

West Forsyth Family YMCA

August Group Exercise Class Schedule

*Ab\$olution Advanced step	Targeting abdominals and back strength – 15 minutes total time For those “seasoned” steppers who seek challenging choreography and lots of energy – one hour
BODYPUMP	A revolutionary group strength training program that challenges every major muscle in your body. BODYPUMP is appealing to men and women for all ages and is ideal for beginners and enthusiasts seeking weight training. Participants will see REAL results-REAL fast!
*BODYPUMP Focus & Feel	Recommended for those interested in taking BODYPUMP class but wanting “hands on” assistance w/ technique and form. A 45 minute class to prepare you for a BODYPUMP class.
Family Fitness	Building strong Y families by “connecting w/ fitness”; 45 min class for kindergarten & up to exercise together; meet in gym 1
*Kickbox	A cardiovascular interval training class that incorporates kickboxing.
*Lite	A low-impact class that provides multi-levels of intensity shown throughout ending with sculpt.
*\$culpt	A total body workout utilizing a variety of resistance equipment to strengthen and tone major muscle groups of the body.
*\$port\$ Fitness	A 45 min cross-training class incorporating aerobic intervals, strength training and abdominal work.
*\$tep	An aerobic class utilizing the step bench; provides a warm-up, workout & cool down; choreography moves taught, options provided, 1 hour total time.
*\$tep Xpress	Same as step only 45 min total time!
*\$tep & Flex	A step class which combines strength training; 45 min
*Cardio Step	Cardio bursts combined w/ a step based class for big caloric burn; 45 min
*Cardio Interval	A step class which provides cardio intervals to give an extra boost.
*Zumba	A Latin & hip hop dance class infused for an aerobic interval workout combining fast & slow rhythms.
*Zumba Xpress	Same as Zumba class only a little shorter! 45 minutes

Please note, all Mind Body classes are listed on the Mind Body Schedule, now taking place in the multi-purpose room.

An asterisk (*) next to a class indicates suggestion for “New to” exercisers.

Instructors:

Kim	Carol	Elizabeth
Debbie	Jan	Sara S
DeDe	Mike	John
Chris	Melissa	Tom
Karen	Linda	Sara T
	Sheri	

The monthly schedule is located on the back of this page

Call the Welcome Center #712-2000 for BODYPUMP class; registration one day prior to class, on the hour, 24 hour; prior. For example- want to attend 9:30am class on Wednesday, sign up begins Tuesday @ 9:00am)