



JULY SCHEDULE

Express Y

July 1st - July 31st

3408 Old Forest Rd
LYNCHBURG, VA 24501
(434) 455-5996

	MON	TUE	WED	THU	FRI	SAT	SUN
8am		Cardio Box Group Fitness Studio Kelly Davenport 8:30am - 9:15am		20/20/20 Group Fitness Studio Kelly Davenport 8:30am - 9:30am			
9am	Barre Group Fitness Studio Morgan Cox 9am - 9:50am		Barre Bootcamp Group Fitness Studio Morgan Cox 9am - 9:50am		REFIT® Group Fitness Studio Becky Born 9am - 9:50am	Extreme Fit Group Fitness Studio TBD :) 9am - 9:45am	
10am	Core Fusion Mind & Body Studio Beth Zeisig 10am - 10:45am	Beginner Yoga Mind & Body Studio Christine Euhus 10am - 11am	Align & Flow Mind & Body Studio Christine Euhus 10am - 11am	A.M. Yoga Mind & Body Studio Christine Euhus 10:30am - 11:30am		Flow and Restore Mind & Body Studio Marinda Hamilton 10:30am - 11:30am	
		A.M. Yoga Mind & Body Studio Christine Euhus 10:30am - 11:30am					
11am					Yoga For Flexibility Mind & Body Studio Marinda Hamilton 11am - 12pm		
12pm	Zumba ® Group Fitness Studio Beth Zeisig 12pm - 12:45pm	Beginner Yoga Mind & Body Studio Leesa Williams 12pm - 1pm	Cross Training Group Fitness Studio Jill Bryant 12pm - 12:45pm	Beginner Yoga Mind & Body Studio Steve Simpson 12pm - 1pm	Circuit Craze Group Fitness Studio Terry Brame 12pm - 12:45pm		
1pm	ENHANCE FITNESS Group Fitness Studio Enhance Fitness Instructor 1:30pm - 2:30pm	LIVESTRONG at the YMCA Group Fitness Studio Teresa Julian 1:30pm - 3pm	ENHANCE FITNESS Group Fitness Studio Enhance Fitness Instructor 1:30pm - 2:30pm	LIVESTRONG at the YMCA Group Fitness Studio Teresa Julian 1:30pm - 3pm	ENHANCE FITNESS Group Fitness Studio Enhance Fitness Instructor 1:30pm - 2:30pm		
4pm				Pure Pilates Mind & Body Studio Teresa Julian 4:30pm - 5:15pm			
5pm	REFIT® Group Fitness Studio Becky Born 5:30pm - 6:15pm	20/20/20 Group Fitness Studio TBD :) 5:30pm - 6:30pm	Extreme Fit Group Fitness Studio Kayla Goumas 5:30pm - 6:15pm	Barre Bootcamp Group Fitness Studio Morgan Cox 5:30pm - 6:15pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



JULY SCHEDULE
Express Y
July 1st - July 31st

3408 Old Forest Rd
LYNCHBURG, VA 24501
(434) 455-5996

	MON	TUE	WED	THU	FRI	SAT	SUN
		Pure Pilates Mind & Body Studio Stacy Dees 5:30pm - 6:15pm					
6pm	Sweat Flow and Glow Mind & Body Studio Marisa Freeman 6pm - 7pm		Soulful Flow Mind & Body Studio Marinda Hamilton 6pm - 7pm		Hip Hop Yoga Mind & Body Studio Marisa Freeman 6:30pm - 7:30pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Class Descriptions Express Y

3408 Old Forest Rd
LYNCHBURG, VA 24501
(434) 455-5996

20/20/20 - What a great combo class!! 20 minutes of cardio, 20 minutes of strength, and 20 minutes of core. Get a great workout in one hour!!

A.M. Yoga - Start your day with a guided practice including gentle yoga flows, breathing exercises and postures. This class energizes the body and awakens the mind. Suitable for all ages and skill levels.

Align & Flow - Align & Flow is an alignment based Vinyasa (flow) class, blend the flow of yoga poses by linking postures using the breath while integrating the mechanical principals of alignment. GREAT for beginners who want to build a solid base in their practice

Barre - Barre is a group class distinguished by the use of ballet movements and the use of a ballet barre. Benefits include improved strength, balance, flexibility through the lower body

Barre Bootcamp - Inspired by ballet and strength training, this high intensity barre class targets your arms, core, thighs, and glutes

Beginner Yoga - A specialized class to enhance your yoga practice, or to LEARN yoga – a strong emphasis on proper form, body alignment and the breath.

Cardio Box - Calling all cardio contenders! This workout combines specific athletic drills, boxing and kickboxing movements to music. Be prepared for a challenge!

Circuit Craze - For those with a base level of fitness; a boot camp style class that will push you to your limits through high intensity, non-traditional circuits using battle ropes, agility ladders, kettle bells, free weights & TRX. Registration is not required!

Core Fusion - This class targets all the muscles of the core including abdominals, glutes, hips, lower back and inner and outer thighs. Healthy core increases quality of life!! Come try it out...

Cross Training - The class for the participant that loves variety. A mixture of Step aerobics, Floor (Hi/Low), Boxing, or Muscle. All this in one fun packed hour. The format is never the same. Multi-mode exercise is the key to success in any exercise regiment.

ENHANCE FITNESS - EnhanceFitness is a proven senior fitness, falls prevention and arthritis management program. It helps older adults become more active, energized, and empowered for independent living. *FEE-BASED PROGRAM - PRE-REGISTRATION IS REQUIRED!

Extreme Fit - Want to burn fat and tone muscle?? This class has it all! H.i.i.T training for 30 minutes including body weight exercises with some equipment and 15 minutes of core and stretch-

Flow and Restore - Begin with a slow flow Vinyasa class before settling into yummy restorative postures intended to bring you a sense of calm - physically, mentally and emotionally.

Hip Hop Yoga - In this music-driven Vinyasa practice, you'll flow along to the hottest beats and leave feeling strong and centered. Suitable for all-levels, this fun class doesn't take itself too seriously

LIVESTRONG at the YMCA - LIVESTRONG at the YMCA is an evidence-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. *PRE-REGISTRATION IS REQUIRED

REFIT® - REFIT® is structured around cardio-dance movements, toning is also incorporated to give you a total-body workout. Using fun, positive, and uplifting music, REFIT® is easy to follow and will both challenge fitness enthusiasts and welcome beginners.

Soulful Flow - A slow, Vinyasa flow class incorporating an inspiring message to help renew the spirit and energize the body. Combining meditation, deep stretches, breath work and music, this class is all things special and good

Sweat Flow and Glow - A sweaty, enthusiastic vinyasa flow class set to a bumpin' playlist that will leave you glowing on the inside and out! Come test your strength, stretch it out and finish with a mellow cool down

Yoga For Flexibility - A yoga practice that's main focus is improving flexibility

Zumba ® - Zumba ® fuses hypnotic Latin rhythms and easy to follow DANCE moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined.