



Express February
Express YMCA
February 1st - February 29th

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 Brittany Crawley 9am - 9:50am		Barre Group Fitness Studio Molly Shafer 9am - 9:50am		REFIT® Group Fitness Studio Becky Born 9am - 9:50am	Saturday Stretch Mind & Body Studio Marisa Freeman 9am - 10am	
						Extreme Fit Group Fitness Studio Sarah Beth Flippo 9am - 9:45am	
10am		A.M. Yoga Mind & Body Studio Christine Euhus 10:30am - 11:30am	ENHANCE FITNESS Group Fitness Studio Enhance Fitness Instructor 10:30am - 11:30am	A.M. Yoga Mind & Body Studio Christine Euhus 10:30am - 11:30am		Flow and Restore Mind & Body Studio Marinda Hamilton 10:30am - 11:30am	
11am			Align & Flow Mind & Body Studio Marinda Hamilton 11am - 12pm		Yoga For Flexibility Mind & Body Studio Marinda Hamilton 11am - 12pm	Yoga For Flexibility Mind & Body Studio Marinda Hamilton 11:45am - 12:45pm	
12pm	Zumba ® Group Fitness Studio Beth Zeisig 12pm - 1pm	Vinyasa (Flow) Yoga Mind & Body Studio Leesa Williams 12pm - 1pm	Yoga for Athletes Mind & Body Studio Leesa Williams 12pm - 1pm	YIN Yoga Mind & Body Studio Leesa Williams 12pm - 1pm			
			Cross Training Group Fitness Studio Jill Bryant 12pm - 12:45pm				
1pm	ENHANCE FITNESS Group Fitness Studio Enhance Fitness Instructor 1:30pm - 2:30pm				ENHANCE FITNESS Group Fitness Studio Enhance Fitness Instructor 1:30pm - 2:30pm		
4pm				Pure Pilates Group Fitness Studio Teresa Julian 4:30pm - 5:15pm			

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.



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	MON	TUE	WED	THU	FRI	SAT	SUN
5pm	REFIT® Group Fitness Studio Becky Born 5:30pm - 6:15pm	20/20/20 Group Fitness Studio Sarah Beth Flippo 5:30pm - 6:30pm	REFIT® Group Fitness Studio Becky Born 5:30pm - 6:15pm	Barre Bootcamp Group Fitness Studio Teresa Julian 5:30pm - 6:15pm			
		Pure Pilates Mind & Body Studio Stacy Dees 5:30pm - 6:15pm		Concious Relaxation Mind & Body Studio Leesa Williams 5:45pm - 7pm			
6pm	Sweat Flow and Glow Mind & Body Studio Marisa Freeman 6pm - 7pm		Soulful Flow Mind & Body Studio Marinda Hamilton 6pm - 7pm		Glow Yoga Mind & Body Studio Marisa Freeman 6pm - 7pm		

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Class Descriptions Express YMCA

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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

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

Conscious Relaxation - A quiet practice that deepens awareness while cultivating healing of the mind, soul, and body. Encounter and learn mindfulness techniques utilizing gentle movement, yoga, and breath work. We'll explore a variety of meditation techniques. All levels

Cross Training - The class for the participant that loves variety. A mixture of cardio and strength intervals that keep the body working!! The most efficient way to train the body and torch the metabolism!! Uses a variety of equipment

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.

Glow Yoga - Glow yoga is all about coming together for a fun night of yoga, music, and movement that will make your body and soul GLOW! You can expect uplifting music combined with movements that get your whole body moving and sweating, leaving inspired.

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.

Saturday Stretch - Amazing class that will focus on deep stretching of the body. This is necessary for increased athletic performance, to increase range of motion and mobility, and help in recovery after a long week. No experience necessary.

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

Vinyasa (Flow) Yoga - a blend of yoga breathing, seated and standing flows, energize the body and calm the mind. This practice improves physical strength, flexibility and balance while relieving stress and anxiety. Open to students of all levels.

YIN Yoga - YIN Yoga is performed to stretch the connective tissues of the body. Primary connective tissues include the hips, thighs and lower spinal area.

Yoga for Athletes - Designed for athletes of all fitness levels, movements will involve overall stretching & hip flexion and mobility movements

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



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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.