



Stay Positive, Work Hard, Make it Happen!

July 2025 MORNING CLASS SCHEDULE

MON	TUES	WED	THU	FRI	SAT
	1	2 8:00 Line Dance Party (Pam) 9:00 Total Body (Debbie) 10:00 Chair Aerobics (Debbie)	3 11:00 Virtual Yoga	4 4th of July Y Closed	5
7 8:00 Line Dance Party (Pam) 9:00 Total Body (Debbie) 10:00 Chair Aerobics (Debbie)	8	9 8:00 Line Dance Party (Pam) 9:00 Total Body (Debbie) 10:00 Chair Aerobics (Debbie)	10 11:00 Virtual Yoga	11 8:00 Line Dance Party (Pam)	12
14 8:00 Line Dance Party (Pam) 9:00 Total Body (Debbie) 10:00 Chair Aerobics (Debbie)	15	16 8:00 Line Dance Party (Pam) 9:00 Total Body (Debbie) 10:00 Chair Aerobics (Debbie)	17 11:00 Virtual Yoga	18 8:00 Line Dance Party (Pam)	19
21 8:00 Line Dance Party (Pam) 9:00 Total Body (Debbie) 10:00 Chair Aerobics (Debbie)	22	23 8:00 Line Dance Party (Pam) 9:00 Total Body (Debbie) 10:00 Chair Aerobics (Debbie)	24 11:00 Virtual Yoga	25 8:00 Line Dance Party (Pam)	26
28 8:00 Line Dance Party (Pam) 9:00 Total Body (Debbie) 10:00 Chair Aerobics (Debbie)	29	30 8:00 Line Dance Party (Pam) 9:00 Total Body (Debbie) 10:00 Chair Aerobics (Debbie)	31 11:00 Virtual Yoga		



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July 2025 EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
	1 5:30 Insanity (Missy) 6:00 Yoga (Missy)	2	3 5:00 Warrior Circuit (Jessica) 6:00 Yoga (Missy)	<u>YOGA</u> (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. <u>WATER AEROBICS</u> (1 HOUR) The class focuses on: full range of motion, no impact and core workouts. This class meets in the lap pool. <u>HIIT BATTLE ROPES</u> (30 MINUTES) High Intensity Interval Training class utilizing battle ropes, body weight exercises, and cardio moves! <u>LINE DANCE PARTY</u> (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. <u>INSANITY</u> (30 mins) Max Interval total body workout using your body weight as resistance. For all fitness levels. <u>CHAIR AEROBICS</u> (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. <u>Total Body</u> (1 HOUR) Full body aerobic and strength conditioning <u>Warrior Circuit Class</u> (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. FOR YMCA 360 CLASS DESCRIPTIONS SEE THE FRONT DESK OR ELIJAH SMITH FOR MORE DETAILS! ** 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!**
7	8 5:30 Insanity (Missy) 6:00 Yoga (Missy)	9	10 5:00 Warrior Circuit (Jessica) 6:00 Yoga (Missy)	
14	15 5:30 Insanity (Missy) 6:00 Yoga (Missy)	16	17 5:00 Warrior Circuit (Jessica) 6:00 Yoga (Missy)	
21 5:00 HIIT Battle Ropes (Debbie)	22 5:30 Insanity (Missy) 6:00 Yoga (Missy)	23	24 5:00 Warrior Circuit (Jessica) 6:00 Yoga (Missy)	
28	29 5:30 Insanity (Missy) 6:00 Yoga (Missy)	30	31 5:00 Warrior Circuit (Jessica) 6:00 Yoga (Missy)	