



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

RICHMOND COUNTY FAMILY YMCA  
February-2012

Sunday	Monday	Tuesday	Wednesday-01	Thursday-02	Friday-03	Saturday-04
			<b>Cardio Sculpt (M)</b> 9-10 am Liz <b>Silver Sneakers (L)</b> 10:10-11:10 am Nancy P.  <b>Interval Training (H)</b> 5:45-6:45 pm Angie	<b>Body Design (M)</b> 9-10 am Nancy P. <b>Silver Sneakers (L)</b> 10:10-11:10 am Nancy P. <b>Step Aerobics (H)</b> 5:30-6:30 pm Liz <b>Hatha Yoga (*)</b> 6:35-7:35 pm Judy	<b>Hatha YOGA Club (*)</b> 7:30-8:30 am Judy <b>Cardio Sculpt (M)</b> 9-10 am Liz <b>Silver Sneakers (L)</b> 10:10-11:10 am Aimee	<b>Open Aerobics (*)</b> 8-9 am Elizabeth <b>Hatha YOGA Club (*)</b> 7:30-8:30 am Judy
Sunday-05	Monday-06	Tuesday-07	Wednesday-08	Thursday-09	Friday-10	Saturday-11
	<b>Cardio Sculpt (M)</b> 9-10 am Liz <b>Silver Sneakers (L)</b> 10:10-11:10 am Nancy P. <b>Interval Training (H)</b> 5:45-6:45 pm Angie	<b>Body Design (M)</b> 9-10 am Nancy P. <b>Silver Sneakers (L)</b> 10:10-11:10 am Nancy P. <b>Step Aerobics (H)</b> 5:30-6:30 pm Liz <b>Zumba (*)</b> 6:35-7:35 pm Wanda	<b>Cardio Sculpt (M)</b> 9-10 am Liz <b>Silver Sneakers (L)</b> 10:10-11:10 am Nancy P.  <b>Interval Training (H)</b> 5:45-6:45 pm Angie	<b>Body Design (M)</b> 9-10 am Nancy P. <b>Silver Sneakers (L)</b> 10:10-11:10 am Nancy P. <b>Step Aerobics (H)</b> 5:30-6:30 pm Liz <b>Zumba (*)</b> 6:35-7:35 pm Wanda	<b>Hatha YOGA Club (*)</b> 7:30-8:30 am Judy <b>Cardio Sculpt (M)</b> 9-10 am Liz	<b>Turbo Kick (*)</b> 8-9 am Katie <b>Hatha YOGA Club (*)</b> 7:30-8:30 am Judy
Sunday-12	Monday-13	Tuesday-14	Wednesday-15	Thursday-16	Friday-17	Saturday-18
	<b>Cardio Sculpt (M)</b> 9-10 am Liz <b>Silver Sneakers (L)</b> 10:10-11:10 am Nancy P. <b>Interval Training (H)</b> 5:45-6:45 pm Angie	<b>Body Design (M)</b> 9-10 am Nancy P. <b>Silver Sneakers (L)</b> 10:10-11:10 am Nancy P. <b>Step Aerobics (H)</b> 5:30-6:30 pm Liz <b>Zumba (*)</b> 6:35-7:35 pm Wanda	<b>Cardio Sculpt (M)</b> 9-10 am Liz <b>Silver Sneakers (L)</b> 10:10-11:10 am Nancy P. <b>Interval Training (H)</b> 5:45-6:45 pm Angie	<b>Body Design (M)</b> 9-10 am Nancy P. <b>Silver Sneakers (L)</b> 10:10-11:10 am Nancy P. <b>Step Aerobics (H)</b> 5:30-6:30 pm Liz <b>Hatha Yoga (*)</b> 6:35-7:35 pm Judy	<b>Hatha YOGA Club (*)</b> 7:30-8:30 am Judy <b>Cardio Sculpt (M)</b> 9-10 am Liz <b>Silver Sneakers (L)</b> 10:10-11:10 am Aimee	<b>Zumba (*)</b> 8-9 am Wanda <b>Hatha YOGA Club (*)</b> 9:15-10:15 am Judy
Sunday-19	Monday-20	Tuesday-21	Wednesday-22	Thursday-23	Friday-24	Saturday-25
	<b>Cardio Sculpt (M)</b> 9-10 am Liz <b>Silver Sneakers (L)</b> 10:10-11:10 am Nancy P. <b>Interval Training (H)</b> 5:45-6:45 pm Angie	<b>Body Design (M)</b> 9-10 am Nancy P. <b>Silver Sneakers (L)</b> 10:10-11:10 am Nancy P. <b>Step Aerobics (H)</b> 5:30-6:30 pm Liz <b>Zumba (*)</b> 6:35-7:35 pm Wanda	<b>Cardio Sculpt (M)</b> 9-10 am Liz <b>Silver Sneakers (L)</b> 10:10-11:10 am Nancy P.  <b>Interval Training (H)</b> 5:45-6:45 pm Angie	<b>Body Design (M)</b> 9-10 am Nancy P. <b>Silver Sneakers (L)</b> 10:10-11:10 am Nancy P. <b>Step Aerobics (H)</b> 5:30-6:30 pm Liz <b>Zumba (*)</b> 6:35-7:35 pm Wanda	<b>Hatha YOGA Club (*)</b> 7:30-8:30 am Judy <b>Cardio Sculpt (M)</b> 9-10 am Liz <b>Silver Sneakers (L)</b> 10:10-11:10 am Aimee	<b>Turbo Kick (*)</b> 8-9 am Katie <b>Hatha YOGA Club (*)</b> 9:15-10:15 am Judy
Sunday-26	Monday-27	Tuesday-28	Wednesday-29			
	<b>Cardio Sculpt (M)</b> 9-10 am Liz <b>Silver Sneakers (L)</b> 10:10-11:10 am Nancy P. <b>Interval Training (H)</b> 5:45-6:45 pm Angie	<b>Body Design (M)</b> 9-10 am Nancy P. <b>Silver Sneakers (L)</b> 10:10-11:10 am Nancy P. <b>Step Aerobics (H)</b> 5:30-6:30 pm Liz <b>Zumba (*)</b> 6:35-7:35 pm Wanda	<b>Cardio Sculpt (M)</b> 9-10 am Liz <b>Silver Sneakers (L)</b> 10:10-11:10 am Nancy P.  <b>Interval Training (H)</b> 5:45-6:45 pm Angie			

