



# Stay Positive, Work Hard, Make it Happen!

## July 2024 MORNING CLASS SCHEDULE

| MON  | TUES                                     | WED   | THU  | FRI  | SAT       |
|--|--|---|--|--|-----------|
| <b>1</b><br>8:00 Line Dance Party (Pam)<br>9:00 Power Pump (Debbie)<br>9:00 Water Aerobics<br>10:00 Chair Aerobics (Debbie)  | <b>2</b><br>9:00 Dance! Dance! (Kelley)  | <b>3</b><br>8:00 Line Dance Party (Pam)<br>9:00 Chair Aerobics (Debbie)<br>9:00 Water Aerobics  | <b>4</b><br><b>No Classes</b><br><b>Y Closed</b><br><b>4th of July</b> | <b>5</b><br>8:00 Line Dance Party (Pam)<br><b>(NO CLASS)</b><br>9:00 PiYo (Kelley)<br><b>(NO CLASS)</b><br>9:00 Water Aerobics | <b>6</b>  |
| <b>8</b><br>8:00 Line Dance Party (Pam)<br>9:00 Power Pump (Debbie)<br>9:00 Water Aerobics<br>10:00 Chair Aerobics (Debbie)  | <b>9</b><br>9:00 Dance! Dance! (Kelley)  | <b>10</b><br>8:00 Line Dance Party (Pam)<br>9:00 Chair Aerobics (Debbie)<br>9:00 Water Aerobics | <b>11</b><br>9:00 Dance! Dance! (Kelley)<br><b>(NO CLASS)</b>          | <b>12</b><br>8:00 Line Dance Party (Pam)<br>9:00 PiYo (Kelley)<br>9:00 Water Aerobics  | <b>13</b> |
| <b>15</b><br>8:00 Line Dance Party (Pam)<br>9:00 Power Pump (Debbie)<br>9:00 Water Aerobics<br>10:00 Chair Aerobics (Debbie) | <b>16</b><br>9:00 Dance! Dance! (Kelley) | <b>17</b><br>8:00 Line Dance Party (Pam)<br>9:00 Chair Aerobics (Debbie)<br>9:00 Water Aerobics | <b>18</b><br>9:00 Dance! Dance! (Kelley)                               | <b>19</b><br>8:00 Line Dance Party (Pam)<br>9:00 PiYo (Kelley)<br>9:00 Water Aerobics  | <b>20</b> |
| <b>22</b><br>8:00 Line Dance Party (Pam)<br>9:00 Power Pump (Debbie)<br>9:00 Water Aerobics<br>10:00 Chair Aerobics (Debbie) | <b>23</b><br>9:00 Dance! Dance! (Kelley) | <b>24</b><br>8:00 Line Dance Party (Pam)<br>9:00 Chair Aerobics (Debbie)<br>9:00 Water Aerobics | <b>25</b><br>9:00 Dance! Dance! (Kelley)<br><b>(NO CLASS)</b>          | <b>26</b><br>8:00 Line Dance Party (Pam)<br>9:00 PiYo (Kelley)<br>9:00 Water Aerobics  | <b>27</b> |
| <b>29</b><br>8:00 Line Dance Party (Pam)<br>9:00 Power Pump (Debbie)<br>9:00 Water Aerobics<br>10:00 Chair Aerobics (Debbie) | <b>30</b><br>9:00 Dance! Dance! (Kelley) | <b>31</b><br>8:00 Line Dance Party (Pam)<br>9:00 Chair Aerobics (Debbie)<br>9:00 Water Aerobics |  |  | <b>29</b> |



# Stay Positive, Work Hard, Make it Happen!

## July 2024 EVENING CLASS SCHEDULE

| MON | TUE  | WED | THU   | CLASS DESCRIPTION  |
|-----|--|-----|---|--|
| 1   | 2<br>5:35 Circuit Training (Missy)<br><br>6:35 Yoga (Missy)  | 3   | 4<br><br><b style="color: red; font-size: 1.2em;">No Classes<br/>Y Closed<br/>4th of July</b> | <p><b>POWER PUMP</b> (1 HOUR) Resistance-based strength workout that targets your whole body.</p> <p><b>CIRCUIT TRAINING</b> (1 HOUR) Is a form of full body conditioning that involves endurance training, resistance training. It targets strength building and muscular endurance.</p>  |
| 8   | 9<br>5:35 Circuit Training (Missy)<br><br>6:35 Yoga (Missy)  | 10  | 11<br>5:00 HIIT Battle Ropes (Jessica)<br><br>5:35 Step (Missy)<br><br>6:35 Yoga (Missy)      | <p><b>YOGA</b> (30-40MINS) 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><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.</p> <p><b>HIIT BATTLE ROPES</b> (30 MINUTES) High Intensity Interval Training class utilizing battle ropes, body weight exercises, and cardio moves!</p> |
| 15  | 16<br>5:35 Circuit Training (Missy)<br><br>6:35 Yoga (Missy) | 17  | 18<br>5:00 HIIT Battle Ropes (Jessica)<br><br>5:30 Step (Missy)<br><br>6:35 Yoga (Missy)      | <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.</p> <p><b>STEP</b> (1 HOUR) Is a form of aerobic exercise that involves stepping on and off a small platform.</p> <p><b>CHAIR AEROBICS</b> (1 Hour) 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>                                  |
| 22  | 23<br>5:35 Circuit Training (Missy)<br><br>6:35 Yoga (Missy) | 24  | 25<br>5:00 HIIT Battle Ropes (Jessica)<br><br>5:30 Step (Missy)<br><br>6:35 Yoga (Missy)      | <p><b>Dance! Dance!</b> (1 HOUR) Latin, hip-hop, 70s funk—if its FUN we dance it!! Moves between hi/lo intensity that gets your heart rate up and boosts cardio.</p> <p><b>PiYo</b> (1 HOUR) This class combines the muscle-sculpting, core-firming benefits of Pilates, the strength and flexibility of Yoga and adds sweat-burning Piyo with rounds of strength moves, stretching and cardio, all in one. Yoga mat, foam brick and towel needed.</p>   |
| 29  | 30<br>5:35 Circuit Training (Missy)<br><br>6:35 Yoga (Missy) | 31  |   | <p style="text-align: center;"><b>FOR YMCA 360 CLASS DESCRIPTIONS SEE THE FRONT DESK<br/>OR ELIJAH SMITH 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>   |