



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GOLDSBORO FAMILY YMCA GROUP FITNESS SCHEDULE AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15AM Full Body Bootcamp w/Marilou MPR	8:30AM Tai Chi w/Eddie Outside/GX Studio	8:15AM Full Body Bootcamp w/Giuseppe MPR	8:15AM Group Power w/Jeshua MPR	8:15AM Full Body Bootcamp w/Pam MPR	8:30AM Group Power Marilou/Jeshua MPR	2:30AM Zumba w/Pretz MPR
8:30AM Deep Water Variety w/Linda Olympic Pool	8:30AM Cardio Fusion w/Jennifer MPR	8:30AM Deep Water Variety w/Linda Olympic Pool	8:15AM Aqua Zumba w/Edna Olympic Pool	8:30AM Deep Water Variety w/Linda Olympic Pool	9:00AM Mix It Up w/Katrina GX Studio	
8:45AM H <sub>2</sub> O Cardio w/Nadine Olympic Pool	9:45AM Healthy Joints w/Diane Warm Water Pool	8:45AM H <sub>2</sub> O Cardio w/Nadine Olympic Pool	8:30AM Deep Water Variety w/Linda Olympic Pool	8:45AM H <sub>2</sub> O Cardio w/Nadine Olympic Pool	9:30AM Cycle w/Rhonda Cycle Studio	
9:30AM Zumba w/Edna MPR	12:00PM Aqua Splash w/Carrie Warm Water Pool	9:30AM Rhythm Ride w/Jeshua Cycle Studio	9:30AM Forever Young w/Edna MPR	9:30AM Cardio Groove w/Pretz MPR	10:00AM Family Zumba w/Pretz MPR	
10:00AM Gentle Moves w/Mimi Warm Water Pool		9:30AM ReFit w/Edna MPR	9:30AM Mind Over Mat(ter) w/Lorena GX Studio	9:30AM Pilates w/Kathy GX Studio	11:00AM Chair Yoga w/Michael H/E Studio	
10:45AM Enhanced Fitness Rotating Instructors MPR		9:30AM Pilates w/Kathy GX Studio	9:45AM Healthy Joints w/Diane Warm Water Pool	10:00AM Gentle Moves w/Mimi Warm Water Pool		
	5:30PM Subtle Yoga w/Lorena H/E Studio	10:00AM Gentle Moves w/Mimi Warm Water Pool	12:00PM Aqua Splash w/Carrie Warm Water Pool	10:45AM Enhanced Fitness Rotating Instructors MPR		
5:00PM Pilates w/Kathy GX Studio	5:30PM Barre w/Tammy GX Studio	9:30AM Rhythm Ride w/Jeshua Cycle Studio				
5:30PM Kickboxing w/Tammy MPR	7:00PM Zumba w/Hassan MPR	10:45AM Enhanced Fitness Rotating Instructors MPR	4:30PM Powered Up Pilates w/Kathy GX Studio	5:30PM Cycle w/Rhonda Cycle Studio		
5:30PM Cycle w/Rhonda Cycle Studio			5:30PM Yoga 2 w/Kathy GX Studio		<p>** Classes are subject to change **All Classes are approximately 50 minutes in length **All GX doors will remain locked until 15 minutes prior to class start **Friday and Saturday Cycle classes will only be held on August 5, 6, 19, 20 **We recommend you bring your own towel, yoga mat, and water to class (no glass containers, please)</p>	
5:30PM Water Power w/Harry Olympic Pool		5:30PM Power Cut w/Tammy MPR	5:30PM Power Cut w/Rhonda MPR			
6:00PM Yoga Chill w/Kathy GX Studio		5:30PM Cycle w/Rhonda Cycle Studio	5:30PM Water Power w/Harry Olympic Pool			
6:45PM Zumba w/Katrina MPR		5:30PM Water Power w/Harry Olympic Pool	6:45PM Zumba w/Katrina MPR			
					<p>Abbreviations Key: H/E Studio – Health Enhancement Studio GX Studio – Group Exercise Studio MPR – Multi-Purpose Room (Upstairs) Gym – Gymnasium AOA – Active Older Adults</p>	

For questions, contact Jeshua Shelton or Evelyn Baugh, Health and Wellness Program Coordinators, at (919) 778-8577

