



TODAY IS GOING TO BE THE BEST DAY EVER!

September 2022 TAZEWELL MORNING CLASS SCHEDULE

SUN	MON	TUES	WED	THU	FRI	SAT
				1 9:00 HIIT Battle Ropes (Matt) 10:00 Y 360	2 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	3
4	5 8:00 Line Dance Party (Pam) 9:00 Y360 Senior Strength 10:00 Water Aerobics (Marie)	6 9:00 HIIT Battle Ropes (Matt) 10:00 Y 360	7 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	8 9:00 HIIT Battle Ropes (Matt) 10:00 Y 360 NO CLASS	9 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	10
11	12 8:00 Line Dance Party (Pam) 9:00 Y360 Senior Strength 10:00 Water Aerobics (Marie)	13 9:00 HIIT Battle Ropes (Matt) 10:00 Y 360 NO CLASS	14 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	15 9:00 HIIT Battle Ropes (Matt) 10:00 Y 360	16 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	17
18	19 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	20 9:00 HIIT Battle Ropes (Matt) 10:00 Y 360 NO CLASS	21 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	22 9:00 HIIT Battle Ropes (Matt) 10:00 Y 360	23 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	24
25	26 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	27 9:00 HIIT Battle Ropes (Matt) 10:00 Y 360	28 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	29 9:00 HIIT Battle Ropes (Matt) 10:00 Y 360	30 8:00 Line Dance Party (Pam) 9:00 Y 360 Senior Strength 10:00 Water Aerobics (Marie)	



September 2022 EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
			1 5:00 HIIT Battle Ropes (Jessica) 5:30 Step (Missy) NO CLASS 6:35 Yoga (Missy) NO CLASS	<p>RIPPED (1 HOUR) Combines resistance, interval, power, plyometrics, Endurance, and core.</p> <p>CIRCUIT TRAINING (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>POWER PUMP (1 HOUR) Is a group weight workout. The class will use 3lb barbells and weighted plates (2.5, 5, & 10lb plates can be added)! This class provides a fantastic total body workout! The class is limited to the first 10 participants</p>
5 NO CLASS LABOR DAY	6 5:30 Circuit Training (Missy) 6:35 Yoga (Missy)	7 5:30 RIPPED (Missy)	8 5:00 HIIT Battle Ropes (Jessica) 5:30 Step (Missy) 6:35 Yoga (Missy)	<p>Y 360 Virtual Active Older Adult (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 10 participants.</p> <p>YOGA (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. The class is limited to the first 10 participants.</p>
12 5:00 HIIT Battle Ropes (Matt) 5:30 RIPPED (Missy)	13 5:30 Circuit Training (Missy) 6:35 Yoga (Missy)	14 5:30 RIPPED (Missy)	15 5:00 HIIT Battle Ropes (Matt) 5:30 Step (Missy) NO CLASS 6:35 Yoga (Missy) NO CLASS	<p>WATER AEROBICS (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 10 participants.</p> <p>HIIT BATTLE ROPES (30 MINUTES) High Intensity Interval Training class utilizing battle ropes, body weight exercises, and cardio moves! The class is limited to the first 10 participants.</p>
19 5:00 HIIT Battle Ropes (Matt) 5:30 RIPPED (Missy) NO CLASS	20 5:30 Circuit Training (Missy) NO CLASS 6:35 Yoga (Missy)	21 5:30 RIPPED (Missy)	22 5:00 HIIT Battle Ropes (Jessica) 5:30 Step (Missy) 6:35 Yoga (Missy)	<p>LINE DANCE PARTY (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 10 participants.</p> <p>STEP (1 HOUR) Is a form of aerobic exercise that involves stepping on and off a small platform.</p>
26 5:00 HIIT Battle Ropes (Matt) 5:30 RIPPED (Missy)	27 5:30 Circuit Training (Missy) 6:35 Yoga (Missy)	28 5:30 RIPPED (Missy)	29 5:00 HIIT Battle Ropes (Jessica) 5:30 Step (Missy) 6:35 Yoga (Missy)	<p>FOR YMCA 360 CLASS DESCRIPTIONS SEE THE FRONT DESK OR MATT GRIFFEY FOR MORE DETAILS!</p> <p>** 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!**</p> <p>PLEASE CLEAN ALL EQUIPMENT (i.e. Mats, Weights, Chairs, Bikes, etc.) USED DURING CLASS BOTH BEFORE & AFTER EACH USE.</p>