

GROUP EXERCISE SCHEDULE

FAMILY YMCA OF EMPORIA-GREENSVILLE

MAY 28 – AUG. 31, 2021

| 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 – Zumba [®] Amy (1) B/I | 8:15 – Upper Body and Core [^] Amy (1) B/I | 8:15 - Cardio Low [^] Amy (1) B/I | |
| 9:00 – Upper Body and Core [^] Amy (1) B/ I | 9:00 – Fitball Toning Brenda (1) B/I | 9:00 – Cardio Sculpt Amy (1) B/I | 9:00 - Barre above [®] Amy (1) B/I | 9:00 – Total Body Blast [^] Amy (1) B/I | 9:00 See separate flier available at the Member Services Desk |
| 9:00 – MELT [®] * (Rollers) Joy (2) B | 9:00 – Yoga Sculpt [^] Amy (2) B/I | 9:00 – MELT [®] * (Balls) Joy (2) B | 9:00 – Beginner Line Dancing [^] Martha (2) B | 9:00 – MELT [®] * (Balls) Joy (2) B | |
| 10:00 - SS Classic [^] Brenda (1) B | 10:00 - Chair Yoga [^] Brenda (1) B | 10:00 - SS Classic [^] Brenda (1) B | 10:00 - Barre Chair [^] Amy (1) B | 10:00 - SS Classic [^] Shannon (1) B | |
| 11:00 - SS Circuit [^] Shannon (1) B | 11:00 – Line Dancing [^] Martha (1) B | 11:00 - SS Circuit [^] Shannon (1) B | | | |
| | | 4:00 – GENERATION POUND [®] Joy (1) B | | | |
| 5:30 - Body Sculpting [^] Shannon (1) B/I | 5:30 – Intro to Cycling* Brenda (CYL) B | 5:30 - Fitball Toning [^] Brenda (1) B/I | 5:30 – Cycling* Brenda (CYL) I/A | | |
| 5:30 - POUND [®] Joy (2) B | 5:30 – Barre above [®] Amy (1) B/I | 5:30 - POUND [®] Joy (2) B | 5:30 – Cardio Sculpt Amy (1) B/I | | |
| 6:15 – Yoga [^] Joy (1) B/I/A | 6:15 – Interval Training [^] Amy (1) B | 6:15 – Yoga [^] Joy (1) B/I/A | 6:15 – HIIT [^] Shannon (1) I/A | | |

| KEY |
|-------------------------------------|
| ([^]) Zoom |
| (1) - Group Fitness Studio 1 |
| (2) - Group Fitness Studio 2 |
| (CYL) – Cycling Studio |
| B BEGINNER LEVEL |
| I INTERMEDIATE LEVEL |
| A ADVANCED |

*Class Size limited; See Member Services Desk for class ticket.

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

See separate flier for Lawrenceville classes.

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, MELT[®] and Yoga.

Family YMCA of Emporia/Greenville

212 Weaver Avenue, Emporia VA 23847

434-348-9622 www.emporiagreenvillemca.org