

## CLASS DESCRIPTIONS

**Abs:** A 30 minute class that challenges core and stability muscles throughout various exercises. All abilities welcome!

**Abs and Core:** A 45 minute class with more challenge and added intensity than the Abs class.

**Basic Conditioning:** Moderate exercise to enhance flexibility and strength.

**Fit Challenge:** Experience a full body workout using aerobics, strength training, and stretching through upbeat music.

**Floor, Core, and More:** Increase stability and balance by targeting muscles of the abdominals, back, glutes, and other major muscle groups.

**Forever Fit:** Build lean muscle through mild exercise in the aerobics room and the resistance machine room to enhance flexibility, strength, and mobility in the older adults.

**Pilates:** A core centered workout that increases flexibility, improves posture, and tones the body.

**PiYo™:** A unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

**SPINNING®:** Experience the ride of your life through the ultimate indoor cycling workout. Follow your instructor through a simulated ride through fun climbs, sprints, and more! Control your own pace and resistance level appropriate to your fitness level and goals.

**Turbo Kick®:** Burn calories like never before with this addictive workout that combines shadow boxing, kickboxing, sports drills, hip hop, and PiYo® in a high energy environment.

**Yoga:** Gain strength, stamina, and balance as you control your mind, body, and breath through a series of poses and stretches.

**Young at Heart:** Have fun with cardiovascular training through low impact aerobics set to upbeat music and easy to follow moves.

**Zumba®:** "Ditch the Workout, Join the Party!" while burning major calories with fun and easy to follow dance moves inspired by Latin, American, and International music. No experience necessary!

**Zumba Gold®:** Experience the same benefits of Zumba at a more leisurely pace.

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# GROUP EXERCISE TWIN RIVERS YMCA



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YOU BELONG AT THE Y!



Monday	Tuesday	Wednesday	Thursday	Friday
*6 AM Floor, Core & More (KANDY)	*6 AM Basic Conditioning (KANDY)	*6 AM Floor, Core & More (KANDY)	*6 AM Basic Conditioning (KANDY)	7 AM SPINNING® (DENNIS)
7 AM SPINNING® (DENNIS)	8:30 AM Young at Heart (SUSAN)	7 AM SPINNING® (CHERYL)	8:30 AM Young at Heart (SUSAN)	8 AM Forever Fit (NANCY)
8 AM Forever Fit (NANCY)	9:30 AM Fit Challenge (SUSAN)	8 AM Forever Fit (DENNIS)	9:30 AM Fit Challenge (SUSAN)	9 AM Zumba® (ALEJANDRA)
9 AM Zumba Gold® (SHARON)	*10:30 AM Abs (30 min) (MICHELLE)	*8:30 AM Zumba Gold® (SHARON)	*10:30 AM Yoga (CANDY)	*9:30 AM Pilates (PAT)
*9:30 AM Pilates (PAT)	10:30 AM SilverSneakers® (DUFFY)	9 AM Turbo Kick® (RANDI)	10:30 AM SilverSneakers® (DUFFY)	10 AM Body Sculpting (DUFFY)
10 AM Body Sculpting (DUFFY)	11:30 AM SPINNING® (NAKIA)	*9:30 AM Pilates (SHARON)	11:30 AM SPINNING® (DENNIS)	*10:30 AM Yoga (CANDY)
*10:30 AM PiYo™ (RANDI)	6:30 PM Turbo Kick® (RANDI)	10 AM Body Sculpting (MICHELLE)	5:30 PM Zumba® (ALEJANDRA)	<p><i>Child Watch Hours:</i></p> <p><i>Monday-Friday AM</i> 8am-12:30pm</p> <p><i>Saturday AM</i> 9am-11am</p> <p><i>Monday-Thursday PM</i> 5pm-7:30pm</p> <p><b>YMCA MISSION</b> To put Christian principles into practice through programs that build healthy spirit, mind</p>
11 AM Zumba® (ALEJANDRA)	*6:30 PM Yoga (MARY LYNN)	11 AM Yoga (CANDY)	6:30 PM Turbo Kick® (RANDI)	
5:30 PM SPINNING® (CHERYL)		5:30 PM Abs & Core (45 min) (RHONDA)	*6:30 PM Yoga (MARY LYNN)	
*6PM Sizzlin' Stomachs (30 min) (HANNAH)		*6:30 PM Pilates (DUFFY)		
6:15 PM SPINNING® (CHERYL)		6:30 PM SPINNING® (JEANETTE)		
*6:30 PM Pilates (MICHELLE)	*Classes meet in the Multipurpose Room. For Yoga & Pilates classes, please bring your own mat.			