



TODAY IS GOING TO BE THE BEST DAY EVER!

SEPTEMBER 2019 TAZEWELL MORNING CLASS SCHEDULE

SUN	MON	TUES	WED	THU	FRI	SAT
1	2 CLOSED FOR LABOR DAY!	3 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (TJ)	4 8:00 Line Dance Party 10:00 Aquatic Dance (Viola)	5 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (TJ)	6 8:00 Line Dance Party 9:00 ZUMBA Baleigh 10:00 Water Aerobics (Viola)	7 9:00AM Power Pump (Kesha) 10:00AM RUMBLE (Tessia)
8	9 8:00 Line Dance Party 9:00 ZUMBA Baleigh 10:00 Water Aerobics (Viola)	10 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (TJ)	11 8:00 Line Dance Party 10:00 Aquatic Dance (Viola)	12 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (TJ)	13 8:00 Line Dance Party 9:00 ZUMBA Jami 10:00 Water Aerobics (Viola)	14 9:00AM Power Pump (Kesha) 10:00AM RUMBLE (Tessia)
15	16 8:00 Line Dance Party 9:00 ZUMBA Jami 10:00 Water Aerobics (Viola)	17 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (TJ)	18 8:00 Line Dance Party 10:00 Aquatic Dance (Viola)	19 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (TJ)	20 8:00 Line Dance Party 9:00 ZUMBA Baleigh 10:00 Water Aerobics (Viola)	21 9:00AM Power Pump (Kesha) 10:00AM RUMBLE NO RUMBLE
22	23 8:00 Line Dance Party 9:00 ZUMBA Baleigh 10:00 Water Aerobics (Viola)	24 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics NO CHAIR AEROBICS Carilion in Group Ex	25 8:00 Line Dance Party NO LINE DANCE 10:00 Aquatic Dance (Viola) Carilion in Group Ex	26 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (TJ)	27 8:00 Line Dance Party 9:00 ZUMBA NO CLASS 10:00 Water Aerobics (Viola)	28 9:00AM Power Pump (Kesha) 10:00AM RUMBLE (Tessia)
29	30 8:00 Line Dance Party 9:00 ZUMBA Baleigh 10:00 Water Aerobics (Viola)					



GOOD EVENING!

SEPTEMBER 2019 TAZEWELL EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
CLOSED FOR LABOR DAY!	3 4:30 Power Pump (Kesha) 5:00 Battle Ropes (Jess) 5:30 POUND (Keshia) 6:30 Yoga (Rachel)	4 5:30 RUMBLE (Tessia/ Kesha) 5:30 Indoor Cycle (Robin)	5 4:30 Power Pump (Tessia) 5:00 Battle Ropes (Jess) 5:30 POUND (Jami) 6:30 Yoga (Rachel)	<p>POWER PUMP– is a group weight workout. The class will use 3lb barbells and weighted plates! Fantastic 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”.</p> <p>ZUMBA®–This class combines Latin Dance moves including Salsa, Merenque, Reggaton, and Cumbia. Fun for everyone!!</p> <p>WATER AEROBICS–The class focuses on: full range of motion, no impact and core workout. Meet in the therapy pool.</p> <p>HIIT BATTLE ROPE– 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. 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.®– 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</p> <p>POUND®–Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising.</p> <p>AQUATIC DANCE JAMZ– Dance your heart out while toning and sculpting in the water! Natural aquatic resistance will create a total body workout!</p> <p> </p> <p>**We welcome you to join any class at any time! All classes will be multi-level classes. All classes can be adjusted to your fitness level!</p> <p>Phone 276-979-0280 Fax 276-979-0287 www.fsymca.org www.facebook.com/fsymca</p>
9 5:00 Battle Ropes (Matt) 5:30 RUMBLE (Jami) 5:30 Indoor Cycle (Robin)	10 4:30 Power Pump (Kesha) 5:00 Battle Ropes (Jess) 5:30 POUND (Keshia) 6:30 Yoga (Rachel)	11 5:30 RUMBLE (Tessia/ Kesha) 5:30 Indoor Cycle (Robin)	12 4:30 Power Pump (Tessia) 5:00 Battle Ropes (Jess) 5:30 POUND (Jami) 6:30 Yoga (Rachel)	
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