



TODAY IS GOING TO BE THE BEST DAY EVER!

JUNE 2019 TAZEWELL MORNING CLASS SCHEDULE

SUN	MON	TUES	WED	THU	FRI	SAT
IT'S HERE! POUND® BEGINNING JUNE 10!!			* Indicates new class or time			1 9:00 Power Pump (Kesha)
NEW CLASS!! AQUATIC DANCE JAMZ Beginning June 5!!	3 8:00 Line Dance Party 10:00 Water Aerobics (Viola)	4 9:00 Battle Ropes + Abs (Matt) *9:00 Power Pump (Jami) 10:00 Chair Aerobics (Jami)	5 8:00 Line Dance Party 9:00 ZUMBA (Jami) *10:00 Aquatic Dance Jamz (Viola)	6 9:00 Battle Ropes + Abs (Matt) *9:00 RUMBLE (Jami) 10:00 Chair Aerobics (TJ/Jami)	7 8:00 Line Dance Party 9:00 ZUMBA NO CLASS 10:00 Water Aerobics (Viola) *Y GOLF TOURNAMENT	8 9:00 Power Pump NO CLASS *POND CERTIFICATION
NEW TIME! MORNING POWER PUMP BEGINNING TUESDAY JUNE 3 AT 9AM!	10 8:00 Line Dance Party *9:00 POUND (Jami) 10:00 Water Aerobics (Viola)	11 9:00 Battle Ropes + Abs (Matt) *9:00 Power Pump (Jami) 10:00 Chair Aerobics (TJ)	12 8:00 Line Dance Party 9:00 Dance Fitness (Baleigh) *10:00 Aquatic Dance Jamz (Viola)	13 9:00 Battle Ropes + Abs (Matt) *9:00 RUMBLE (Jami) 10:00 Chair Aerobics (TJ/Jami)	14 8:00 Line Dance Party 9:00 ZUMBA (Jami) 10:00 Water Aerobics (Viola)	15 9:00 Power Pump (Kesha)
NEW TIME! MORNING RUMBLE® BEGINNING THURSDAY JUNE 12 AT 4:30PM!	17 8:00 Line Dance Party *9:00 POUND (Jami) 10:00 Water Aerobics (Viola)	18 9:00 Battle Ropes + Abs (Matt) *9:00 Power Pump (Jami) 10:00 Chair Aerobics (TJ)	19 8:00 Line Dance Party 9:00 Dance Fitness (Baleigh) *10:00 Aquatic Dance Jamz (Viola)	20 9:00 Battle Ropes + Abs (Matt) *9:00 RUMBLE NO CLASS 10:00 Chair Aerobics NO CLASS *Carilion in Group Ex Room	21 8:00 Line Dance Party 9:00 ZUMBA (Jami) 10:00 Water Aerobics (Viola)	22 9:00 Power Pump (Kesha)
NEW TIME! EVENING ZUMBA® BEGINNING WEDNESDAY JUNE 6 AT 9AM!	24 8:00 Line Dance Party *9:00 POUND (Jami) 10:00 Water Aerobics (Viola)	25 9:00 Battle Ropes + Abs (Matt) *9:00 Power Pump (Jami) 10:00 Chair Aerobics (TJ)	26 8:00 Line Dance Party 9:00 ZUMBA (Jami) *10:00 Aquatic Dance Jamz (Viola)	27 9:00 Battle Ropes + Abs (Matt) *9:00 RUMBLE NO CLASS 10:00 Chair Aerobics NO CLASS *Carilion in Group Ex Room	28 8:00 Line Dance Party 9:00 ZUMBA (Jami) 10:00 Water Aerobics NO LINE DANCE/ZUMBA *Carilion in Group Ex Room	29 9:00 Power Pump (Kesha)



GOOD EVENING!

JUNE 2019 TAZEVELL EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
3 5:00 Battle Ropes (Matt) 5:30 RUMBLE (Jami/Robin)	4 4:30 Power Pump (Kesha) 5:00 Battle Ropes (Jess) 5:30 BARRE (Keshia) 6:30 Yoga (Rachel)	5 5:30 RUMBLE (Kesha/Tessia)	6 4:30 Power Pump (Jami) 5:00 Battle Ropes (Matt) 5:30 ZUMBA (Jami) 6:30 Yoga (Rachel)	<p>POWER PUMP– is a group weight workout. The class will use 3lb barbells and weighted plates! Fantastic 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”.</p> <p>DANCE FITNESS—A combo of latin and hip hop dance moves with strength and conditioning. Dance Fitness is an upbeat, high energy class for all ages.</p> <p>ZUMBA®–This class combines Latin Dance moves including Salsa, Merenque, Reggaton, and Cumbia. Fun for everyone!!</p> <p>WATER AEROBICS–The class focuses on: full range of motion, no impact and core workout. Meet in the therapy pool.</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®–Mixes elements of Pilates, dance, yoga and functional training. In each energizing and targeted workout, you’ll use the barre and exercise equipment such as small hand weights and a chair to sculpt, slim and stretch you entire body.</p> <p>RUMBLE by R.I.P.P.E.D.®– an authentic, yet simple to master, cardio mixed martial arts for the group exercise environment. You will use a weapon; The RUMBLE Stick – which creates a higher degree of training</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>AQUATIC DANCE JAMZ– Dance your heart out while toning and sculpting in the water! Natural aquatic resistance will create a total body workout!</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 style="text-align: right;">Phone 276-979-0280 Fax 276-979-0287 www.fsymca.org www.facebook.com/fsymca</p>
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