



TODAY IS GOING TO BE THE BEST DAY EVER!

MAY 2019 TAZEWELL MORNING CLASS SCHEDULE

SUN	MON	TUES	WED	THU	FRI	SAT
<p>NOTE: New class days & times! Download the "DAXKO" mobile app for class updates & notifications!</p>			<p>1</p> <p>8:00 Line Dance Party (TJ) 9:00 ZUMBA (Jami) 10:00 Water Aerobics (Viola)</p>	<p>2</p> <p>9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Jami)</p>	<p>3</p> <p>8:00 Line Dance Party (TJ) 9:00 ZUMBA (Jami) 10:00 Water Aerobics (Cindy)</p>	<p>4</p> <p>9:00 Power Pump (Kesha)</p>
<p>NEW CLASS! RUMBLE@ (BY R.I.P.P.E.D.) Launch Date: MAY 1st, 2019 at 5:30pm</p>	<p>6</p> <p>8:00 Line Dance Party (TJ) 10:00 Water Aerobics (Cindy)</p>	<p>7</p> <p>9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Cindy)</p>	<p>8</p> <p>8:00 Line Dance Party (TJ) 9:00 ZUMBA (Jami) 10:00 Water Aerobics (Viola)</p>	<p>9</p> <p>9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Jami)</p>	<p>10</p> <p>8:00 Line Dance Party (TJ) 9:00 ZUMBA (Jami) 10:00 Water Aerobics (Viola)</p>	<p>11</p> <p>9:00 Power Pump (Kesha)</p>
	<p>13</p> <p>8:00 Line Dance Party (TJ) 10:00 Water Aerobics (Cindy)</p>	<p>14</p> <p>9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Cindy)</p>	<p>15</p> <p>8:00 Line Dance Party (TJ) 9:00 ZUMBA (Jami) 10:00 Water Aerobics (Viola)</p>	<p>16</p> <p>9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Jami)</p>	<p>17</p> <p>8:00 Line Dance Party (TJ) 9:00 ZUMBA (Jami) 10:00 Water Aerobics (Cindy)</p>	<p>18</p> <p>9:00 Power Pump (Kesha)</p>
	<p>20</p> <p>8:00 Line Dance Party (TJ) 10:00 Water Aerobics (Cindy)</p>	<p>21</p> <p>9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Cindy)</p>	<p>22</p> <p>8:00 Line Dance Party (TJ) 9:00 ZUMBA (Jami) 10:00 Water Aerobics (Viola)</p>	<p>23</p> <p>9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Jami)</p>	<p>24</p> <p>8:00 Line Dance Party (TJ) 9:00 ZUMBA (Jami) 10:00 Water Aerobics (Viola)</p>	<p>25</p> <p>9:00 Power Pump (Kesha)</p>
	<p>27</p> <p style="text-align: center;">Memorial Day CLOSED!</p>	<p>28</p> <p>9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Cindy)</p>	<p>29</p> <p>8:00 Line Dance Party (TJ) 9:00 ZUMBA (Jami) 10:00 Water Aerobics (Viola)</p>	<p>30</p> <p>9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Jami)</p>	<p>31</p> <p>8:00 Line Dance Party (TJ) 9:00 ZUMBA (Jami) 10:00 Water Aerobics (Cindy)</p>	



GOOD EVENING!

MAY 2019 TAZEVELL EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
		1 5:30 RUMBLE DEMO (Jami/Kesha/Tess/Robin) (30 Minutes) 5:30 Indoor Cycle NO CLASS	2 4:30 Power Pump (Tessia/Jami) 5:00 Battle Ropes (Matt) 5:30 ZUMBA 6:30 Yoga (Rachel)	<p>INDOOR CYCLING & SPINNING® will take place on the 2nd floor, beside the Weight Machine Room. An instructor will lead you through class in different variations and drills on the bikes. The class is limited to 11 participants.</p> <p>POWER PUMP- is a group weight workout. The class is limited to the first 19 participants. The class will use 3lb barbells. 2.5, 5 and 10lb plates can be added. 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”. Mats will be available to use during class.</p> <p>ZUMBA®–This class combines Latin Dance moves Salsa, Merenque, Reggaton, and Cumbia. The class is an upbeat class for all ages.</p> <p>WATER AEROBICS–Meets in the therapy pool. Limited to the 1st – 10. participants. The class focuses on: full range of motion, no impact and core workout</p> <p>HIIT BATTLE ROPES– 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. Moves are choreographed to motivating music. 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.®– is 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 and is an extension of your body, which enhances spatial awareness and overall movement.</p> <p>*We welcome you to join any class at any time. All classes will be multi-level classes and 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>
6 5:00 Battle Ropes (Matt) 5:30 RUMBLE (Kesha/Robin/Tess/Jami) 5:30 Indoor Cycle (Jess)	7 4:30 Power Pump (Kesha) 5:00 Battle Ropes (Jess) 5:30 BARRE (Keshia) 6:30 Yoga (Rachel)	8 5:30 RUMBLE (Jami/Kesha/Tessia) 5:30 Indoor Cycle (Robin)	9 4:30 Power Pump (Tessia/Jami) 5:00 Battle Ropes (Jess) 5:30 ZUMBA 6:30 Yoga (Rachel)	
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