

GROUP EXERCISE SCHEDULE

FAMILY YMCA OF EMPORIA-GREENSVILLE

SEPT. 1, 2020 – DEC. 31, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – Pilates Brenda (1) B/ I	6:00 – Body Sculpting Shannon (1) B/I	6:00 – Pilates Brenda (1) B	6:00 – Body Sculpting Shannon (1) B/I	6:00 – Cycling Brenda (CYL) B/I	
8:15 – Cardio Express^ Amy (1) B/I	8:15 – Interval Training ^ Amy (1) B/I	8:15 – Cardio Sculpt Amy (1) B/I	8:15 – Barre above@ Amy (1) B/I	8:15 - Cardio Low^ Amy (1) B/I	
9:00 – Roll and Release Joy (1) B *See Description	9:00 – Cardio Sculpt Amy (1) B/I	9:00 – Zumba@ Amy (1) B/I	9:00 - Cardio Low^ Amy (1) B/I	9:00 – Pilates^ Joy (1) B	9:00 See separate flier available at the Member Services Desk
9:00 – Upper Body and Core Amy (G) B/ I		9:00 – Roll and Release Joy (G) B *See Description		9:00 – Total Body Blast Amy (G) B/I	
10:00 - SS Classic^ Brenda (1) B	10:00 - Chair Yoga^ Brenda (1) B	10:00 - SS Classic^ Brenda (1) B	10:00 - SS Circuit^ Shannon (1) B	10:00 - SS Classic^ Brenda (1) B	
11:00 – Silver Dance Amy (1) B	11:00 – Line Dancing^ Martha (1) B	11:00 - SS Classic Brenda (1) B	11:00 – EnerChi®^ Brenda (1) B	11:00 – Tai Chi^ Brenda (1) B	
		12:15 - Lunch Drill^ Amy (1) B/I			
5:30 – Zumba@ Amy (1) B/I	5:30 – Intro to Cycling Brenda (CYL) B	5:30 – Barre above@ Amy (1) B/I	5:30 Cycling Brenda (CYL) I/A		
5:30 – Cycling Joy (CYL) B/I	5:30 – Body Sculpting^ Joy (1) B/I/A	5:30 Pound@ Joy (G) B/I	5:30 – Cardio Sculpt Amy (1) B/I/A		
6:15 – Yoga^ Joy (1) B/I	6:15 Step Joy (1) B/I	6:15 – Yoga^ Joy (1) I	6:15 Butt and Gut^ Shannon (1) B/I		

KEY
(^) Zoom
(1) - Group Fitness Studio 1
(G) - Gym
(CYL) – Cycling Studio
B BEGINNER LEVEL
I INTERMEDIATE LEVEL

Select classes are available via Zoom. To receive Zoom meeting ID's and passwords, please contact Member Services at 434-348-9622.

Classes are subject to change. See our Facebook page for the latest updates. Closed toe athletic shoes are required for all classes except for Barre, Pilates, Roll and Release and Yoga.

Family YMCA of Emporia/Greenville
 212 Weaver Avenue, Emporia VA 23847
 434-348-9622 www.emporiagreenvilleyymca.org