

Class Descriptions

20-20-20 - 20 minute intervals of cycle, step and kickboxing.

ABSOLUTELY - A 15 minute strictly abdominal workout.

BODY SCULPT - Muscle toning using hand weights and resistance tubing to strengthen major muscle groups.

BOOT CAMP - You're in the Army now! A high intensity class designed to increase cardiovascular endurance.

CARDIO FUNK - A high intensity, low impact funky moves aerobics class.

CIRCUIT - A high intensity class featuring 1 minute intervals of strength and cardio.

CYCLE - A challenging "no impact" ride of your life.

FUNCTIONAL FITNESS - A variety of low impact moves and activities designed to achieve and maintain lifelong fitness.

JAMMIN' CARDIO - Get ready for an hour of heart pumping low to medium impact dance aerobics. Fun for all ages and walks of life!

KETTLEBELL - Muscle toning using kettle bells to strengthen major muscle groups.

KICKBOXING - Intense kick boxing combined with tae kwon do moves.

NIA - Combines selected movements and concepts from Yoga, Tai Chi, Tae Kwon Do, Aikido, and dance to offer total-body cardiovascular conditioning and cross-training for any sport or activity.

PILATES - This class has an emphasis on core stabilization with proper body alignment to help improve strength, flexibility, balance and coordination.

POWER SCULPT - Muscle toning combined with intense power moves.

STEP - A high intensity workout with optional impact aerobics using a bench.

YOGA - Stretches and poses to improve flexibility and core body strength are coordinated with breathing and relaxation techniques.

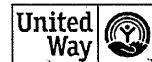
All YMCA fitness classes welcome anyone from beginner to advanced. You can use the suggestions below as a guideline, but always feel free to try them all!

If you are just beginning your fitness program, try **Functional Fitness, Yoga and Pilates.**

If you are more advanced, check out **Cycle, Body Sculpt and Cardio Funk.**

For a really intense workout, try **Boot Camp, Kettlebell and 20-20-20.**

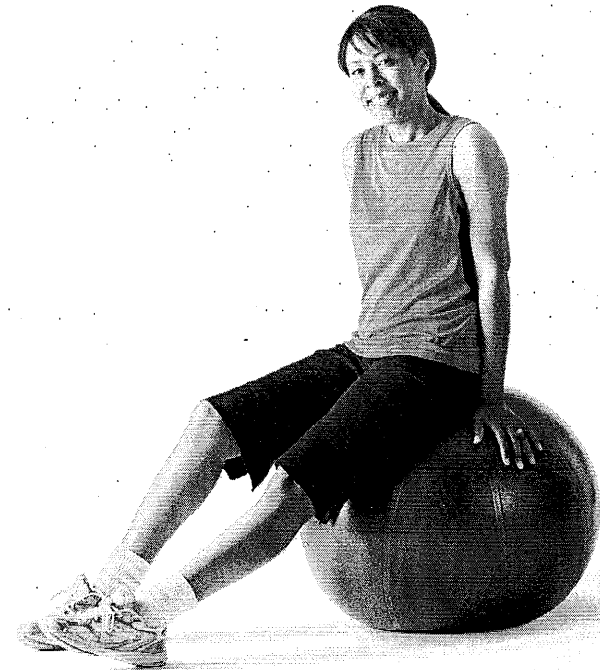
If you have any questions, contact the Wellness Department at 972-9622.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WORK IT OUT

HOLIDAY AEROBICS SCHEDULE
November 1 - December 23
HARRISON FAMILY YMCA



Harrison Family YMCA
P.O. Box 4063
Rocky Mount, NC 27803

Harrison Family YMCA Holiday Aerobics Schedule

Effective November 1, 2010 - December 23, 2010

No classes December 24 through December 31

(Classes are subject to change due to demand. Class sizes are limited and are first come, first serve.)

	5:30 - 6:30 AM	8:15 - 9:15 AM	9:00 - 10:00 AM (Studio 2)	9:15 - 9:30 AM	9:30 - 10:30 AM	12:15- 1:00 PM	1:00 - 1:15 PM	4:30 - 5:15 PM	5:15 - 5:30 PM	5:30 - 6:30 PM	5:30- 6:30 PM (Studio 2)	6:30 - 7:30 PM	6:30- 7:30 PM (Studio 2)
Monday		Power Sculpt with Haywood	Functional Fitness with Sharon	Absolutely with Haywood	Step with Kim	Power Sculpt with Kim	Absolutely with Kim		Absolutely with Kim	Kettlebell with Kim	Functional Fitness with Beverly		Cycle with David
Tuesday	5:00-6:00 AM Pilates with Beth	Yoga with Becky		Absolutely with Becky	Cardio Funk with Linda	(Studio 2) Cycle with Mary	Absolutely with Mary	Power Sculpt with Tonya	Absolutely with Tonya	Cardio Funk with Linda		Nia with Haven	Cycle with Ruth
Wednesday	(Studio 2) Cycle with Tammy	Power Sculpt with Kim	Functional Fitness with Sharon	Absolutely with Kim	Kickboxing with Mary	Yoga with Becky			Absolutely with Chrisie	Jammin' Cardio with Chrisie	Functional Fitness with Beverly	Boot Camp with Tammy & Elwood	
Thursday		Circuit with Mary		Absolutely with Haywood	20-20-20 with Haywood			Power Sculpt with Ruth G.	Absolutely with Ruth G.	20-20-20 with Ruth B.		Pilates with Beth	
Friday	5:00-6:00 AM Body Sculpt with Beth	Body Sculpt with Becky	Functional Fitness with Sharon	Absolutely with Becky									
Saturday		Cycle with Rotating Instructor		Absolutely with Linda/Chrisie	Cardio Funk with Linda/Chrisie								

Note: All classes are held in Aerobics Studio 1 unless stated otherwise.