**GOLDSBORO FAMILY YMCA GROUP EXERCISE CLASS DESCRIPTIONS**  
**UPDATED APRIL 28, 2022**

- Aqua Splash** – Uses water resistance to improve your cardiovascular fitness, endurance, flexibility & core strength. May use noodles & water weights in new and exciting ways! **AOA/ALL**
- Barre** – A full body workout that targets flexibility, balance and overall toning of the body. **ALL**
- Cardio Fusion** – A fun cardio class that incorporates some dance moves and uses a variety of light weights and bands to songs that will make you want to move! **AOA/ALL**
- Cardio Groove** – A dance-based cardio class that uses a variety of low-to-medium impact moves to high-energy beats. **ALL**
- Cardio Mix** – A great “mix” of cardio exercises utilizing the step, BOSU, and weights paired with great high-intensity music. **ALL**
- Cycle** – Uses music to inspire a fun, yet challenging cardio workout for all. **ALL**
- Rhythm Ride** – Let the rhythm guide you on this musical journey where we incorporate additional muscle groups while riding by using light-weight dumbbells, resistance bands. **ALL**
- Deep Water Variety** – Let us take you to the deepest parts of water training. This class incorporates low-impact strength & cardiovascular movements. **AOA/ALL**
- Enhance Fitness** – A community-based senior fitness and arthritis management class. The 16-week program meets three times a week. Each class is taught by a certified instructor and focuses on cardiovascular endurance, strength, flexibility, and balance. **MUST BE REGISTERED! AOA**
- Forever Young: Strength** – A full-body workout with cardio & coordination drills, flexibility, and balance. Basic to moderate level with modifications as needed. Uses a variety of equipment such as: hand weights, resistance tubes ,balls, and chair support. **AOA/ALL**
- Full Body Bootcamp** – Rotate through 45 second stations to help build muscle, get cardio, and move your body more efficiently! Has a HIIT/Tabata-style format with all kinds of equipment. **ALL**
- Gentle Moves** – Great for becoming more functionally fit & mobile. The warm water soothes pain & stiffness while increasing mobility, flexibility, and balance. **AOA/ALL**
- Group Power** – Maximize your workout results with 60 minutes of impactful strength training. You’ll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, plates and body weight. **ALL**
- H<sub>2</sub>O Cardio** – Incorporates water aerobics with tabata-style workouts. Set to lively music, this class will use water weights and noodles for resistance. **AOA/ALL**
- Healthy Joints** – Designed to help relieve pain & stiffness caused by arthritis. A fun, social class in the shallow water that helps increase mobility, flexibility, and balance. **AOA/ALL**
- Kickboxing** – Total body low-impact cardio conditioning with punches, knee lifts, and a variety of kicks. **ALL**
- Mind Over Mat(ter)** – A dynamic mix of strength & endurance to enhance stamina, flexibility, posture, and mental focus. **AOA/ALL**
- Mix It Up** – Mix up your workout using body weight, light weights, balls, & more! **ALL**
- Pilates** – A core-centered workout that increases flexibility, posture, & core strength. Includes mat work, light weights, blocks, and small exercise balls. **ALL**
- Powered Up Pilates** – Various moves will be powered up with light weights, bands, balls, and gliders. Moves at a more moderate pace. **INTERMEDIATE/ALL**
- Power Cut** – Total body strength training using a variety of equipment to tone & shape. **ALL**
- ReFit** – Uses movement & music (hip-hop, electronic, dance, pop, & Christian genres) in a low-intensity cardio training that engages the whole body. **AOA/ALL**
- Tai Chi** – Combines slow, deliberate movement, meditation, & breathing exercises to help circulation, balance, and alignment. Flow through postures to keep your body in constant motion. **AOA/ALL**
- Water Power** – Kick, tread, and scull your way into this fun class! Movements utilize a wide range of motion and strength-building. No swim experience needed in this shallow-end class. **AOA/ALL**
- Yoga** – Gain strength, stamina, & balance as you move through a series of poses & stretches. **AOA/ALL**
- Chair Yoga** – A chair-based yoga class for AOA’s or beginners. **AOA/ALL**
- Gentle Yoga** – Uses gentle poses & postures to enhance the body’s awareness. **AOA/ALL**
- Subtle Yoga** – Slow, guided relaxation to increase mindfulness that quiets the nervous system. **AOA/ALL**
- Yoga Chill** – Focuses on stretching & release through both supported and non-supported holds. Also includes breathing exercises and Savasana. Please bring yoga blanket/towel. **AOA/ALL**
- Zumba** – Join us for a fun, aerobic full-body workout with both Latin & international dance music & fun rhythms. **ALL**
- Aqua Zumba** – Blends the Zumba philosophy with water resistance for a pool party you shouldn’t miss! Adds a low-impact, high energy aquatic exercise to your fitness routine. **AOA/ALL**
- Family Zumba** – Zumba fun for the whole family! **AOA/ALL**