

# Smith Mountain Lake YMCA Class Schedule

## Monday

8:30am to 10:00am | 30/30/30 | Becky  
9am to 10:30am | Cardio Dance | Tanya  
10am to 11am | Cardio Cycle | Becky  
10am to 11am | beginnerbarre | Lynn\*  
11am to 12:15pm | Yoga | Becky  
2pm to 3pm | Beginner Tai Chi | Kat  
3pm to 4pm | Tai Chi | Kat

## Tuesday

7am to 8am | Zumba Tone | Luisa  
8am to 9am | 30/30 | Lauren  
9am to 10am | Cardio Cycle | Mary Ruth  
9am to 10am | Cardio Express Ball | Sue  
10am to 11am | Yoga | Mary Ruth  
10:15am to 11:15pm | Core & Balance | Jane  
11am to 12pm | Core & More | Barbara  
5:30pm to 6:30pm | Cardio Cycle | Becky  
6:30pm to 7:30pm | Yoga | Becky

## Wednesday

8am to 9am | Trim & Tone | Tanya  
8am to 9am | Cardio Cycle | Mary Ruth  
9am to 10am | Cardio Sculpt | Mary Ruth  
9am to 10:30am | Cardio Dance | Tanya  
10am to 10:30am | Extreme Abs | Mary Ruth  
10:30am to 11:15pm | Gentle Yoga | Mary Ruth

## Thursday

7am to 8am | Zumba Tone | Luisa  
8am to 9am | Interval Training | Lauren  
9am to 10am | Cardio Cycle | Lauren  
9am to 10am | Body Sculpt | Mary Ruth  
10am to 11am | Pilates | Mary Ruth  
11am to 12pm | Core & More | Barbara  
5:30pm to 6:30pm | Cardio Cycle | Becky  
6:30pm to 7:30pm | Yoga | Becky

## Friday

8am to 9am | Cardio Cycle | Tanya  
8:30am to 10am | 30/30/30 | Mary Ruth  
9am to 10:30am | Cardio Dance | Tanya  
10am to 11am | Gentle Yoga | Mary Ruth  
11am to 12pm | beginnerbarre | Lynn\*

## Saturday

8:30am—9:30am | Power Up Saturday | Janet\*\*  
9am to 10am | Cardio Cycle | Mary Ruth  
10am to 10:30am | Ab Lab | Mary Ruth



### REMINDERS

- Always sign the class roster!
- If you're taking a cycling class make sure to call and reserve a bike! You can reserve a bike the day of the class as early as 7am.
- Make sure to wipe down equipment used in classes and return to its original placement.
- HAVE FUN!

### UPCOMING EVENTS

April 23rd  
Carnivale Steel Drum Concert  
Headline: Jane L. Powell  
@ SML YMCA  
5:00pm

May 21st  
Sunset Classic 5k  
@ SML YMCA  
6:30pm

July 21st  
Dodgeball Tournament  
@ SML YMCA  
6:30pm



\*Paid Program \*\*Starting April 23rd!

# CLASS DESCRIPTIONS

**Body Sculpt:** 60 minute work out challenges all your major muscle groups. Toning & sculpting your body using weights, balls & bands for the ultimate workout experience.

**Cardio Cycle:** Participants are guided through a series of workout phases on spin bikes including warm-up, steady up, tempo cadences, sprints, climbs, cool-downs and more. Bring a towel and a water bottle!

**Cardio Sculpt:** Traditional cardiovascular, high and low impact exercises combined with resistance training using weights, bands and tubes to strengthen and tone muscles.

**Extreme Abs:** Concentrates on strengthening and toning the abdominals, oblique's and back.

**Gentle Yoga:** Traditional yoga designed at a gentle pace focusing on improving balance, flexibility, relaxation and proper breathing techniques.

**Interval Training:** High intensity, cardiovascular exercise, alternated with periods of lower intensity activities involving weights, bands and exercise balls.

**Pilates:** Exercise for developing stomach muscles. A form in which you develop the muscles in your abdomen in order to control your body movement and protect your back.

**Trim & Tone:** A total body fitness class that emphasizes on slow precision movements that strengthen, condition and tone your muscles. The workout uses resistance training, free weights, bands, stability balls and tubes and is adjusted to all types of fitness levels.

**Tai Chi:** A healing martial art that combines many martial arts movements with Qi (energy) circulation, breathing and stretching.

**Yoga:** This class concentrates on improving balance, flexibility, relaxation and breathing techniques. This is a great way to learn how to manage and relieve stress.

**Ab Lab:** 30 minutes of core work with mixed weight training.

**Cardio Dance:** 1 hour of calorie burning fun through dance with mixed weights and core training at the end.

**Zumba Tone:** Perfect for those who want an extra emphasis on toning target zones (arms, core, lower body). Combines low and high intensity moves for an interval style, calorie burning dance fitness. Light weights or Zumba toning sticks are used to target specific muscle groups keeping you and your muscles engaged!

**Core and Balance:** Perfect for the active older adult and is primarily performed in a chair with some standing exercises. Tubing and other equip. may be used to improve strength, flexibility and balance.

**30/30/30:** Scorch calories with 30 minutes of cardio, 30 minutes of weight training, and 30 minutes of core.

**30/30:** 30 minutes of a high energy warm up on the spin bikes, then moving to Studio A for weight training.

**FITT:** Focused interval training & toning, an always changing indoor/outdoor class to keep your body guessing for optimal results!

**Cardio Express Ball:** Easy to follow cardio fusion with innovative movement variations using the ball and creating core stability.

**beginnerbarre:** Is a dynamic fusion of cardio, yoga, ballet and core conditioning. This an all body workout using classic ballet moves that attack those dreadful problem areas—legs, butt, thighs, and arms. **This is a paid program!**

**Core and More:** Perfect for the active older adult and is primarily performed in a chair with some standing exercises. Tubing and other equip. may be used to improve strength, flexibility and balance.

**Power Up Saturday:** Start your Saturday right with a mix of cardio, strength, and stretching!