

## Indoor Cycling

DAY	TIME	CLASS
<b>MON</b>	8:15 a.m.	F.A.S.T. (45 min)
	9:10 a.m.	Beginner (20 min)
	5:30 p.m.	Beginner (20 min)
<b>TUE</b>	5:45 a.m.	All-Terrain (45 min)
	5:45 p.m.	F.A.S.T. (45 min)
<b>WED</b>	8:15 a.m.	F.A.S.T. (45 min)
	9:10 a.m.	Beginner (20 min)
<b>THU</b>	5:45 a.m.	All-Terrain (45 min)
	5:30 p.m.	Beginner (20 min)
	5:45 p.m.	Intermediate (45 min)
<b>FRI</b>	8:15 a.m.	Cycle Mania (45 min)
<b>SAT</b>	8:00 a.m.	Beginner (20 min)
	8:15 a.m.	Intermediate (45 min)

**All Terrain** - Simulates the outdoors and works the body at various resistance levels and speeds.

Instructors: Doug Wheeler and Doug Jennings

**Cycle Mania** - A challenging spinning class with a variety of twists and turns in pace and intensity as well as keeping in rhythm with the newest releases.

Instructor: Aneta Penley

**F.A.S.T.** - Fun, Active, Speed, Training. A cycle class designed for any type of rider. It will keep you energized through the last jump. Instructors: Leanna Lawson, Aneta Penley and Doug Wheeler

**Beginner/Intermediate** - Beginner level starts 15 minutes prior to intermediate level, and cools down while the intermediate level warms-up. Class is easily adaptable for beginners to advanced.

Instructor: Doug Wheeler

**Beginner** - Begin your group cycling experience catered especially to new biking participants. During this 20 minute class you will learn the proper set-up and techniques used for indoor cycling and build your endurance for the intermediate level.

Instructors: Debbie Overacker and Kristin Girton



Appropriate clothing must be worn at all times!

## Active Older Adult (AOA)

DAY	TIME	CLASS
<b>MON</b>	11:05 a.m.	Fabulous Forever Chair (30 min)
	11:35 a.m.	Gentle Yoga (45 min)
<b>WED</b>	11:05 a.m.	Fabulous Forever Chair (30 min)
	11:35 a.m.	Gentle Yoga (45 min)
<b>THU</b>	10:00 a.m.	Dance Rhythms (55 min)
<b>FRI</b>	11:05 a.m.	Dance Rhythms (45 min)

**Dance Rhythms** - A fun filled dance class designed especially for active older adults. A mixture of Latin, Line, and Hip Hop dance steps. Instructor: Leanna Lawson

**Fabulous Forever Chair** - Safe exercises for people who do not want to exercise standing unaided. Strength building and balancing exercise done standing, or seated along with a lively dance. Instructor: Sharon Harris

**Gentle Yoga** - This class is designed for beginners, people with multiple sclerosis, fibromyalgia, chronic fatigue syndrome, arthritis and other limiting conditions. Instructor: Sharon Harris

### Childwatch

Mornings: Monday through Friday 8:00 a.m. - 12:00 Noon

Afternoon: Monday through Thursday 4:00 p.m. - 8:00 p.m.

Ages: 6 weeks through 5 years old

2 hour limit per child per day

This service is only for children of members that are using the Y facility. (The child must be a member of the YMCA.)

### Youth Wellness Watch

Ages: 5 years old through 12 years old

Monday through Thursday 4:00 p.m. - 8:00 p.m.

Friday 3:00 p.m.- 6:00 p.m.

## Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



## Group Exercise Schedule WINTER 2012 January - May

Greene County YMCA

404 Y Street

Greeneville, TN 37745

423-639-6107

[www.greencounty-ymca.org](http://www.greencounty-ymca.org)

## Cardio Exercise

DAY	TIME	CLASS
<b>MON</b>	8:15 a.m.	Fit For Life (45 min)
	9:05 a.m.	Cardio Intervals (55 min)
	4:15 p.m.	Step Challenge (45 min)
	6:00 p.m.	Cardio Intervals (1 hour)
	7:05 p.m.	Dance Rhythms (55 min)
<b>TUE</b>	10:00 a.m.	Dance Rhythms (55 min)
	12:15 p.m.	Zumba (30 min)
	4:00 p.m.	Cardio Intervals (30 min)
	5:15 p.m.	Zumba (45 min)
	6:00 p.m.	Pure Cardio (30 min)
<b>WED</b>	8:15 a.m.	Fit For Life (45 min)
	9:05 a.m.	Cardio Intervals (55 min)
	5:25 p.m.	Pure Cardio (30 min)
	6:00 p.m.	Cardio Intervals (1 hour)
	<b>THU</b>	10:00 a.m.
12:15 p.m.		Zumba (30 min)
4:15 p.m.		Step Challenge (45 min)
6:00 p.m.		Zumba (45 min)
<b>FRI</b>		8:15 a.m.
	9:05 a.m.	Dance Rhythms (55 min)
	11:05 a.m.	Dance Rhythms (45 min)

