

Monday

5:45am to 6:45am | Body Blitz | Tonia | Studio 2 **New!**
6:30am to 7:45am | Happy Hour | Patti **JS**
7am to 8am | Commit to Strength | Tammy
8am to 9am | Stronger Seniors | Tammy | Studio 2
8am to 9am | Water Moves | Diane **JS**
9am to 10am | Deep Water | Mittie **JS**
9am to 10am | Aqua Aerobics | Diane **JS**
9am to 10am | Y Drum Fit | Tammy | Studio 2
9am to 10am | Body Blast | Jessica G. | Studio 1
10am to 11am | Yoqua/Aqua Pilates | Mittie **JS**
10:15am to 11:00am | Zumba | Rebecca | Studio 2
5:30pm to 6:30pm | Cardio Fusion | Ashley | Studio 1
5:30pm to 6:30pm | Bootcamp | Tonia | Gym
6pm to 7PM | Latin Aqua Cardio Dance | Dee **JS**
6:45pm to 7:30pm | Burn Fat w/ Faats | Faatimah | Studio 2 **New!**

Tuesday

5:45am to 6:45am | Cardio Cycle | Christina G. | Studio 1
9am to 10am | Step Fitness | Jessica | Studio 2
10am to 10:50am | Gentle Chair Yoga | Tammy | Studio 1
5:15pm to 6:15pm | Full Body Conditioning | Hope | Studio 1
5:30pm to 6:15pm | BrickFit | Natosha | Studio 2
6:30pm to 7:30PM | Yoga | Emilee | Studio 2
6:45pm to 7:30pm | Bring the Motion | Cece | Studio 1 **New!**

Wednesday

5:45am to 6:45am | Yoga | Becky | Studio 2 **New!**
6:45am to 7:45am | Happy Hour | Patti **JS**
7am to 8am | Commit to Strength | Tammy
8am to 9am | Water Moves | Diane **JS**
8am to 9am | Stronger Seniors | Tammy | Studio 2
9am to 10am | Deep Water | Mittie/Charlie **JS**
9am to 10am | Aqua Aerobics | Diane **JS**
9am to 10am | Full Body Conditioning | Missy S. | Studio 1
10am to 11am | SMILE | Wendy **JS**
5:30pm to 6:30pm | X-Train | Missy G. | Gym
6:45pm to 7:45pm | Power Pedal | Tonia | Studio 1 **New!**
6:45pm to 7:30pm | Hump Day Refresher | Faatimah | Studio 2 **New!**

Thursday

5:45am to 6:30am | Cardio Cycle | Tonia | Studio 1
6:45am to 7:30 | Calorie Crusher | Tonia | Studio 2 **New!**
7am to 8am | Walking Club | Indoor Walking Track
9am to 10am | Power Yoga | Tara | Studio 2
3:30pm to 4:30pm | Rock Steady Boxing | Abby | Studio 2
(Call to Register)
5:30pm to 6:30pm | Bootcamp | Missy | Gym
6pm to 7pm | Latin Aqua Cardio Dance | Dee **JS**

Friday

5:45am to 6:15am | Fun Friday Fitness | Faatimah | Studio 1 **New!**
6:30am to 7:45am | Happy Hour | Patti **JS**
7am to 8am | Commit to Strength | Tammy
8am to 9am | Water Moves | Diane **JS**
9am to 10am | Aqua Aerobics | Diane **JS**
9am to 10am | Deep Water | Mittie **JS**
9am to 10am | Body Blast | Jessica G. & Ashley | Studio 1
9am to 9:45am | Turbo Kick | Britnie | Studio 2
10am to 11am | Yoqua/Aqua Pilates | Mittie **JS**
10am to 11am | Y on the Mat | Tammy | Studio 2
6:30pm to 7:30pm | Get Groovy at the Y | Cece | Studio 2 **New!**

Saturday


8am to 9am | Full Body Conditioning | Hope | Studio 2
10:45am to 11:45am | Strength Saturday | Tonia | Studio 1 **New!**
3:30pm to 5pm | Social Pickleball | Gym

Sunday

1:15pm to 2:15pm | 20/20/20 | Tonia | Gym **New!**

Rocky Mount YMCA April 2024 Class Schedule

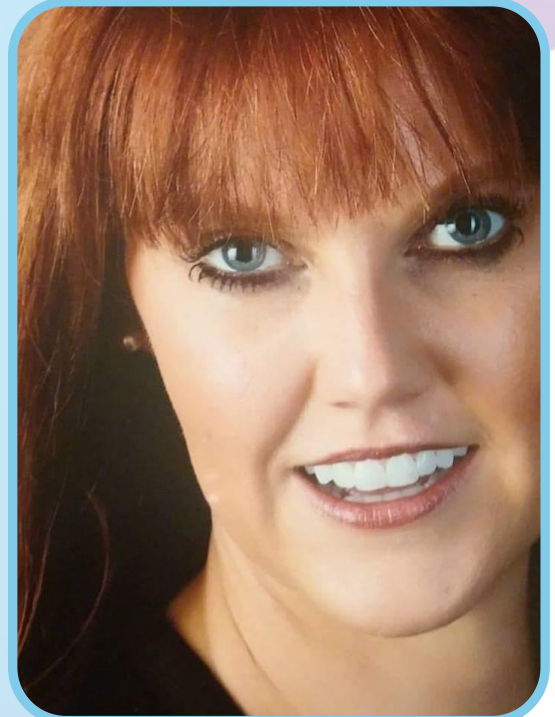
REMINDERS

- Aquatics classes indicated with 
- Check reverse for class levels
- Please bring your own yoga mat.
- Closed toes shoes must be worn during classes and while using gym equipment
- New classes highlighted in orange

Instructor Spotlight

Tonia has a Doctorate in Integrated Healthcare and Wellness from Morehead State University (MSU). She has taught group fitness for 10 years and received her certification from the American Council on Exercise. She also was certified by Mad Dogg Athletics to teach Spinning®. Tonia has a soft spot for "newbies" and loves helping and supporting members on their fitness journey with a "Make it Fun!" attitude.

Join her for a class!



New childwatch hours now offered on Sunday from 1:00PM - 3:00PM!



Rocky Mount YMCA
235 Technology Dr.
Rocky Mount, VA 24151
(540)489-9622

LEVEL ONE

For any and all fitness levels. Modifications can be made in any group exercise class to increase or decrease intensity!

Aqua Cardio Dance: All the fun of Cardio Dance with the low impact benefits of water exercise

Aqua SMILE: Slower Moves Impact Lowered Exercise. Combines Mobility exercise with gentle movements in the water that target arthritis or any type of physical restricting conditions.

Body Evolution: Mixture of body sculpt, dance, pilates, yoga, bar, and mobility.

Bring the Motion: A fun, intensive, and beginner friendly hip hop dance class. We will be exploring/practicing different hip hop choreography, fun dynamic stretching, and hip line dances. Come get some exercise in while making it fun and swaggy!

Deep Water: ZERO IMPACT Exercise in Deep end of Lap Pool. This is a Vigorous Intensity Level Exercise Class with and without equipment. Flotation Belts optional

Fun Friday Fitness: Join Faatimah for a fun Friday workout with a diverse workout!

Exalter Warrior: Come start your day with powerful yet peaceful yoga poses that combine with the support of our warm water pool. Set your intentions for your day opening yourself and increasing your balance, flexibility, body awareness and core stability, while bringing peace, calm and tranquility to your day.

Gentle Chair Yoga: Yoga poses and exercises that take place seated in a chair and standing poses using the chair for support and balance. Benefits: Loosen and strengthen painful muscles, reduce stress, improve circulation, lower blood pressure, protect joints, improve balance, improve breathing habits, and practice mindfulness. Chair provided & no getting up and down off the floor!

Get Groovy at the Y: A fun, intensive, and beginner friendly hip hop dance class. We will be exploring/practicing different hip hop choreography, fun dynamic stretching, and hip line dances. Come get some exercise in while making it fun and swaggy!

Happy Hour: Low impact, medium-high intensity exercises benefiting your overall well being, with or without equipment

Stronger Seniors: Perfect for the active older adults. We focus on stretching, easy weights, cardio (at your own pace), improving balance as well as adding a few chairs exercises.

Water Moves: Shallow water cardio and strength training

Yoga: Yoga for beginners or seniors that is taught in a way that is gently effective. Benefits include increased flexibility, reduced muscle tension, increased ability to relax, injury prevention, improved balance (to reduce falling), and development of body awareness. Bring your own yoga mat.

Y on the Mat: A fun cardio workout mixed with drums and ending with yoga and meditation.

Yoqua/Aqua Pilates: Yoga Poses and Pilates Exercises modified for the shallow warm pool, designed to improve balance, flexibility, strengthen core muscles, and enhance relaxation and mindfulness

Y Drum Fit: A fun cardio workout mixed with drums.

LEVEL TWO

With slightly higher intensity, these classes are for anyone looking to push themselves a little harder. Modifications can be made in any group exercise class to increase or decrease intensity!

20/20/20: Bootcamp style class where members use the energy from the group to conquer exercises focused on building muscle (20 minutes), cardiovascular endurance, (20 minutes), and core exercises (20 minutes).

Body Blast: This is a combination class with cardio, weights and core for muscular strength and endurance that can be modified for any fitness level.

Body Blitz: This class is designed to give you the right mix of strength and power using the science of high-interval training to help you meet your fitness goals.

BrickFit: Weights and body weight exercises to gain muscle mass, while achieving cardiovascular endurance. This class will now include more strength and abs.

Burn Fat with Faats: HIIT (High Intensity Interval Training) for full body toning.

Calorie Crusher: Members can expect a positive community to help increase speed, power, muscle endurance, flexibility, and agility using the principles of metabolic science to scorch calories.

Cardio Fusion: 30 minutes of spin and 30 minutes of weights and toning.

Hump Day Refresher: Sculpt and tone with high tempo workout and dance

Power Yoga: Flexibility, muscle strengthening and toning using your own body weight with faster flows and intense poses. A total mind and body experience.

Step Fitness: Moderate to high intensity workout using an elevated platform combined with plyometrics, body sculpting, and abdominal work

Sunscapades: Escapades revved up as the sun rises. High energy, medium-high intensity with no to low impact on your joints.

Combining cardio segments (HIIT, Wabata, kickboxing and various routines) along with various equipment to help strengthen and tone all major muscle groups. Think boot-camp with a smile ;)

Turbo Kick: Get your heart rate up with a fun mix of Cardio Dance and Kick Boxing!

Zumba: Perfect For everybody and every body! Each Zumba® class is designed to bring people together to take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party."

LEVEL THREE

These classes are sure to give you an intense cardio and strength training workout. Modifications can be made in any group exercise class to increase or decrease intensity!

Bootcamp: This class will get your heart rate up and keep it there using a series of drills and exercises.

Body Blast: This class is designed to give you the right mix of strength and power using the science of high-interval training to help you meet your fitness goals.

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!

Full Body Conditioning: Combination of aerobic and resistance training for a full body workout.

Power Pedal: 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!

Strength Saturday: A dynamic and energizing workout designed to help participants build muscular strength and endurance.

X-Train: CrossFit training style class.