



TODAY IS GOING TO BE THE BEST DAY EVER!

January 2023 TAZEWELL MORNING CLASS SCHEDULE

MON	TUES	WED	THU	FRI	SAT
2 8:00 Line Dance Party (Pam) 9:00 Y360 Senior Strength 10:00 Water Aerobics (Marie)	3 9:00 Warrior Circuit Class (Matt) 10:00 Y 360	4 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	5 9:00 Warrior Circuit Class (Matt) 10:00 Y 360	6 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	7
9 8:00 Line Dance Party (Pam) 9:00 Y360 Senior Strength 10:00 Water Aerobics (Marie)	10 9:00 Warrior Circuit Class (Matt) 10:00 Y 360	11 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	12 9:00 Warrior Circuit Class (Matt) 10:00 Y 360	13 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	14
16 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	17 9:00 Warrior Circuit Class (Matt) 10:00 Y 360	18 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	19 9:00 Warrior Circuit Class (Matt) 10:00 Y 360	20 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	21
23 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	24 9:00 Warrior Circuit Class (Matt) 10:00 Y 360 NO CLASS	25 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	26 9:00 Warrior Circuit Class (Matt) 10:00 Y 360	27 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	28
30 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	31 9:00 Warrior Circuit Class (Matt) 10:00 Y 360				



January 2023 EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
2 5:00 Warrior Circuit Class (Matt) 5:30 RIPPED (Missy)	3 5:30 UP & DOWN (Missy) 6:35 Yoga (Missy)	4 5:30 RIPPED (Missy)	5 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> <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> <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> <p>STEP (1 HOUR) Is a form of aerobic exercise that involves stepping on and off a small platform.</p> <p>HIIT BATTLE ROPES (30 MINUTES) High Intensity Interval Training class utilizing battle ropes, body weight exercises, and cardio moves!</p> <p style="text-align: center;">FOR YMCA 360 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>
9 5:00 Warrior Circuit Class (Matt) 5:30 RIPPED (Missy)	10 4:00 HIIT Battle Ropes (Carrie) 5:30 UP & DOWN (Missy) 6:35 Yoga (Missy)	11 5:30 RIPPED (Missy)	12 4:00 HIIT Battle Ropes (Carrie) 5:00 Warrior Circuit Class (Jessica) 5:30 Step (Missy) 6:35 Yoga (Missy)	
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