

People with Fitness  
Goals SUCCEED  
because they know  
where they're  
going...

**Rome-Floyd County YMCA Group Fitness Schedule—March 2019**

Must be at least 11 years old and have a parent/guardian present in class to participate in any group fitness class. All Ride classes are in the cycling room with a limit of 20 riders.

Cardio Kickbox & TRX Suspension classes are in the Multi-Purpose Space (MPS)

All other classes are in the large room unless noted on the schedule

**Note new days and times of classes with \*\***

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	Intervals(45 min)	Morning Ride	TRX Suspension@-MPS	Morning Ride	Chisel		
7:30am	Morning Ride		Morning Ride		Morning Ride		
8:30am	ZUMBA * TRX® Suspension-MPS	Ultimate Body Sculpting * TRX® Suspension-MPS * Cycle & Sculpt	Toning * TRX® Circuit-MPS	Ultimate Body Sculpting * Turn & Burn	Tai Chi Foundations * Cardio Kickbox-MPS * Gotta Ride	Yoga-small room (90 min)	
9:30am	Yoga * Silver Strength-MPS	Yoga * Pilates-MPS (45 min)	Yoga * Balance -MPS	Yoga * Pilates/Barre Fusion-MPS	Yoga * Silver Strength-MPS	H.I.I.T. * Gotta Ride	
10:35am		Cardio Dance	Reps & Sets	Cardio Dance	Dance, Core & More * Meditation-small room (30min)	Pilates(45min)	
11:30am						ZUMBA®	
1:05pm							Yoga (90 min) small room
1:15pm							Gotta Ride (45 min)
1:30pm	Yoga-small room		Restorative Yoga (March 6th) small room				
2:15pm							ZUMBA * BARRE & Burn-MPS * Gotta Ride (45 min)
4:30pm	Fit over 40	Box & Burn—MPS	Kids Fitness * Gotta Ride	H.I.I.T. * Gotta Ride			
5:15pm	Pilates -small room (45 min)	Cycle/Yoga Fusion		Turn & Burn	20-20-20-MPS		
5:35pm	Intervals * TRX® Suspension-MPS * Gotta Ride	Chisel (45 min) * BARRE & Burn -MPS	Muscle Mash-up * Power Yoga Flow small room * TRX® Suspension-MPS	Strength/Barre Fusion * Pilates-small room (30 min)			
6:05pm	Gentle Yoga-small room	Gotta Ride		YIN Yoga-small room	TRX® Suspension-MPS		
6:35pm		ZUMBA®	Hip Hop Dance	ZUMBA®	Hip Hop Dance		

# Rome YMCA Group Fitness Class Descriptions. All classes are 55 minutes unless noted.

## Cycling classes are limited to 20 riders

**20-20-20-** A class where different disciplines are intertwined for a fun workout experience. Kickboxing, core, and cycling are broken up into 20 minute segments.

**Balance-** A 45 minute class full of activities and exercises to help build better balance from the ground up. Enjoy games that work to improve mobility, agility and functional movement patterns with various tools. Meets in MPS.

**BARRE & Burn-** You will walk out of this class on fire!! It will consist of lower body strengthening exercises dancers do & upper body segments using the TRX straps.

**Box & Burn-** A class that consist of 35 minutes of cardio intervals on & off the Kickboxing bag followed by 20 minutes of strengthening exercises for the upper & lower body using the TRX straps.

**Cardio Dance-** Eclectic music playlists are the focus of this low impact, fun & easy to learn dance based class where participants can exercise while they move and groove together!

**Chisel-** Focus on developing strength using simple but effective exercises in this 45 minute class that uses 8 rounds of 4 minutes strength training followed by 1 minute of cardio.

**Cardio Kickbox-** Come punch and kick off the day's stress with this cardio based kickboxing class. Gloves are available.

**Cycle/Sculpt-** Cross train the body! 40 minutes of cycling followed by 15 minutes of sculpting.

**Cycle/Yoga Fusion-** Get the ultimate heart, mind & body workout as we cycle for 30 minutes to the beat of motivating tunes & then relax with a 30 minute yoga cool down.

**Dance, Core & More-** Fun cardio dance moves combined with the use of traditional gym equipment to give you a well rounded cardio and toning workout.

**Fit Over 40-** This class incorporates cardio, strength training and core intervals with high-intensity, low-impact exercises for all ages – not just those over 40! You will use a step, dumbbells, balls and a variety of other equipment to sculpt and define your body.

