



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

June Group Exercise Schedule

YMCA of Greenville & Hunt County

| Group Exercise Studio | | | | | | |
|--|---|--|---|--|---|--------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Cardio 08:30-09:30am Susan | Toning 08:15-09:15am Holly | Cardio 08:30-09:30am Susan | Toning 08:15-09:15am Holly | Cardio 08:30-09:30am Susan | Cardio Boot Camp 08:30-09:30am Debra | |
| | | | | | Gravity P/T 09:45-10:45am Reecy | |
| Yoga 10:00-11:00am Lisa R | | Yoga 10:00-11:00am Lisa R | Yoga 10:00-11:00am Lisa R | | | |
| Cardio Boot Camp 04:30-05:30pm Debra | Yoga 04:00-05:00pm Lisa R | Cardio Boot Camp 04:30-05:30pm Debra | Yoga 04:00-05:00pm Lisa R | | | |
| Step 05:30-06:30pm Tammie | Turbo Kick 05:30-06:30pm Alison | Step 05:30-06:30pm Tammie | Turbo Kick 05:30-06:30pm Alison | Hip Hop Hustle 05:30-06:30pm Alison | | |
| Hip Hop Hustle 06:30-07:30pm Alison | ZUMBA 06:30-07:30pm Juli | ZUMBA 06:30-07:30pm Juli | ZUMBA 06:30-07:30pm Juli | | | |
| | | | Cardio Boot Camp 07:30-08:30pm Debra | | | |
| Gym | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | Cardio Boot Camp 06:00-06:45am Debra | | Cardio Boot Camp 06:00-06:45am Debra | | | |
| Afterschool Room | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Kickboxing 06:00-06:45am Erica | | Kickboxing 06:00-06:45am Erica | | | | |
| | Spin Class 09:45-10:45am Reecy | | Spin Class 09:45-10:45am Reecy | | | |
| SS Muscular Strength Range of Movement 11:15-12:15pm Lisa R | | SS Muscular Strength Range of Movement 11:15-12:15pm Lisa R | | | | |
| Spin Class 05:30-06:30pm Amanda | | Spin Class 05:30-06:30pm Audrey | | | | |
| Kickboxing 07:00-08:00pm Kristen | | | Kickboxing 07:00-08:00pm Kristen | | | |



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Descriptions

CARDIO - Mix it up for 60 minutes with a variety of cardio moves which includes segments of Kickboxing, Hi-Lo, step and interval training's. ALL LEVELS

CARDIO BOOT CAMP - We work on full body muscle toning, agility exercises and heart pumping cardio drills during this 45 min to 1 hour long class. Great class for all fitness levels.

GRAVITY P/T - Mix it up with for 45-minutes, muscle isolation super sets. "Gravity Blast" Registration and additional fees are required for this class. See Reecy Davis for more details.

HIP HOP HUSTLE - Burn up the dance floor and burn calories too! Hip Hop Hustle blends hip hop and dance moves, making them simple and easy to follow! Anyone can do this! The workout feels more like a night on the town than exercise. Drop the pounds and get rapid results while you dance, dance, dance!

KICKBOXING - Burn calories and tone your body with kickboxing specific strength and cardio endurance training.

SS MUSCULAR STRENGTH RANGE OF MOVEMENT - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing.

SPIN CLASS - Spinning classes can be a great way to get in a vigorous workout -- burning calories and keeping your muscles in shape -- especially during the off-season. Spin Class is limited to the first 15 participants due to limited number of bikes available.

STEP - A beginner heart pumping aerobic class using step combinations with power movements. Levels indicate class intensity.

TONING - It is complete toning using equipment and Bosu ball. It is a great sculpt and toning class that is combined with a lot of energy and work.

TURBO KICK - Turbo Kick is a fast paced kickboxing workout mixed with hip hop moves for a cardio workout and calorie blast.

YOGA - A wonderful stress reliever that enhances strength, balance, and flexibility by uniting body and breath. Levels indicate intensity.

ZUMBA - A fusion of Latin and International music that creates a dynamic, exciting and effective cardio dance workout.