




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE HEALTHY, BE STRONG, BELONG!

CUMBERLAND CAPE ATLANTIC YMCA | FALL II 2024 GROUP EXERCISE SCHEDULE

Session Dates: OCTOBER 28th - DECEMBER 21st (8 week classes & ** 7 week classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45-6:30am Spin (T) - Bert Rotary Room	NEW 5:45-6:30am Boot Camp - Bert Davis Room)	5:45-6:30am Spin (TH) - Bert Rotary Room	8:15-9:00am Circuit Training - Joe FH&AC	7:45-8:45am Spin 2.0 - Bert Rotary
7:15-8:15am Spin - Bert Rotary Room	8:15-9:00am Chair Yoga - Cheri Riggins Room	8:15-9:00am Chair Fit For Life - Joe Riggins Room	8:15-9:00am **Chair Fit For Life** - Judy Riggins Room	9:15-10:00am **FUNctional Fridays** - Rebecca Riggins	9:00-9:45am Slow Flow Vinyasa Yoga - Cheri Riggins Room
NEW DAY 8:15-9:00am Chair Yoga - Pam Riggins Room	9:15-10:00am **Strength Train Together** (T) - Pam Riggins Room	NEW TIME 8:30- 9:00am Walking For Success - Pam MPC	NEW 8:30-9:00am Standing Yoga for Beginners -Pam Davis Room	9:15-10:00am Chair Fit For Life - Joe Davis Room	10:30-11:30am Zumba™ - Megan Riggins
9:15-10:00am **Tonezone** - Candice Riggins Room	9:15-10:00am Barre Above (T) - Chris Davis Room	9:15-9:45am Chair Tone & Stretch - Pam MPC	9:15-10:00am **Strength Train Together** (TH) - Pam Riggins Room	NEW 9:15-10:00am Spin for Beginners - Kathy Rotary	
NEW 9:15-10:00am Chair DrumFIT - Judy Davis Room	9:15-10:00am Spin - Maura Rotary	NEW 9:15-10:00am Spin for Beginners - Larry Rotary Room	9:15-10:00am Barre Above (TH) - Chris Davis Room	10:15-11:00am STRONG 45 - Donna Riggins Room	
10:15-11:00am **Gentle Yoga** - Pam Davis Room	10:15-11:00am **Stability Ball** - Chris Riggins Room	9:15-10:00am **Cardio Strength** - Maura Riggins Room	10:15-11:00am DrumFIT@ - Valerie Riggins	<div style="text-align: center;"> <p>TRY OUR NEW YMCA360</p>  <p>Find it on the web at YMCA360.ORG Or Download the APP Today</p> <p>CHILD WATCH WHILE YOU WORK OUT FOR AN ADDITIONAL FEE</p> <p>2024 Hours & Information M-F 5:45pm-8:30pm Sat 8:00am - 12:00pm Ages 6 months - 10yrs old See member services for more details.</p> <p>CLASS FEES: Facility Members: FREE Program Members: 1 day - \$54.00 2 days - \$73.00 3 days - \$84.00</p> <p>Turn over for class descriptions</p> </div>	
NEW 10:15-11:00am DrumFIT -Judy Riggins Room	10:15-11:00am Gentle Yoga - Cheri Davis Room	NEW 9:15-10:00am Cardio Step - Cheri Davis Room	6:00-6:45pm Sonic Spin (TH) - Marisol/Mayra Rotary Room		
5:00-5:45pm Hatha Yoga - Tracey Davis Room	5:15-6:00pm **DrumFIT@** - Valerie Riggins Room	10:15-11:00am Zumba Gold™ - Megan Riggins Room	6:00-7:00pm Kickboxing (TH) - Orlando Davis Room		
6:00-7:00pm Strength Train Together (M) - Rebecca Davis Room	6:00-6:45pm Sonic Spin (T) - Marisol/Mayra Rotary Room	NEW 5:00-5:45pm Power Flow Yoga - Cheri Davis Room	6:15-7:00pm **Cardio Drumming** - Donna Riggins Room		
6:00-7:00pm **Strong Nation™ (M)** - Donna Riggins Room	6:00-7:00pm Kickboxing (T) - Orlando Davis Room	6:00-7:00pm **Strong Nation™ (w)** - Donna Riggins Room	7:15-8:15pm **Y Muscle Max (TH)** - Orlando Riggins Room		
7:15-8:15pm Yin Fusion Yoga - Candice Davis Room	NEW 6:15-7:00pm **Cardio Step** - Kathy Riggins Room	6:00-7:00pm Strength Train Together (w) - Megan Davis Room	7:15-8:15pm Zumba™ - Megan Davis Room		
7:15-8:15pm **Zumba™** - Megan Riggins Room	7:15-8:15pm **Y Muscle Max (T)** - Orlando Riggins Room	7:15-7:45pm NEW CIRCL Mobility™ - Megan Davis Room			
	7:15-8:00pm Slow Flow Vinyasa Yoga - Lynne Davis Room	NEW 7:15-8:15pm **Zumba Toning™** - Carmen Riggins Room			