(\*) All intensity levels (L) Low (M) Medium (H) High  
45 George Brown Lane, Warsaw, VA 22572 804 333 4117  
A branch of the Peninsula Metropolitan YMCA

Last Revised:

1/27/2012

CLASS DESCRIPTIONS LOCATED ON NEXT PAGE



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# GROUP EXERCISE SCHEDULE

RICHMOND COUNTY FAMILY YMCA  
February-2012

## CLASS DESCRIPTIONS

If you have any questions about this schedule, please call Liz Patton, Group Exercise Coordinator, at 804 333 4117

<b>Body Design</b> -Sculpt your body using stability balls, bands, bars or weights. This class focuses on total body conditioning using a variety of techniques.
<b>Boot Camp</b> -A workout that incorporates both athletic training and military basic training principles of exercise to whip you into shape. The participant will experience all components of physical fitness.
<b>Cardio Sculpt</b> -Alternating cardiovascular and strength training intervals keeps this class fun and your heart rate up.
<b>Hatha Yoga</b> - 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.
<b>Interval Training</b> -Everything from weights to cardiovascular exercise is included in this class that covers all aspects of a fitness-training program.
<b>Step Aerobics</b> - 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.
<b>Silver Sneakers</b> - 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.
<b>Turbo Kick</b> -a revolutionary group exercise program that has changed the direction of kickboxing today. Inspired by dance, Tae Kwon Do, boxing, tai-chi, and funk this workout creates a party atmosphere that can burn up to 1000 calories an hour! Kickboxing and simple dance grooves set to heart pounding new music!
<b>Zumba</b> -A blend of Latin and international music to create a dynamic, fun, and effective cardio workout. The class is designed to utilize an interval format, combining various rhythms with movements that tone and sculpt the body.

It is recommended that you consult your physician prior to starting any exercise program.  
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Revised Date:

1/27/2012