

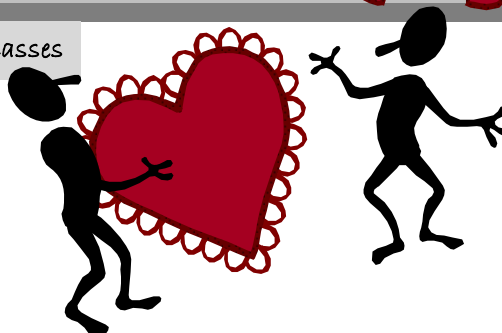
Kings Mountain Family YMCA Fitness Schedule Feburary 2012

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 AM				Boot Camp Liza Group Exercise Room	
5:30 AM	Basic Training Larry Group Exercise Room	Zumba Dee Group Exercise Room			Zumba Dee Group Exercise Room
8:00AM	Aqua Chastity/Candace KMHS Pool		Aqua Chastity/Candace KMHS Pool		Aqua Chastity/Candace KMHS Pool
9:30 AM	Fitness Fusion Tina Group Exercise Room	Yoga Candace Yoga Room	Pilates Melissa Yoga Room		
10:30 AM	Seniors in Motion Sharon/John Patrick Senior Center	Silver Sneakers Amber/Lee Group Exercise Room	Zumba Gold Taffy Group Exercise Room	Silver Sneakers Lee/Amber Group Exercise Room	Seniors in Motion Sharon/John Patrick Senior Center
11:30	LiveStrong* Candace/Lee Group Exercise Room	Open Pool Time Tue/Thur KMHA pool	LiveStrong* Candace/Lee Group Exercise Room	Open Pool Time Tue/Thur* KMHS pool	
1:00 PM				*Subject to Lifeguard availability please call	Zumba Gold® Taffy 1:00 Patrick Senior Center
4:30 PM		Kid Fit Nicole Yoga Room			Saturday
4:30 PM	Zumba Gold Taffy Group Exercise Room	Fat Blast in 40 Melissa Group Exercise Room		Flex Melissa Group Exercise Room	February 4th Flex
5:00 PM					Candace
5:30pm	Flex Group Exercise Room Candace	Cycle Melissa Cycle Room	Zumba *4:30* Selina Group Exercise Room	Cycle 5:30 Candace/Larry Cycle Room	February 11th Flex Candace
5:30 PM				Zumba 5:30 Taffy/Dee Group Exercise Room	February 18th Zumba Selina
6:00pm	Cycle Lee Doster-Ward Cycle Room	Pilates Melissa Yoga Room			February 25th Zumba Selina
6:30pm	Zumba Dee Group Exercise Room			Yoga 6:30 Candace Yoga Room	

saturdays

No Sunday classes

8:30 AM	Rotating Class/Instructor See Right Column Group Ex room, etc. !
9:30 AM	Yoga Candace Yoga Room



Let us always meet each other with a smile, for the smile is the beginning of love. -Mother Teresa

YMCA Mission: Helping all people reach their God given potential in spirit, mind and body.

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***Aqua Aerobics:** (One lap lane is available during this time. Lap swimmers must share.) A great way to get a low impact cardiovascular workout that will burn the calories. All levels.

Boot Camp: Take your fitness routine to the next level with challenging cardio, core work, plyometrics, and balance training

***Extreme Cycle:** This is the class you've been looking for! This class can burn up from 500 to 1000 calories depending on the level YOU choose. A tough class, but a fun one. You'll burn off the extra pounds before you realize it! Intermediate to Advanced Levels (must sign up for this class up to 24 hours in advance-seats go fast!)

Open Pool Time: There will be 3 lap lanes open for lap swim and 3 lanes for water exercisers.


FLEX: Pump your body to the max with barbell weights and non stop synergy to keep your heart pumping for maximum fat burning and muscle toning all in one workout! Intermediate to advanced levels.


Fat Blast in 40: A 40 minute HIIT Training or High Intensity Interval Training class, using a variety of exercise including weights, plyometrics and cardio. Come let Melissa help you blast off some inches and pounds and build some muscle while your at it!

***Pilates:** FitCore Pilates. Certified Pilates instructors take you through the Pilates moves with variations for more advanced moves as you increase your strength. Pilates exercises concentrate on core conditioning by using it for balance as other muscles are strengthened and lengthened in the process. All levels

*** Yoga:** From mind to body to spirit, this class works you like no other. Strength training using core stabilizers, you will walk away feeling more flexible and stronger all around! Intermediate to Advanced Levels

 *** Silver Sneakers** A no impact workout designed to improve cardiovascular condition in addition to muscular endurance. Standing and sitting, all levels are welcomed.

 **ZUMBA** Shake it up and sweat it out in this fun, high-energy class that includes various dance and cultural influences. One of the hottest trends in fitness today! Taught by level II Zumba® Instructor. All levels.

 **ZUMBA gold** Dance your way to good health and feeling great. A slower, easier paced class than the traditional Zumba class.

Fitness Fusion: