



# TODAY IS GOING TO BE THE BEST DAY EVER!

## SEPTEMBER 2020 TAZEWELL MORNING CLASS SCHEDULE

SUN	MON	TUES	WED	THU	FRI	SAT
		1 9:00 Battle Ropes + ABS (Matt) 10:00 Chair Aerobics (Matt)	2 8:00 Line Dance Party (Pam) 10:00 Water Aerobics (Marie)	3 9:00 Battle Ropes + ABS (Matt) 10:00 Chair Aerobics (Matt)	4 8:00 Line Dance Party (Pam) 9:00 YOGA (Brooke) 10:00 Water Aerobics (Marie)	5 9:00 Power Pump (Kesha) 10:00 YOGA (Brooke)
6	7 <b>LABOR DAY YMCA CLOSED</b>	8 9:00 Battle Ropes + ABS (Matt) 10:00 Chair Aerobics (Matt)	9 8:00 Line Dance Party (Pam) 10:00 Water Aerobics (Marie)	10 9:00 Battle Ropes + ABS (Matt) <b>10:00 Chair Aerobics (Matt)</b> <b>NO CLASS—CARILION</b>	11 8:00 Line Dance Party (Pam) 9:00 YOGA (Brooke) 10:00 Water Aerobics (Marie)	12 9:00 Power Pump (Kesha) 10:00 YOGA (Brooke)
13	14 8:00 Line Dance Party (Pam) <b>10:00 Water Aerobics</b> <b>NO CLASS</b>	15 9:00 Battle Ropes + ABS (Matt) 10:00 Chair Aerobics (Matt)	16 8:00 Line Dance Party (Pam) 10:00 Water Aerobics (Marie)	17 9:00 Battle Ropes + ABS (Matt) 10:00 Chair Aerobics (Matt)	18 8:00 Line Dance Party (Pam) 9:00 YOGA (Brooke) 10:00 Water Aerobics (Marie)	19 9:00 Power Pump (Kesha) 10:00 YOGA (Brooke)
20	21 8:00 Line Dance Party (Pam) 10:00 Water Aerobics (Marie)	22 9:00 Battle Ropes + ABS (Matt) 10:00 Chair Aerobics (Matt)	23 8:00 Line Dance Party (Pam) 10:00 Water Aerobics (Marie)	24 9:00 Battle Ropes + ABS (Matt) 10:00 Chair Aerobics (Matt)	25 8:00 Line Dance Party (Pam) 9:00 YOGA (Brooke) 10:00 Water Aerobics (Marie)	26 9:00 Power Pump (Kesha) 10:00 YOGA (Brooke)
27	28 8:00 Line Dance Party (Pam) 10:00 Water Aerobics (Marie)	29 9:00 Battle Ropes + ABS (Matt) 10:00 Chair Aerobics (Matt)	30 8:00 Line Dance Party (Pam) 10:00 Water Aerobics (Marie)			



# GOOD EVENING!

## SEPTEMBER 2020 EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
	1 5:00 Battle Ropes (Kesha) 5:30 Power Pump (Kesha) 6:30 YOGA (Brooke)	2	3 5:00 Battle Ropes (Jessica) 5:30 Power Pump (Kesha)	<p><b>INDOOR CYCLING &amp; SPINNING@</b> 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>POWER PUMP</b> 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>
7 <b>LABOR DAY YMCA CLOSED</b>	8 5:00 Battle Ropes (Kesha) 5:30 Power Pump (Kesha) 6:30 YOGA (Brooke)	9	10 5:00 Battle Ropes (Jessica) 5:30 Power Pump (Kesha)	<p><b>CHAIR AEROBICS</b> The majority of this class will be completed seated in a chair. This is a great beginner class, participants will do a cardio workout, toning and stretching. The class is limited to the first <b>10</b> participants.</p> <p><b>YOGA</b> 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>
14 5:00 Battle Ropes (Matt)	15 5:00 Battle Ropes (Kesha) 5:30 Power Pump (Kesha) 6:30 YOGA (Brooke)	16	17 5:00 Battle Ropes (Jessica) 5:30 Power Pump (Kesha)	<p><b>WATER AEROBICS</b> 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>
21 5:00 Battle Ropes (Matt)	22 5:00 Battle Ropes (Kesha) 5:30 Power Pump (Kesha) 6:30 YOGA (Brooke)	23	24 5:00 Battle Ropes (Jessica) 5:30 Power Pump (Kesha)	<p><b>HIIT BATTLE ROPE</b> 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> Join in on the fun of this non-instructor led group for line dance fun and fellowship! The class is limited to the first <b>10</b> participants.</p>
28 5:00 Battle Ropes (Matt)	29 5:00 Battle Ropes (Kesha) 5:30 Power Pump (Kesha) 6:30 YOGA (Brooke)	30		<p><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> <p style="text-align: center;"><b>Phone 276-979-0280 Fax 276-979-0287</b>  <b>www.fsymca.org www.facebook.com/fsymca</b></p>