

# GROUP EXERCISE SCHEDULE

FAMILY YMCA OF EMPORIA-GREENSVILLE

SEPT. 1 – DEC. 31, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – Pilates Brenda <b>(1) B/ I</b>	6:00 – Body Sculpting Shannon <b>(1) B/I</b>	6:00 – Pilates Brenda <b>(1) B</b>	6:00 – Body Sculpting Shannon <b>(1) B/I</b>	6:00 – Cycling* Brenda <b>(CYL) B/I</b>	
8:15 – Cardio Express Amy <b>(1) B/I</b>	8:15 – Interval Training Amy <b>(1) B/I</b>	8:15 – Zumba® Amy <b>(1) B/I</b>	8:15 – Upper Body and Core Amy <b>(1) B/I</b>	8:15 – Weight Step Amy <b>(1) B/I</b>	
9:00 – Upper Body and Core Amy <b>(1) B/ I</b>	9:00 – Fitball Toning Brenda <b>(1) B/I</b>	9:00 – Cardio Sculpt Amy <b>(1) B/I</b>	9:00 - Barre above® Amy <b>(1) B/I</b>	9:00 – Total Body Blast Amy <b>(1) B/I</b>	9:00 See separate flier available at the Member Services Desk
	9:00 – Yoga Sculpt Amy <b>(2) B/I</b>		9:00 – Body Sculpting Shannon <b>(2) B/I</b>		
10:00 - SS Classic Brenda <b>(1) B</b>	10:00 - Chair Yoga Brenda <b>(1) B</b>	10:00 - SS Classic Brenda <b>(1) B</b>	10:00 - Barre Chair Amy <b>(1) B</b>	10:00 - SS Classic Shannon <b>(1) B</b>	
11:00 – SS Balance and Stability Brenda <b>(1) B</b>	11:00 – Line Dancing Martha <b>(1) B</b>	11:00 – SS Circuit Shannon <b>(1) B</b>	11:00 - Beginner Line Dancing Martha <b>(1) B</b>	11:00 - SS Circuit Shannon <b>(1) B</b>	
		4:15 – Kid Fit Amanda <b>(1) B</b>			
5:30 - Body Sculpting Joy <b>(1) B/I</b>	5:30 – Intro to Cycling* Brenda <b>(CYL) B</b>	5:30 - Fitball Toning Brenda <b>(1) B/I</b>	5:30 – Cycling* Brenda <b>(CYL) I/A</b>		
5:30 – Sprint 8* Amanda <b>(WELL) B/I</b>	5:30 – Dance Step Amanda <b>(1) B/I/A</b>	5:30 – Interval Training Joy <b>(2) B</b>	5:30 – HIIT Shannon <b>(1) I/A</b>		
6:15 – Yoga Joy <b>(1) B/I/A</b>	6:15 – Cardio Boxing Amos <b>(1) B/I/A</b>	6:15 – Yoga Joy <b>(1) B/I/A</b>	6:15 – Cardio Boxing Amos <b>(1) B/I/A</b>		

KEY
<b>(1)</b> – Group Fitness Studio 1
<b>(2)</b> – Group Fitness Studio 2
<b>(CYL)</b> – Cycling Studio
<b>(WELL)</b> – Wellness Center
<b>B</b> BEGINNER LEVEL
<b>I</b> INTERMEDIATE LEVEL
<b>A</b> ADVANCED LEVEL

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

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.emporiagreenvilleyymca.org](http://www.emporiagreenvilleyymca.org)