



# TODAY IS GOING TO BE THE BEST DAY EVER!

## January 2021 TAZEVELL MORNING CLASS SCHEDULE

SUN	MON	TUES	WED	THU	FRI	SAT
						1 10:00 Yoga (Missy)
2	3 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength #4 10:00 Water Aerobics (Marie)	4 9:00 HIIT Battle Ropes (Matt) 10:00 Y 360	5 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength #5 10:00 Water Aerobics (Marie)	6 9:00 HIIT Battle Ropes (Marie) 10:00 Y 360	7 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength #6 10:00 Water Aerobics (Marie)	8 10:00 Yoga (Missy)
9	10 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength #7 10:00 Water Aerobics (Marie)	11 9:00 HIIT Battle Ropes (Matt) 10:00 Y 360 <b>NO CLASS</b>	12 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength #8 10:00 Water Aerobics (Marie)	13 9:00 HIIT Battle Ropes (Marie) 10:00 Y 360	14 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength #9 10:00 Water Aerobics (Marie)	15 10:00 Yoga (Missy)
16	17 8:00 Line Dance Party (Pam) 9:00 Y360 Senior Strength #10 10:00 Water Aerobics (Marie)	18 9:00 HIIT Battle Ropes (Matt) 10:00 Y 360	19 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength #11 10:00 Water Aerobics (Marie)	20 9:00 HIIT Battle Ropes (Marie) 10:00 Y 360	21 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength #9 10:00 Water Aerobics (Marie)	22 10:00 Yoga (Missy)
23	24 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength #12 10:00 Water Aerobics (Marie)	25 9:00 HIIT Battle Ropes (Matt) 10:00 Y 360	26 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength #3 10:00 Water Aerobics (Marie)	27 9:00 HIIT Battle Ropes (Marie) 10:00 Y 360	28 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength #1 10:00 Water Aerobics (Marie)	29 10:00 Yoga (Missy)
30	31 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength #12 10:00 Water Aerobics (Marie)	<a href="http://www.fsymca.org">www.fsymca.org</a>	<a href="https://www.facebook.com/fsymca">www.facebook.com/fsymca</a>		<b>Phone 276-979-0280</b>	



# GOOD EVENING!

## January 2022 EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
3 5:00 HIIT Battle Ropes (Matt)  5:00 Power Pump (Marie)	4 5:30 Circuit Training (Missy)  6:35 Yoga (Missy)	5  5:00 Power Pump (Marie)	6 5:00 HIIT Battle Ropes (Jessica)  5:30 Step (Missy)  6:35 Yoga (Missy)	<p><b>SPIN</b> ( 1 HOUR) 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 <b>6</b> participants.</p> <p><b>CIRCUIT TRAINING</b> (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><b>POWER PUMP</b> (1 HOUR) Is a group weight workout. The class will use 3lb barbells and weighted plates (2.5, 5, &amp; 10lb plates can be added)! This class provides a fantastic total body workout! The class is limited to the first <b>10</b> participants</p> <p><b>Y 360 Virtual Active Older Adult</b> (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. The class is limited to the first <b>10</b> participants.</p> <p><b>YOGA</b> (1HOUR)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 <b>10</b> participants.</p> <p><b>WATER AEROBICS</b> (1 HOUR) 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 <b>10</b> participants.</p> <p><b>HIIT BATTLE ROPES</b> (30 MINUTES) High Intensity Interval Training class utilizing battle ropes, body weight exercises, and cardio moves! The class is limited to the first <b>10</b> participants.</p> <p><b>LINE DANCE PARTY</b> (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. The class is limited to the first <b>10</b> participants.</p> <p><b>STEP</b> (1 HOUR) Is a form of aerobic exercise that involves stepping on and off a small platform.</p> <p style="text-align: center;"><b>FOR YMCA 360 CLASS DESCRIPTIONS SEE THE FRONT DESK OR MATT GRIFFEY FOR MORE DETAILS!</b></p> <p style="text-align: center;"><b>** 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!**</b></p> <p style="text-align: center;"><b>PLEASE CLEAN ALL EQUIPMENT (i.e. Mats, Weights, Chairs, Bikes, etc.) USED DURING CLASS BOTH BEFORE &amp; AFTER EACH USE.</b></p>
10 5:00 HIIT Battle Ropes (Matt)  5:00 Power Pump (Marie)	11 5:30 Circuit Training (Missy) <b>NO CLASS</b>  6:35 Yoga (Missy)	12  5:00 Power Pump (Marie)	13 5:00 HIIT Battle Ropes (Jessica)  5:30 Step (Missy)  6:35 Yoga (Missy)	
17 5:00 HIIT Battle Ropes (Matt)  5:00 Power Pump (Marie)	18 5:30 Circuit Training (Missy)  6:35 Yoga (Missy)	19  5:00 Power Pump (Marie)	20 5:00 HIIT Battle Ropes (Jessica)  5:30 Step (Missy)  6:35 Yoga (Missy)	
24 5:00 HIIT Battle Ropes (Matt)  5:00 Power Pump (Marie)	25 5:30 Circuit Training (Missy)  6:35 Yoga (Missy)	26  5:00 Power Pump (Marie)	27 5:00 HIIT Battle Ropes (Jessica)  5:30 Step (Missy)  6:35 Yoga (Missy)	
31 5:00 HIIT Battle Ropes (Matt)  5:00 Power Pump (Marie)				