



J. Smith Young YMCA * Outdoor Classes - June 1-30

Y BEYOND WALLS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM	Intermediate Run Group – Crede – bring water	Body Blast – Jen FA– bring water, mat & hand weights	Intermediate Run Group – Crede – bring water	Tabata – Jen FA– bring water, mat & hand weights	HIIT Boot Camp – Madison – bring water, mat & hand weights	
8:00 AM	Tabata – Beth – bring water, mat & hand weights	Intermediate Run Group – Beth – bring water	HIIT – Tracie – bring water, mat & hand weights	Intermediate Run Group – Beth – bring water	Walk to 5K Training Group – Erin & Tracie – bring water	Spin – Mark S. – bring water & hand towel
9:30 AM	Warrior Strong – Dawn – bring water & mat	Obstacle Course in the City – Stephanie & Dawn – bring water	Turbokick® – Stephanie – bring water	Warrior Strong – Dawn – bring water & mat	Barless Barre – Meredith – bring water, mat & hand weights	
10:30 AM	Zumba® – Jen R – bring water & light weights	Walking Club – Jen R – bring water	Return to Working Out – Jen R – bring water & light weights	Walking Club – Jen R – bring water	Return to Working Out – Jen R – bring water & light weights	XXXX
4:15 PM	Tabata Circuits – Stacy – bring water, mat & hand weights	Tabata – Brooke MW – bring water, mat & hand weights	Yoga Sculpt – Laura – bring water, mat & hand weights	Pilates – Jill – bring water, mat & hand towel	XXXX	XXXX
5:15 PM	HIIT – Tracie – bring water, mat & hand weights	Turbokick® – Stephanie – bring water		Zumba® – Pam – bring water	XXXX	XXXX
6:00 PM	Strong Nation – Erin – bring water, mat & hand weights	Zumba® – Pam – bring water	Spin – Mark S. – bring water & hand towel	HIIT – Erin – bring water, mat & hand weights	XXXX	XXXX



J. Smith Young YMCA * Outdoor Classes - June 1-30

Y BEYOND WALLS

RULES

- You MUST reserve a spot in class to attend. You can do so by calling the Y at 336-249-2177. If you fail to show up for a class you've registered for 3 times, you will no longer be allowed to sign up for classes.
- All outdoor classes will be capped at 24 participants. All outdoor cycle classes will be capped at 10 participants.
- Childwatch is not open at this time. Please DO NOT bring your children to class.
- Classes will be canceled in the event of inclement weather (rain, thunder, lightning, temperatures exceeding 90 degrees).
- Participants MUST bring a FULL water bottle to class. Participants will NOT have access to water fountains before, during, or after class.
- Outdoor exercise presents its own safety challenges and concerns, including an increased risk for heat-related illnesses.
- Classes open to J. Smith Young YMCA members aged 12+ (age 11 with a parent) only.

Class Descriptions

Barless Barre – Barre incorporates ballet, Pilates, and yoga into one class. A high intensity, yet low impact workout will burn, tone, and tighten every part of your body. The focus is on strengthening, lengthening and toning your muscles and increasing flexibility.

Body Blast – Burn fat and tone your body in this interval class which includes cardio, strength and core conditioning. A combination of exercises using equipment and body weight exercises will keep your heart pounding while strengthening all major muscle groups.

Cycle – This is a great cardio workout for the beginner or the older active adult. Take this class to watch your cardio performance increase!

HIIT – High Intensity Interval Training: This workout alternates between intense bursts of activity and fixed periods of less-intense activity or rest. You will constantly challenge your body and avoid plateauing with this flexible, ever-changing workout.

Intermediate Run Group – This group will depart from the Y and follow a route led by the instructor for 3-5 miles. Options will be given to return early to the Y, if you desire. The group will run the entire route.

Pilates – Move through your day with symmetry and grace. This body conditioning routine helps to build core strength as well as flexibility. Breathing control and core strengthening exercises restore balance and improve posture and body alignment.

Obstacle Course in the City – Walk with Steph or Run with Dawn and stop to complete multiple challenges throughout the city.

Return to Working Out – This class will combine cardio and body weight exercises to reintroduce your body to exercise after a break.

STRONG Nation - STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

Tabata – Tabata features 20 second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times for 5 rounds with various exercises. These bursts of intense work will torch calories and strengthen your entire body.

TurboKICK® – TurboKICK® is packed with real kickboxing moves, calorie-blasting HIIT training, and bodyweight exercises. You will leave every class dripping with sweat and ready to conquer anything!

Walking Club - This group will depart from the Y and follow a route led by the instructor for 3-4 miles. Options will be given to return early to the Y, if you desire. The group will walk the entire route.

Warrior Strong – Push yourself to the limit in this strength and conditioning class that combines body weight exercises, sprinting, plyometric training & more.

Yoga – Relax and strengthen your body in this non-impact total body class focused on flexibility, strength, coordination and balance. Participants will move through various Yoga poses in order to build strength and flexibility.

Zumba® – This fun filled hi-lo impact cardio class combines Latin moves, hip hop, funk and belly dancing! This class is for all levels of dance and fitness ability.