PLEASE NOTE: Classes with (**) by the name will end by 12/14

CLASS DESCRIPTIONS

	CLASS NAME	DESCRIPTION
CHAIR TO LOW	Chair Fit For Life	Total-body workout is appropriate for all fitness levels and is designed to increase flexibility, joint stability, balance, coordination, agility, and muscular strength. You will use a chair, balls, and light weights.
	Chair Tone & Stretch	Chair resistant band total-body workout is appropriate for all fitness levels. This class is designed to increase flexibility, coordination, muscular strength and raise your cardio endurance.
	Chair Yoga	Gentle form of yoga designed for those who have difficulty getting up and down off the floor. You will increased circulation, balance, flexibility, mobility, and strength. Great for arthritis, osteoporosis, and those with limited mobility.
	Chair DrumFIT®	This chair class incorporates muscle conditioning, cardiovascular exercise, and interval training in a fun way. Drumsticks, fitness ball, high energy music, and specially choreographed routines will help burn those calories.
	Circuit Training	This instructor lead class is designed for members with little to no experience with gym equipment. This group lead class gives you a chance to strength train on equipment in a group setting. This is a low impact circuit training class.
	Walking For Success	Building strength while walking and whole body workout, while listening to great tunes.
	Spin for Beginners	Lower Intensity class, but you will still get your cardio in! This class is designed to improve cycling power, endurance, and efficiency.
LOW TO MEDIUM	Standing Yoga for Beginners	This standing yoga class offers the next step from chair yoga. This class works on mobility, stability, and strength through beginner standing yoga poses. No floor work. A chair will be provided for a balance aid if needed. Bring your own Mat
	Yin Fusion Yoga	Asana held passively for a length of time, followed by movements that allow for joints to move through their full range of motion, promoting overall well-being of the body and mind. Bring your own Mat
	Stability Ball	A low impact conditioning class appropriate for all levels using a Stability Ball with movements that provide insecurity for greater core activation. Benefits back, spine, core strength, and muscle balance. Bring your own Mat
	Gentle Yoga	This class is designed to stretch and relax your muscles. With gentle sequences you will slow down the mental activity of the brain, shift emotional patterns, and bring ease to the breath. Yoga at your own pace! Bring your own Mat
	CIRCL Mobility™	This Class combines flexibility, breath work, and mobility exercises to help you move easier and more effectively. Bring your own Mat
	Hatha Yoga	Yoga at your own pace! Gentle sequences slow down mental activity of the brain, shift emotional patterns, and bring ease to the breath. Bring your own Mat
	Slow Flow Vinyasa Yoga	Relax, rejuvenate, and refocus through Yoga. Work on your breathing, flexibility, and all over well-being in this class. Bring your own Mat
	Barre Above	Low-impact workout combining movements of pilates, yoga and ballet. This fun class moves quickly, incorporates a variety of equipment, and is suitable for a wide range of levels. Benefits include improved strength, flexibility, posture and balance. Bring your own Mat
	Zumba™ / Zumba Tone™/Zumba Gold™	This Latin-inspired dance class is an interval workout moving between high and low intensity dance moves designed to get your heart rate up and boost cardio endurance. This class will leave you feeling good and sweaty! Zumba Tone uses small weights.
	Cardio Step	Cardio Step is an aerobic low-impact cardio workout using a step box with moves choreographed to the beat of the music.
MEDIUM TO HIGH	Cardio Drumming / DrumFIT®	Designed for all fitness levels. Gets your entire body moving by incorporating muscle conditioning, cardiovascular exercise, and interval training in a fun way. Drumsticks, fitness ball, high energy music, and specially choreographed routines will help burn those calories.
	Cardio Strength	This full body workout class utilizes both hand weights and body weight that is followed up with heart pumping cardio exercises which will help increase your endurance and functional strength. This class is for all levels. Bring your own Mat
	ToneZone	A series of exercises designed to build strength in your upper/lower body, core and stability. Bring your own Mat
	FUNctional Fridays	This cardio & strength training class utilizes a variety of resistance equipment & body weight exercises. Bring your own Mat
	Y Muscle Max	This class will increase your muscle strength and endurance using a variety of resistance equipment and body weight.
	Kickboxing	Combination of kicking and punching techniques to build stamina, improve coordination and flexibility. Burn calories as you build lean muscle in this high-energy workout. This class challenges the beginner and elite athlete alike. Bring your own Mat
	Sonic Spin/Spin/ Spin 2.0	Medium to High Intensity class offers a challenging ride with fun energizing music. It's the perfect opportunity to get your heart pumping to build cardiovascular strength and endurance while burning some serious calories.
	BOOT Camp	This circuit station style class offers a perfect opportunity to increase your strength and all-around fitness in a boot camp style setting. Bring your own Mat
	Strength Train Together	Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music in a motivating group atmosphere. Bring your own Mat
	STRONG Nation/ STRONG 45™	A high intensity, full body workout that combines body weight, resistance style, muscle conditioning, cardio and plyometric training movements synced to customized music to give you a challenging yet safe way to increase your fitness level. Bring your own Mat
Power Flow Yoga	Med. intensity, rejuvenate and refocus through a series of asana in a flowing sequence. Practice breathing, flexibility, & all over well-being. Bring your own Mat	

ALL GROUP EXERCISE CLASSES ARE INCLUDED IN A FACILITY MEMBERSHIP

It is important to register, regularly attend classes, and arrive 5 minutes before class starts. Class may be canceled due to low participation. If you are not able to continue in a class, please let Member Services know so you can be removed from the class. Ages 15 and up are welcome to participate in any of our group exercise classes. Please come prepared to class in appropriate attire; comfortable clothing/sneakers and bring your own mat.

GROUP EXERCISE ATTENDANCE POLICY

- Registration spots for each class are limited due to room capacity. In the event that a class registration is full, members may opt to be put on the waitlist.
- A registered member has priority, and has 5 minutes prior to class start time to claim their spot. If a registered member shows up 4 minutes before class start time, the registered member has forfeited their spot if there are people waiting.
- If 3 consecutive classes are missed, member will be removed from class roster & will need to register again (if space allows)
- Members on wait list will be moved onto the roster in the order they were added to the wait list. They will be contacted to notify them of the change as.
- For those whom are not registered but are on the wait list, we still encourage you to attend class, in the event not everyone registered attends. Please check in with Instructor prior to the start of class to ensure there is room.