

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Richmond County Family YMCA

45 George Brown Lane, Warsaw, VA 22572 (804) 333-4117

April-10

Sunday				1-Apr Thursday Silver Sneakers (L) 10-11 am Nancy M. Step Aerobics (H) 5:30-6:30 pm Liz Body Sculpt (M) 6:35-7:35 pm Nancy P.	2-Apr Friday Hatha YOGA Club (★) 7:30-8:30 am Judy Yoga for Back Pain (★) 8:50-9:50 am Judy Rise and Shine (M) 10-11 am Liz	3-Apr Saturday Open Aerobics (★) 8-9 am Nancy P. Hatha YOGA Club (★) 9:15 AM Judy
4-Apr Sunday	5-Apr Monday Rise and Shine (M) 10-11 am Liz Hi/Low Impact (M) 4:30-5:30 pm Velvet Power Hour (H) 5:45-6:45 pm Angie	6-Apr Tuesday Silver Sneakers (L) 10-11 am Cindy Step Aerobics (H) 5:30-6:30 pm Liz Body Sculpt (M) 6:35-7:35 Nancy	7-Apr Wednesday Rise and Shine (M) 10-11 am Liz Power Hour (H) 5:45-6:45 pm Angie	8-Apr Thursday Silver Sneakers (L) 10-11 am Cindy Step Aerobics (H) 5:30-6:30 pm Liz Hatha YOGA Club (Community room) (★) 5:30-6:30 Judy Body Sculpt (M) 6:35-7:35 Nancy	9-Apr Friday Hatha YOGA Club (★) 7:30-8:30 am Judy Yoga for Back Pain (★) 8:50-9:50 am Judy Rise and Shine (M) 10-11 am Liz	10-Apr Saturday Open Aerobics (★) 8-9 am Angie Hatha YOGA Club (★) 9:15 AM Judy
11-Apr Sunday	12-Apr Monday Rise and Shine (M) 10-11 am Liz Hi/Low Impact (M) 4:30-5:30 pm Velvet Power Hour (H) 5:45-6:45 pm Angie	13-Apr Tuesday Silver Sneakers (L) 10-11 am Nancy M. Step Aerobics (H) 5:30-6:30 pm Liz Body Sculpt (M) 6:35-7:35 pm Nancy P.	14-Apr Wednesday Rise and Shine (M) 10-11 am Liz Power Hour (H) 5:45-6:45 pm Angie	15-Apr Thursday Silver Sneakers (L) 10-11 am Nancy M. Step Aerobics (H) 5:30-6:30 pm Liz Body Sculpt (M) 6:35-7:35 pm Nancy P.	16-Apr Friday Hatha YOGA Club (★) 7:30-8:30 am Judy Yoga for Back Pain (★) 8:50-9:50 am Judy Rise and Shine (M) 10-11 am Liz	17-Apr Saturday Open Aerobics (★) 8-9 am Nancy P. Hatha YOGA Club (★) 9:15 AM Judy
18-Apr Sunday	19-Apr Monday Rise and Shine (M) 10-11 am Liz Hi/Low Impact (M) 4:30-5:30 pm Velvet Power Hour (H) 5:45-6:45 pm Angie	20-Apr Tuesday Silver Sneakers (L) 10-11 am Nancy M. Step Aerobics (H) 5:30-6:30 pm Liz Body Sculpt (M) 6:35-7:35 pm Nancy P.	21-Apr Wednesday Rise and Shine (M) 10-11 am Liz Power Hour (H) 5:45-6:45 pm Angie	22-Apr Thursday Silver Sneakers (L) 10-11 am Nancy M. Step Aerobics (H) 5:30-6:30 pm Liz Hatha YOGA Club (★) 5:30-6:30 Judy Body Sculpt (M) 6:35-7:35 pm	23-Apr Friday Hatha YOGA Club (★) 7:30-8:30 am Judy Yoga for Back Pain (★) 8:50-9:50 am Judy Rise and Shine (M) 10-11 am Liz	24-Apr Saturday Open Aerobics (★) 8-9am Angie Hatha YOGA Club (★) 9:15 AM Judy
25-Apr Sunday	26-Apr Monday Rise and Shine (M) 10-11 am Liz Hi/Low Impact (M) 4:30-5:30 pm Velvet Power Hour (H) 5:45-6:45 pm Angie	27-Apr Tuesday Silver Sneakers (L) 10-11 am Nancy M. Step Aerobics (H) 5:30-6:30 pm Liz Body Sculpt (M) 6:35-7:35 pm Nancy P.	28-Apr Wednesday Rise and Shine (M) 10-11 am Liz Power Hour (H) 5:45-6:45 pm Angie	29-Apr Thursday Silver Sneakers (L) 10-11 am Nancy M. Step Aerobics (H) 5:30-6:30 pm Liz Hatha Yoga club 5:30 Judy Body Sculpt (M) 6:35-7:35 pm Nancy P.	30-Apr Friday Hatha YOGA Club (★) 7:30-8:30 am Judy Yoga for Back Pain (★) 8:50-9:50 am Judy Rise and Shine (M) 10-11 am Liz	

(★) All intensity levels (L) Low (M) Medium (H) High

CLASS DESCRIPTIONS LOCATED ON NEXT PAGE

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Step Aerobics- This high intensity class utilizes a step for a challenging cardio workout, including a variety of steps and patterns, followed by the use of weights to tone and sculpt your body.
Silver Sneakers- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and daily living skills. A chair is used for seated and/or standing support.
Power Hour - High energy workout incorporating moves from various sources (kickboxing, circuit/interval training, and body sculpting) for a great cardiovascular and toning workout.
Hatha Yoga - This class concentrates on slow and precise body positions to help align and lengthen skeletal and muscular tissue. It begins and ends with meditation to help bring ease and stillness to our busy lives.
Hi/Lo Impact - A cardiovascular workout using hi-lo energy movements incorporating upper and lower body to tone your muscles.
Rise N Shine - A fun and revitalizing workout incorporating the step, weights, ball, and/or resistance bands to help burn more calories and provide a total body workout.
Body Sculpt- An intense strength training workout for the upper and lower body. This class provides a challenging workout, utilizing progressive free weights, resistance bands, and stability balls.
<i>It is recommended that you consult your physician prior to starting any exercise program.</i>
A branch of Peninsula Metropolitan YMCA - 101 Long Green Blvd., Yorktown, VA 23693 Revised Date: 3/31/2010
If you have any questions about this schedule, please call Liz Patton, Group Exercise Coordinator, at (804)-333-4117