



GOOD EVENING! JANUARY 2021 EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
4 5:00 HIIT Battle Ropes (Matt) 5:45 Indoor Cycle (Robin)	5 5:00 HIIT Battle Ropes (Kesha) 5:30 Power Pump (Kesha) 6:30 YOGA (Brooke)	6 5:45 Indoor Cycle (Robin)	7 5:00 HIIT Battle Ropes (Kesha) 5:30 Power Pump (Kesha) 6:30 YOGA (Brooke)	<p><u>INDOOR CYCLE (1 HOUR)</u> Class will take place in the Group Ex Room on the 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><u>POWER PUMP (1 HOUR)</u> Is a group weight workout. The class will use 3lb barbells and weighted plates (2.5, 5, & 10lb plates can be added)! This class provides a fantastic total body workout! The class is limited to the first 10 participants</p> <p><u>CHAIR FUNCTIONAL FITNESS (45 MINUTES)</u> A low-impact, low intensity workout that combines cardio, strength, flexibility, and balance training. Chair options for part or all of the class. The class is limited to the first 10 participants.</p> <p><u>YOGA (1 HOUR)</u> 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. The class is limited to the first 10 participants.</p> <p><u>WATER AEROBICS (1 HOUR)</u> The class focuses on: full range of motion, no impact and core workouts. This class meets in the lap pool. The class is limited to the first 10 participants.</p> <p><u>HIIT BATTLE ROPES (30 MINUTES)</u> High Intensity Interval Training class utilizing battle ropes, body weight exercises, and cardio moves! The class is limited to the first 10 participants.</p> <p><u>LINE DANCE PARTY (1 HOUR)</u> 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. The class is limited to the first 10 participants.</p> <p style="text-align: center;">FOR MOSSA CLASS DESCRIPTIONS SEE THE FRONT DESK OR MATT GRIFFEY FOR MORE DETAILS!</p> <p style="text-align: center;">** 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> <p style="text-align: center;">PLEASE CLEAN ALL EQUIPMENT (i.e. Mats, Weights, Chairs, Bikes, etc.) USED DURING CLASS BOTH BEFORE & AFTER EACH USE.</p> <p style="text-align: center;">Phone 276-979-0280 Fax 276-979-0287 www.fsymca.org www.facebook.com/fsymca</p>
11 5:00 HIIT Battle Ropes (Matt) 5:45 Indoor Cycle (Robin)	12 5:00 HIIT Battle Ropes (Kesha) 5:30 Power Pump (Kesha) 6:30 YOGA (Brooke)	13 5:45 Indoor Cycle (Robin)	14 5:00 HIIT Battle Ropes (Jessica) 5:30 Power Pump (Kesha) 6:30 YOGA (Brooke)	
18 5:00 HIIT Battle Ropes (Matt) 5:45 Indoor Cycle (Robin)	19 1:00 Mossa Group Fight 5:00 HIIT Battle Ropes (Kesha) 5:30 Mossa Group Power (Kesha) 6:30 YOGA (Brooke)	20 5:00 Mossa Group Core 5:45 Mossa Group Ride (Robin)	21 5:00 HIIT Battle Ropes (Jessica) 5:30 Power Pump (Kesha) 6:30 Mossa Centergy (Brooke)	
25 5:00 HIIT Battle Ropes (Matt) 5:45 Indoor Cycle (Robin)	26 5:00 HIIT Battle Ropes (Kesha) 5:30 Power Pump (Kesha) 6:30 YOGA (Brooke)	27 5:00 Mossa Group Core 5:45 Mossa Group Ride (Robin)	28 5:00 HIIT Battle Ropes (Jessica) 5:30 Mossa Group Power (Kesha) 6:30 Mossa Centergy (Brooke)	