**Gentle Yoga-** For those who want to start their week off with a softer, nurturing, slow-paced, well-supported and relaxing practice. The approach include carefully orchestrated movements, controlled pressure, and well-measured stretches, including range of motion exercises. Perfect class for all levels.

**Gotta Ride-** Prepare for an endorphin rush as you climb hills and mountains, race down flat roads and have fun in this high energy cycling class. All fitness levels are welcome!

**H.I.I.T.-(High Intensity Interval Training).**-This class is similar to the Intervals format but with more of a focus on higher intensity and shorter low intensity segments.

**Hip Hop Dance-** A high energy dance fitness class that infuses the latest styles of street dancing combined with cardio moves that target every inch of your body.

**Intervals-** This class is broken up into segments of 4-5 minutes of steady cardio on the step, 1-2 minutes of a high intensity cardio; followed by 3-4 minutes of strength training.

**Kids Fitness-** This class is fun for ages 6-12. Games infuse strength, agility, balance, endurance and so much more.

**Meditation-** This is an introductory class and everyone is welcome. The class will include guidance & direction in how to meditate. 20 minutes of meditation and a brief discussion.

**Morning Ride-** Start your morning off right with a 45 minute cycling class to enhance both strength and stamina.

**Muscle Mash-up-** 15 minutes devoted to upper body strength using weights & 35 minutes quick pace cardio portion using the step and floor.

**Pilates-** This 45 minute mat based class will help to increase strength through the torso as well as improve flexibility and range of motion

**Pilates Barre Fusion-** A 45 minute class with a unique blend of Pilates principles, strength training, Barre and Yoga. This class will develop optimal strength, flexibility, endurance, better posture and balance without building bulk or stressing joints.

**Power Yoga Flow-** An active approach to yoga. Students will focus on linking conscious breath with a vigorous and mindful flow. Students will build strength, flexibility and concentration while calming the mind. Expect a cardiovascular and strength building workout. No prior yoga experience necessary.

**Reps & Sets-** With a 2 & 2, 3 & 1, 8 Singles formation... This class will provide structure and organization to your workout. Heavy or Light Weights/Resistance, it's YOUR class, do what's best for YOU.

**Restorative Yoga-** Meets the first Wednesday of each month in the small yoga room except June-July. Focuses on improving range of motion, joint mobility and reducing pain and the effects of stress. This very slow and gentle class is beneficial for all levels.

**Silver Strength-** A 45 minute class that focuses on building strength in older adults with an emphasis on functional movement for everyday living and range of motion exercises. Great for beginners!

**Strength/Barre Fusion-** In this 55 minute class you will get a total body workout doing strengthening exercises dancers do for your lower body & adding medium/heavy weights segments to sculpt your upper body.

**Tai Chi Foundations-** Specifically for beginners, explore the basics of tai chi that improve balance, strength, and coordination. Individual moves from the 24-step Yang style. Non-impact, and suitable for all fitness levels.

**Toning-** Increase muscular endurance in the body using various pieces of equipment with this 55 minute strength class.

**TRX@Circuit-** A circuit based format class that includes the suspension trainer, gliding discs, stability balls, and other pieces of equipment to develop balance, strength, and stamina. Meets in MPS.

**TRX@Suspension-** A 45 minute total body workout using your own body weight as resistance with a suspension trainer. Cardio, strength, and flexibility are all rolled into one fun and amazing experience! Meets in MPS.

**Turn & Burn-** A class that consist of cardio intervals, intergrading resistance, speed and endurance while also strengthening the upper-body. 15 minutes of strength training using the TRX suspension trainer followed by 45 minutes of Cycle.

**Ultimate Body Sculpting-** Challenge the mind as well as the body by utilizing dumbbells, bands, and bars for a great strength and cardio workout!

**YIN Yoga-** A quiet and simple practice, but not necessarily an easy practice. This class helps to connect the mind & body in a peaceful atmosphere. It targets our deepest tissues of the body, our connective tissues-ligaments, joints, bones rather than the muscles

**Yoga-** Experience relaxation, stress reduction and flexible strength training with the hatha style format that focuses on both the mind and the body.

**ZUMBA@-** Burn calories and have a fantastic time in a class that fuses Latin music with dance to create this fun and energizing cardio workout!