RIPPED (Missy)	8 5:00 Warrior Circuit Class (Jessica) 5:30 Step (Missy) 6:35 Yoga (Missy)	<p>Y 360 Virtual Active Older Adult (30-45 MINUTES) A low-impact, low intensity workout that combines cardio, strength, flexibility, and balance training. Chair options for part or all of the class.</p> <p>YOGA (1 HOUR) 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>WATER AEROBICS (1 HOUR) The class focuses on: full range of motion, no impact and core workouts. This class meets in the lap pool.</p>
12 5:00 Warrior Circuit Class (Matt) 5:30 RIPPED (Missy)	13 5:30 UP & DOWN (Missy) 6:35 Yoga (Missy)	14 5:30 RIPPED (Missy)	15 5:00 Warrior Circuit Class (Jessica) 5:30 Step (Missy) 6:35 Yoga (Missy)	<p>WARRIOR CIRCUIT CLASS (30 MINUTES) This class will consist of a number of different exercise stations being set up in the gym. The participants will start at one specific station and rotate through all exercises for set period of time.</p> <p>LINE DANCE PARTY (1 HOUR) This class is a fun way to dance your way to good health. It combines low, moderate and high energy line dance routines and will help you burn calories at the same time.</p>
19 Warrior Circuit Class (Matt) 5:30 RIPPED (Missy)	20 5:30 UP & DOWN (Missy) 6:35 Yoga (Missy)	21 5:30 RIPPED (Missy)	22 5:00 Warrior Circuit Class (Jessica) 5:30 Step (Missy) 6:35 Yoga (Missy)	<p>STEP (1 HOUR) Is a form of aerobic exercise that involves stepping on and off a small platform.</p> <p>FOR YMCA 360 CLASS DESCRIPTIONS SEE THE FRONT DESK OR MATT GRIFFEY FOR MORE DETAILS!</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 on the fun!**</p>
26 Warrior Circuit Class (Matt) NO CLASS 5:30 RIPPED (Missy)	27 5:30 UP & DOWN (Missy) 6:35 Yoga (Missy)	28 5:30 RIPPED (Missy)	29 5:00 Warrior Circuit Class (Jessica) 5:30 Step (Missy) 6:35 Yoga (Missy)	<p>PLEASE CLEAN ALL EQUIPMENT (i.e. Mats, Weights, Chairs, Bikes, etc.) USED DURING CLASS BOTH BEFORE & AFTER EACH USE.</p>