



Group Exercise December
Multi Purpose Room @ South County YMCA
 December 1st - December 31st

165 Broad Rock Road
 PEACE DALE, RI 02883
 (401) 783-3900

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Body Pump Xpress Katie H. 5:30am - 6:30am	Cycle Barbara G. 5:30am - 6:30am	Sculpt Interval Training Liz E. 5:30am - 6:30am	Cycle Barbara G. 5:30am - 6:30am	Power Sculpt Liz G. 5:30am - 6:30am		
6am	Cycle Jamiee R. 6:30am - 7:30am				Cycle Holly G. 6:30am - 7:30am		
7am	Abs Xpress Interval Training Holly G. 7:45am - 8:05am		Abs Xpress Interval Training Melanie B. 7:45am - 8:05am		Abs Xpress Interval Training Holly G. 7:45am - 8:05am	Cycle Danielle W. 7:15am - 8:15am	Cycle Caity M. 7:15am - 8:15am
8am	Cardio Mix Danielle S. 8:15am - 9:15am	On The Ball Strength & Conditioning Julie C. 8:15am - 9:15am	Kickboxing Strength & Conditioning Melanie B. 8:15am - 9:15am	Weights & More Holly G. 8:15am - 9:15am	Cardio Mix Taylor L. 8:15am - 9:15am	Step Combo Shelly M. 8:30am - 9:30am	BodyVive Liz G. 8:30am - 9:30am
9am	Kickboxing Strength & Conditioning Peter P. 9:15am - 10:15am	Cardio Mix Taylor L. 9:15am - 10:15am	BodyPump Danielle S. 9:15am - 10:15am	High Intensity Interval Training (HIIT) Taylor L. 9:15am - 10:15am	BodyPump Danielle S. 9:15am - 10:15am	Sculpt Interval Training Shelly M. 9:30am - 10:30am	BodyPump Erin M. 9:30am - 10:30am
10am	NIA Rosita S. 10:15am - 11:15am	Cardio Sculpt Low Impact Carolyn K. 10:15am - 11:15am	NIA Rosita S. 10:15am - 11:15am	Cardio Sculpt Low Impact Carolyn K. 10:15am - 11:15am	Sculpt Phyllis L. 10:15am - 11:15am	Zumba Party Anne K. 10:30am - 11:30am	
11am	Silver Sneakers Joan S. 11:15am - 12pm	Chair Yoga Sarah B. 11:15am - 12:15pm	Silver Sneakers/Enhanced Fitness Carolyn K. 11:15am - 12:15pm	Zumba Gold Danielle K. 11:15am - 12:15pm	Silver Sneakers/Enhanced Fitness Sarah B. 11:15am - 12:15pm		
12pm		Rock Steady Boxing (Parkinson's) Instructor TBD 12:30pm - 2pm	Rock Steady Boxing (Parkinson's) Instructor TBD 12:30pm - 2pm	Rock Steady Boxing (Parkinson's) Instructor TBD 12:30pm - 2pm		Rock Steady Boxing (Parkinson's) Instructor TBD 12pm - 1:30pm	
4pm	Balls & Bands Peter P. 4:30pm - 5:30pm	Cycle Holly G. 4:30pm - 5:30pm	Power Sculpt Holly G. 4:30pm - 5:30pm	Cycle Juli C. 4:30pm - 5:30pm			
5pm	Zumba Party Tara S./Anne K. 5:30pm - 6:30pm	BodyPump Erin M. 5:30pm - 6:30pm	Kickboxing Strength & Conditioning Peter P. 5:30pm - 6:30pm	Zumba Party Anne K. 5:30pm - 6:30pm	Pound Val T. 5:30pm - 6:30pm		
6pm	Rock Steady Boxing (Parkinson's) Instructor TBD 6:30pm - 8pm		BodyPump Michael S. 6:30pm - 7:30pm	BodyPump Katie H. 6:30pm - 7:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Class Descriptions South County YMCA

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Abs Xpress Interval Training - Target and challenge the core with this quick, intense and dynamic workout. You will learn how to effectively strengthen the core using proper form and technique.

Balls & Bands - Strength based total body workout utilizing resistance bands and stability balls.

BodyPump - This class is for anyone looking to get lean, toned and fit-fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Registration for BodyPump is available 24 hours in advance.

BodyVive - Is for anyone looking to get lean, toned and fit. A low impact, whole body group cardio workout using tubes and body weight to get a full total body workout! Boost your fitness and core strength with this great new concept!

Cardio Mix - This high-energy, fat-burning workout combines a variety of high and low impact aerobic and sculpting moves. May include boot camp drills, kickboxing, step, weights and other equipment.

Chair Yoga - Is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. (IN THE MPR)

Cycle - This instructor-led stationary bike workout is set to motivating music for a challenging bike ride. This class provides a great cardio workout! 24 Hour pre-registration is required.(Early mornings & weekends)

High Intensity Interval Training (HIIT) - A cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery.

Kickboxing Strength & Conditioning - A fusion of boxing and aerobics. Offering a cross-training and total body workout.

NIA - Designed for all ages, body types, and fitness levels. A fusion of martial, healing, and dance arts. This expressive movement class blends rhythmic music with carefully choreographed, non-impact steps for a fun and invigorating workout.

Pound - The world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Get that inner-drummer out of you and join us!

Power Sculpt - This full body strength training class which will use a variety of fitness equipment to strengthen, lengthen and condition your body and burn tons of calories!

Rock Steady Boxing (Parkinson's) - Focusing on this mind body conditioning class uses stretching,strengthening,boxing,breathing and improve posture. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress. REQUIRES ASSESSMENT

Sculpt Interval Training - This full body strength training class which will use a variety of fitness equipment to strengthen, lengthen and condition your body and burn tons of calories!

Step Combo - A series of choreographed routines designed to elevate the heart rate and strengthen muscles to provide an awesome workout!

Weights & More - A full body strengthening class using barbells and various weights. Learn proper form, and techniques! Build your confidence!

Zumba Gold - Classes for the active older adult featuring fun-exotic rhythms set to high-energy Latin and international beats. Let yourself go and have some fun! Low impact.

Zumba Party - Classes feature exotic rhythms set to high-energy Latin and international beats.