**Cardio Intervals** - This class of cardio intervals will challenge participants mentally and physically.

Instructors: Carrie Thompson, Jan Martin, Allison Weems, and Aneta Penley

**Dance Rhythms** - Do you love to dance? This is the class for you! A fun class filled with dance step challenges. A mixture of Latin, Line and Hip Hop dance steps. Come join the fun! Instructor: Leanna Lawson

**Fit For Life** - A class of exercises with handheld weights, aerobic dance, awesome abs and Rumps and Bumps, involving the leg and buttock region.

Instructors: Charlotte Merkel and Gloria Dixon

**Pure Cardio** - A heart pumping action class. A great way to get on target with your cardio routine in a short amount of time!!! Give it a try!!

Instructors: Shirley Southerland and Carrie Thompson

**Step Challenge** - Intermediate to advanced step combinations are featured in this fun and challenging class that will keep you on your toes! Familiarity with step terminology and movements are recommended.

Instructor: Jolynn Doty

**Beginner Step** - This beginners class is an energetic fat burning cardio class with simple step moves and basic step combinations. Instructor: Jan Martin.

**Zumba** - Fun-filled Latin Dance moves.

Instructor: Debbie Shaw

## Strength & Interval Training

DAY	TIME	CLASS
<b>MON</b>	12:30 p.m.	Boot Camp (30 min)
<b>TUE</b>	8:40 a.m.	Sculpt (50 min)
	9:30 a.m.	Stretch/Flexibility (15 min)
<b>WED</b>	12:30 p.m.	Boot Camp (30 min)
<b>THU</b>	8:40 a.m.	Sculpt (50 min)
	9:30 a.m.	Stretch/Flexibility (15 min)
	6:45 p.m.	Boot Camp (45 min)
<b>SAT</b>	9:05 a.m.	Boot Camp (1 hour)

**Boot Camp** - High energy class incorporating various exercise modes, to achieve an intense full body workout. Class consists of cardio/boot camp style workout. Instructors: Matthew Carpenter, Carrie Thompson, Jolynn Doty and Jan Martin

**Sculpt** - This class focuses on improving strength. 3-4 sets of upper and lower body exercises performed with handheld weights for each major muscle group.

Instructor: Debbie Overacker

**Stretch/Flexibility** - Stretches for all major muscles will be taught to increase flexibility.

Instructor: Debbie Overacker



## Yoga

DAY	TIME	CLASS
<b>MON</b>	10:05 a.m.	Yoga (55 min)
	5:10 p.m.	Power Yoga (45 min)
<b>TUE</b>	7:45 a.m.	Vinyasa Yoga (45 min)
	11:05 a.m.	Vinyasa Yoga (1 hour)
	4:35 p.m.	Rock Your Yoga (40 min)
<b>WED</b>	10:05 a.m.	Yoga (55 min)
<b>THU</b>	7:45 a.m.	Vinyasa Yoga (45 min)
	5:10 p.m.	Power Yoga (45 min)
<b>FRI</b>	10:05 a.m.	Vinyasa Yoga (55 min)
<b>SAT</b>	5:10 p.m.	Vinyasa Yoga (1 hour)
	8:00 a.m.	Power Yoga (55 min)

**Power Yoga** - Increase your physical and mental awareness with postures that will blend strength with flexibility, endurance, balance, coordination, and concentration. Strong, fluid movements require a focus of mind and body that is as challenging as it is invigorating. While following basic yoga postures this class is fitness based, and will provide a challenging and energizing workout. Instructor: Jolynn Doty

**Rock Your Yoga** - Yoga class that incorporates several different types of yoga while focusing on the thematic aspects of an asana to deepen awareness in specific body areas (shoulders, core, abs, hips, balance). This class is delivered in a way that allows for laughter and honesty with yourself. Instructor: Amanda Gricunas

**Vinyasa (Flow Yoga)** - Experience exercise for your mind, body, and soul. Class starts with a seated centering and is marked by a flowing style linking movement with breath. Instructors: Amanda Gricunas, Sharon Harris, Debbie Overacker and Andy Daniels

**Yoga** - Slow, controlled movements and deep stretches are used to release tension, and develop flexibility.

Instructors: Gloria Dixon, Sharon Harris and Stacy Doyle

**The YMCA reserves the right to cancel classes due to low enrollment.**