



2019 FEBRUARY COMPLEX FITNESS

Day	Class	Time	Instructor	Room
Monday	*Adrenaline <i>New Time!</i>	8:30-9:30 am	Ronda	Aerobics Studio
	Deep Water Class	8:15 - 9:00 am	Julie	Pool
	Water Aerobics	9:00 - 10:00 am	Jennie	Pool
	Yoga	9:00 - 10:00 am	Suzanne	Springs Room
	ZUMBA	10:30 - 11:30am	Jennie	Springs Room
	*Barre	10:00 - 11:00 am	Julie	Aerobics Studio
	Lift and Lose	11:30 am -12:30 pm	Ronnee	Weight Room
	Yoga	4:05 - 5:00 pm	Ronnee	Aerobics Studio
	ZUMBA	6:00 - 7:00 pm	Sam	Aerobics Studio
	Yoga	7:00 - 8:15 pm	Suzanne	Aerobics Studio
Tuesday	Water Aerobics	9:00 - 10:00 am	Courtney	Pool
	*Muscle Fatigue	9:00 - 10:00 am	Ronda	Aerobics Studio
	Bare Your Sole	10:00 - 10:30 am	Tammy	Training Room
	Stretch & Strength	10:35 - 11:05 am	Tammy	Aerobics Studio
	Muscle Fatigue	4:05 - 5:05 pm	Ronnee	Aerobics Studio
	Cycle & Pump	6:00 - 6:45 pm	Kelly	Aerobics Studio
	Water Aerobics	6:00 - 7:00 pm	Dana	Pool
	Deep Water Class	7:00 - 7:30 pm	Dana	Pool
	ZUMBA	7:00 - 8:00 pm	Sam	Aerobics Studio
Wednesday	Yin Yoga	8:00 - 9:15 am	Sandra	Springs Room
	Deep Water Class	8:15 - 9:00 am	Deb	Pool
	Water Aerobics	9:00 - 10:00 am	Jennie	Pool
	Pilates	9:00 - 10:00 am	Ronda	Aerobics Studio
	Flexible Stretch	10:00 - 11:00 am	Arlene	Aerobics Studio
	Tai Chi	11:00 am - 12:00 pm	Lisa	Aerobics Studio
	*Cardio Funk	4:05 - 5:05 pm	Courtney	Aerobics Studio
	Yoga	7:00 - 8:15 pm	Lidia	Aerobics Studio
Thursday	*Upper Body Mix	8:00 - 8:30 am	Sandra	Aerobics Studio
	*Cardio Pilates Fusion	8:30 - 9:00 am	Sandra	Aerobics Studio
	Water Aerobics	9:00 - 10:00 am	Courtney	Pool
	Basic Barre	9:30 - 10:20 am	Shannon	Aerobics Studio
	Line Dancing	9:30 - 11:00 am	Ozzi	Ceramic Room
	Stretch & Strength	10:30 - 11:00 am	Shannon	Aerobics Studio
	Ready, Cycle, Go!	11:05 - 11:50 am	Kelly	Aerobics Studio
	Water Aerobics	6:00 - 7:00 pm	Dana	Pool
	Deep Water Class	7:00 - 7:30 pm	Dana	Pool
Friday	*Cardio Circuit <i>New Time!</i>	8:15 - 9:00 am	Ronda	Aerobics Studio
	YoPi	9:00 - 10:00 am	Ronda	Springs Room
	Deep Water Class	8:15 - 9:00 am	Julie	Pool
	Yoga	9:00 - 10:00 am	Lidia	Aerobics Studio
	Water Aerobics	9:00 - 10:00 am	Shannon	Pool
	ZUMBA <i>New Time!</i>	10:15 - 11:15 am	Sam	Aerobics Studio
Saturday	Yoga	8:30 - 9:30 am	Lidia	Aerobics Studio

***Denotes Changes: New changes in times and/or instructors
Penny's original classes will be back in March.**

Remember if Fort Mill Schools are Cancelled for Inclement Weather, all programming including fitness classes and Child Watch are also cancelled at the Complex YMCA.

ABOUT THE CLASSES: Level 1 (for beginners) to Level 3 (athletic)

ADRENALINE: Like boot camp but better! Cardio sports drills are combined with strength training and exercises for functional fitness.

