



Express Y
August 5th - August 11th

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

	MON 5	TUE 6	WED 7	THU 8	FRI 9	SAT 10	SUN 11
4pm	Child Watch Child Watch 4pm - 7pm	Child Watch Child Watch 4pm - 7pm	Child Watch Child Watch 4pm - 7pm	Child Watch Child Watch 4pm - 7pm	Child Watch Child Watch 4pm - 7pm		
	REGYMEN REGYMEN Studio YMCA Staff Member 4:30pm - 5:30pm	REGYMEN REGYMEN Studio YMCA Staff Member 4:30pm - 5:30pm	REGYMEN REGYMEN Studio YMCA Staff Member 4:30pm - 5:30pm	REGYMEN REGYMEN Studio YMCA Staff Member 4:30pm - 5:30pm	REGYMEN REGYMEN Studio YMCA Staff Member 4:30pm - 5:30pm		
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				Pure Pilates Mind & Body Studio Teresa Julian 4:30pm - 5:15pm			
5pm	REFIT® Group Fitness Studio Becky Born 5:30pm - 6:15pm	Pure Pilates Mind & Body Studio Stacy Dees 5:30pm - 6:15pm	Extreme Fit Group Fitness Studio Kayla Goumas 5:30pm - 6:15pm	Barre Bootcamp Group Fitness Studio Teresa Julian 5:30pm - 6:15pm	REGYMEN REGYMEN Studio YMCA Staff Member 5:30pm - 6:30pm		
	REGYMEN REGYMEN Studio YMCA Staff Member 5:30pm - 6:30pm	20/20/20 Group Fitness Studio Sarah Beth Flippo 5:30pm - 6:30pm	REGYMEN REGYMEN Studio YMCA Staff Member 5:30pm - 6:30pm	REGYMEN REGYMEN Studio YMCA Staff Member 5:30pm - 6:30pm			
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6pm	Sweat Flow and Glow Mind & Body Studio Marisa Freeman 6pm - 7pm		Soulful Flow Mind & Body Studio Christine Euhus 6pm - 7pm		Hip Hop Yoga Mind & Body Studio Marisa Freeman 6:30pm - 7:30pm		

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11am					Yoga For Flexibility Mind & Body Studio Marinda Hamilton 11am - 12pm		
12pm	REGYMEN REGYMEN Studio YMCA Staff Member 12pm - 1pm	Beginner Yoga Mind & Body Studio Leesa Williams 12pm - 1pm	Cross Training Group Fitness Studio Jill Bryant 12pm - 12:45pm	REGYMEN REGYMEN Studio YMCA Staff Member 12pm - 1pm	REGYMEN REGYMEN Studio YMCA Staff Member 12pm - 1pm		
12pm	Zumba ® Group Fitness Studio Beth Zeisig 12pm - 12:45pm	REGYMEN REGYMEN Studio YMCA Staff Member 12pm - 1pm	REGYMEN REGYMEN Studio YMCA Staff Member 12pm - 1pm	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		

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Express Y
August 12th - August 18th

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10am	Core Fusion Mind & Body Studio Beth Zeisig 10am - 10:45am	A.M. Yoga Mind & Body Studio Christine Euhus 10:30am - 11:30am	Align & Flow Mind & Body Studio Marinda Hamilton 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	
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1pm	REGYMEN REGYMEN Studio YMCA Staff Member 12pm - 1pm	Beginner Yoga Mind & Body Studio Christine Euhus 12pm - 1pm	Cross Training Group Fitness Studio Jill Bryant 12pm - 12:45pm	Beginner Yoga Mind & Body Studio Christine Euhus 12pm - 1pm	Circuit Craze Group Fitness Studio Renee Shrewsbury 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		ENHANCE FITNESS Group Fitness Studio Enhance Fitness Instructor 1:30pm - 2:30pm		

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5pm	REFIT® Group Fitness Studio Becky Born 5:30pm - 6:15pm	20/20/20 Group Fitness Studio Sarah Beth Flippo 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	REGYMEN REGYMEN Studio YMCA Staff Member 5:30pm - 6:30pm		
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Express Y
August 19th - August 25th

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5am	REGYMEN REGYMEN Studio YMCA Staff Member 5:30am - 6:30am		REGYMEN REGYMEN Studio YMCA Staff Member 5:30am - 6:30am		REGYMEN REGYMEN Studio YMCA Staff Member 5:30am - 6:30am		
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12pm	Zumba ® Group Fitness Studio Beth Zeisig 12pm - 12:45pm	REGYMEN REGYMEN Studio YMCA Staff Member 12pm - 1pm	REGYMEN REGYMEN Studio YMCA Staff Member 12pm - 1pm	Beginner Yoga Mind & Body Studio Steve Simpson 12pm - 1pm	Circuit Craze Group Fitness Studio Terry Brame 12pm - 12:45pm		
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Express Y
August 26th - September 1st

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5am	REGYMEN REGYMEN Studio YMCA Staff Member 5:30am - 6:30am		REGYMEN REGYMEN Studio YMCA Staff Member 5:30am - 6:30am		REGYMEN REGYMEN Studio YMCA Staff Member 5:30am - 6:30am		
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Class Descriptions Express Y

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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!

Child Watch - Members can take advantage of free child care for their children while they work out. Child watch is free for those with a family membership.

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.

REGYMEN - REGYMEN Fitness workouts offer an interval training style workout where time flies and calories burn, and we provide the mental encouragement, inspiration, and social interaction proven to help individuals reach their health and fitness goals faster

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



Class Descriptions

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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.