

# September 2021 | GROUP EXERCISE SCHEDULE

## McCrorey Family YMCA

3801 Beatties Ford Road



MON	TUE	WED	THUR	FRI	SAT
7:15-8:00am Shallow Water Cardio Fitness w/Willie (P)(1,2,3)	7:15-8:00am Aquatic Blast w/Regina (P)(2,3)	7:15-8:00am Shallow Water Cardio Fitness w/Willie (P)(1,2,3)	7:15-8:00am Shallow Water Cardio Fitness w/Willie (P)(1,2,3)	7:15-8:00am Shallow Water Cardio Fitness w/Willie (P)(1,2, 3)	<b>September 18th</b> 9:30 - 10:15am Zumba w/James (G)(1,2,3)
			7:15-8:00am Cycle w/Rotating Instructor (MP)(1,2,3)		
8:30-9:15am Stretch & Balance w/Pamela (MP)(1,2,3)	8:00-8:45am Yoga w/Kiesha (MP)(1,2,3)	8:30-9:15am Stretch & Balance w/Pamela (MP)(1,2,3)			
9:30-10:15am Chair Fitness w/Sarah (G)(1)		9:30-10:15am Chair Fitness w/Sarah (G)(1)		9:00-9:45am Yoga W/Rosedale (MP)(1,2,3)	
5:45-6:30pm Xtreme Hip Hop Step® W/Mary C (G)(1,2,3)	5:30-6:15pm Cycle W/Mary J (MP)(1,2,3)	5:45-6:30pm Xtreme Hip Hop Step® W/Mary C (G)(1,2,3)	5:30-6:15pm Cycle W/Rhonda (MP)(1,2,3)		
6:30-7:15pm Aqua Blast w/Teraine(P)(1,2,3)	5:45-6:45pm Athletic Conditioning w/Larry (G)(2,3)	6:30-7:15pm Aqua Blast w/Melody(P)(1,2,3)	5:45-6:45pm Athletic Conditioning w/Larry (G)(2,3)		
6:40-7:40pm Mixxed Fit® w/Deanie (G)(1,2,3)	6:50-7:40pm Zumba w/James (G)(1,2,3)				

### Location Key:

- (G) Gym
  - (P) Pool
  - (O) Outside
  - (M) Multipurpose Room
- Intensity Key:
- (1) Getting Started
  - (2) Intermediate
  - (3) Advance

Jeremiah 29:11

“For I know the thoughts I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.”

### Operation Hours :

M-Th 6:00 AM - 8:00 PM

F 6:00 AM - 12:00 PM

Sa 8:00 AM - 12:00 PM

Indoor Pool:

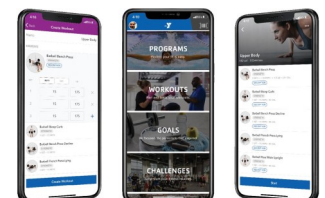
SEE FRONT DESK

For questions or more information visit our website: [ymcacharlotte.org](http://ymcacharlotte.org)  
704.716.6500

Have you downloaded our YMCA app? To download, please visit your app store! Once you download, you can reserve your spot for Group Exercise classes.

**RESERVATIONS ARE REQUIRED FOR ALL CLASSES**

**YMCA MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**



## >>> CLASS DESCRIPTIONS

**AQUATIC BLAST** A high intensity workout that moves at a rapid pace and is designed to increase the heart rate. This blast exercise combines cardiovascular and muscular endurance, strength and toning with core abdominal work. Not recommended for beginners or pregnant women.

**ATHLETIC CONDITIONING** This high intensity class combines skills and drills that will challenge your inner athlete, improving overall speed, agility, balance and endurance.

**CHAIR FITNESS** A low intensity workout that combines cardio strength and flexibility, modified to a seated position. A perfect class for those just starting an exercise program, those with balance issues, those recovering from an injury or surgery, as well as seniors.

**CYCLE** This class setting is appropriate for all levels and all ages because YOU control YOUR intensity. Instructors will lead you on a cycling journey, you control how intense your workout is.

**CYCLE EXPRESS** These classes offer a challenging opportunity to get your heart pumping, burn serious calories and will improve your over-all cardiovascular health. Express cycle offers a high calorie burn in this fast-paced 30-minute workout!

**MIXED FIT®** This class is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be defined as explosive!

**SHALLOW WATER CARDIO FITNESS** These classes increase the heart rate and condition the whole body. They combine cardiovascular and muscular endurance, strength exercises and core abdominal work using the pool.

**STRETCH & BALANCE** This stretch class will teach you proper stretching and relaxation techniques to clear your mind and relax your muscles. Geared toward the senior population and beginner exercisers, this class focuses on increasing flexibility through a variety of postures and poses. In addition, balance exercises are added to allow for a functionally fit life. Although this is a balance class for beginners, please bring your own mat.

**YOGA** Standard yoga class, for all levels. Grounded in the classical yoga tradition. Emphasizes alignment for strength and flexibility; breath for relaxation and healing; and meditation for building compassion and self awareness.

**Xtreme Hip Hop Step®** This is a revamp of traditional step aerobics and includes routines set to old and new hip hop that makes you want to get up and move while getting a great caloric burn

**ZUMBA** Dance-based cardio that fuses Latin rhythms and easy to follow moves. Zumba combines high energy and motivation with unique moves and combinations.

### Youth Policy:

10-11 YEARS: Not allowed in Group Exercise classes **unless** branch has designated classes appropriate for this age and they have completed Family Health Consult and Fitness Center Orientation. An **adult 16yrs or older** must attend class with the child and be within arms reach for the duration of the class.

12-15 YEARS: Upon completion of the Family Health Consult and the Fitness Center Orientation, those 12-15yrs can be in designated Group Exercise classes **without** an adult. Also, must meet height requirements of bikes to participate in designated classes.



McCrorey YMCA



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