One hour, one workout, one way to change your body! **Level 2-3**

BARE YOUR SOLE: We all use muscles to some degree-some more than others. Our feet are the most abused and most overlooked area of our body. Muscles get tight and need to stretch. Explore basic stretching, self-myofascial release, massage and limbering movements. Bring a towel and your favorite lotion/crème. Come ready to take your shoes off and work those tired puppies. Leaving class feeling great is just a bonus! **Level 1-3**

BARRE MIX: The latest in sculpting and toning at the Ballet Barre. These routines have been fine tuned to deliver the best results based on the best Barre has to offer. Using weights to sculpt the arms, tough ab and glute work on the floor and of course, Barre work you have never seen or felt. Join us and change up your routine to keep your body changing in the right direction. **Level 2-3**

BASIC BARRE: A total body workout that slims your hips, tightens your thighs, lifts your seat, and increases your metabolism. Utilizing ballet movements and intelligent isometrics will strengthen you so you look, feel and move better. **Level 1-3**

CARDIO CIRCUIT: Combination of cardio, strength and body weight workouts, mixing it up between circuit training, Tabata training, weight training and core exercises. If you want variety to jump start your weekend give this one a try! **Level 2-3**

CARDIO FUNK: Jump into the groove with our cardio funk dance classes! These fitness classes are a fun, high energy, aerobic fusion of funky dance moves. While dancing to our upbeat, hip hop dance music, you'll be strengthening and toning your core, lower body and upper body at the same time. **Level 1-3**

CARDIO PILATES FUSION: Increases the flexibility of the joints and strengthens the core muscles which help to create an energized, strong, lean and healthy body. **Level 2-3**

CYCLE & PUMP: A combination of weight training and cycling. It has been proven that resistance training combined with cardio will increase your metabolism for 12-36 hours after your workout! This class is taught to energizing music. Class limited to 10. **Level 1-3**

DEEP WATER CLASS: This non-impact water class utilizes the deep and shallow sections of the pool. This class combines strength training and aerobic conditioning with water resistance exercises in high intensity training environment. This workout is for all individual who are healthy. Additionally, participants should be comfortable in deep water. **Level 2-3**

FLEXIBLE STRENGTH: Flexible Strength is a unique training session focusing on improving muscular strength, stamina and flexibility. Focus will be on movement (with components of Barre) that simulate and enhance daily life activities. A great training session for all levels of fitness. **Level 1-3**

LIFT AND LOSE: Come join Ronnee, certified Personal Trainer and Fitness Instructor in the weight room as she shows you the ropes of lifting correctly and more efficiently. You will be amazed at the results! **Level 1-3**

LINE DANCING: Is a fun and exciting way to dance your way to good health! This dance class will combine low, moderate and high energy line dance routines and will help you burn calories. **Level 1-3**

MUSCLE FATIGUE: Experience this challenging and dynamic whole body muscle conditioning class using dumbbells, bands, tubes, exercise balls, dyna-discs and body bars as resistance tools. **Level 1-3**

PILATES: Working from the core outward, you will progress from beginning to intermediate exercises, improving your strength, flexibility and the balance between the two in the process. **Level 2-3**

READY, CYCLE, GO!: Gets your cardio buzz going with this great indoor cycling class taught to energizing music. Class size is limited to 10. **Level 1-3**

STRETCH & STRENGTH: This is designed to improve strength, balance, coordination, posture and flexibility. Your body will love you after this class! **Level 1-3**

TAI CHI: The graceful, slow speed of Tai Chi, coupled with an emphasis on deep breathing and mental focus, creates balance, flexibility and calmness, which relieves stress and allows for the integration of your mind and body. **Level 1-3**

UPPER BODY MIX: Upper body exercises are essential for the successful athlete. Working the upper body also has its benefits in strengthening the abs and core muscles and helps you burn calories at a faster rate. **Level 2-3**

WATER AEROBICS: A combination of cardiovascular and muscle conditioning drills using water resistance. The goal is to motivate people of all ages and stages to live a healthy lifestyle so they can realize their full potential with renewed energy and zest for life. **Level 1-3**

YOGA: After a gentle body warm up, tune in and passively hold postures while you focus on breath and intention. Longer holds benefit the connective tissues of the body (ligaments, bones and joints) and give the body and mind time to slow down and drop into stillness, cultivating a meditative component of practice. **Level 1-3**

YIN YOGA: After a brief warm-up, we are on the mat for deep tissue stretches. Poses are held 2-5 minutes to achieve desired results. This is a wonderful class after your workout, to balance your flexibility after you strengthen. Bring water, a mat, and a beach towel. Total Zen when you are done! **Level 1-3**

YOPI: This class is a Yoga and Pilates infused class. We have a core focus and incorporate gentle stretching throughout. Mat class. **Level 1-3**

ZUMBA®: Zumba® is a fusion of Latin, international and popular music/dance themes creating a dynamic, exciting and effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps. **Level 1-3**