

GROUP FITNESS STUDIO ☆ Limited class size. Sign-up at Welcome Center.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am		Les Mills BODYPUMP® (55 min) Tara		Les Mills BODYPUMP® (55 min) Walid			
6:30am	In-Trinity (30 min) Kathryn ★		Y Core (30 min) Willie		Y Core (30 min) Willie		
7:00am		Les Mills BODYCOMBAT® (30 min) Tara					
8:30am		In-Trinity (60 min) Kathryn★		In-Trinity (60 min) Cedahlia ★			
9:00am	Les Mills BODYPUMP® (55 min) Carrie				Line Dance (60 min) Ronda		
9:15am						Y Core (30 min) Malek/Lauren	
10:00am	Movement & Balance (45 min) Stephanie	SilverSneakers Classic® (60 min) Beth	Movement & Balance (45 min) Stephanie	SilverSneakers Classic® (60 min) Dana		Les Mills BODYPUMP® (55 min) Brandy	
11:00am	Kids Track Time (30 min) by the Well	Kids Track Time (30 min) by the Well	Kids Track Time (30 min) by the Well	Kids Track Time (30 min) by the Well		Yoga (60 min) Brandy	
11:30am	Les Mills BODYCOMBAT® (55 min) Tara		Les Mills BODYCOMBAT® (55 min) Tara		Les Mills BODYPUMP® (55 min) Tara		
12:00pm						Family Circuit (60 min) The Well	
12:30pm				Y Core (30 min) Malek			
4:30pm	Y Move (45 min) Lauren		Y Move (45 min) Willie				
5:30pm	Les Mills BODYPUMP® (55 min) Brandy		Les Mills BODYPUMP® (55 min) Candice	Y Move (45minutes) Willie			
		Kids Track Time (30 min) The Well		In Trinity (60 min) Dana ★			
6:30pm	Zumba® with the Well for Children (60 min) Flecia	Pound (60 min) Denise	PiYo® Live (60 min) Candice	Les Mills BODYCOMBAT® (55 min) Brandy			
7:30 pm		Group Games (30 min) The Well		Group Games (30 min) the Well			

Cycle Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	Y-Cycle (45 min) Vanessa	Les Mills Virtual Sprint (30 min)	Y-Cycle (45 min) Abigail	Les Mills Virtual RPM (50 min)			
9:00am						Color Cycling (60 min) Tara/Vanessa	
11:30am		Les Mills Virtual RPM (50 min)		Les Mills Virtual RPM (50 min)			
12:35pm	Les Mills Virtual Sprint (30 min)		Les Mills Virtual Sprint (30 min)		Color Cycling (30 min) Tara		
5:30pm	Les Mills Virtual RPM (50 min)	Color Cycling (60 min) Karen	Yoga for Kids (30 min) by the Well	Les Mills Virtual Sprint (30 min)			

CREATIVE MOVEMENT STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	Yoga (60 min) Kathryn		Yoga (60 min) Kathryn				
11:15am		Yoga (60 min) Dana		Yoga (60 min) Kathryn			
12:30pm	Pilates (60 min) Dana		Pilates (60 min) Dana				
5:30pm			Zumba® (60 min) Flecia	Movin' & Groovin 30 min) The Well			
6:30pm	PiYo® Live (60 min) Natasha/ Natalie	Yoga (60 min) Stephanie		Group Games (by the Well)			



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AUGUST 2018

CHURCH HEALTH YMCA

1350 Concourse Ave Ste. 241 Memphis, TN 38104 (P) 901.505.0910

Class Descriptions

Color Cycling - Color Cycling aka Coach By Color delivers real-time biofeedback using 5 color training zones: white, blue, green, yellow, and red. The instructors use the colors to lead the class in an exhilarating workout. The bikes link with most wearable HR devices.

Family Circuit - A multi-station workout that alternates between strength and cardio exercise.

In – Trinity - In – Trinity programs breathe new life into traditional practices like yoga, pilates, and martial arts. Uniquely designed by Johnny G, this “energy-in” practice promotes physical and mental wellbeing for all fitness levels. Class size limited please sign up at the Welcome Center.

Les Mills BodyCOMBAT® - A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

LES Mills RPM® Cardio peak training done on an stationary bike. Participants will experience moderate to high intensity levels of effort, with active recoveries throughout. During RPM®, each effort blends into the next and participants are encouraged to find their own place in the pack as they ride over different types of terrain.

LES Mills SPRINT® uses stationary bike resistance to simulate gravity for sprint training, drag for power training, and weight for strength training.

Les Mills BodyPUMP® - A weights class for absolutely everyone! Using light to moderate weights with a lot of repetition (reps), BodyPUMP® gives you a total body workout that burns lots of calories.

Line Dance - Increase your energy level, tone your body and improve coordination and memory skills with this choreographed dance favorite .

Movement & Balance - a chair based exercise program designed to work on fall prevention, forward, backward, and lateral movements.

Movin’ & Groovin’ - a high energy class designed to promote children’s heart health and creativity .

MX4- Small group training program designed to lead participants through a trainer led high intensity interval circuit in 30 quick minutes. Try it out free during the month of March and see the results! Class size limited please sign up at the Welcome Center.

Pilates - Core body workout that stresses balance, flexibility, good posture, and muscle strength.

Pi-Yo Live® - You can burn excess fat and sculpt and define your whole body with the flowing sequences designed to burn serious calories and lengthen and tone your muscles.

Pound® - Channel your inner rockstar with this cardio jam session inspired by the energizing, infectious, and sweat-dripping fun of playing the drums.

SilverSneakers Classic® - Have fun and move through exercises designed to increase muscular strength, range of movement, & activity for living skills. Weights, elastic tubes, and balls for resistance, chairs used for seating and/or standing support.

Y Core - Tone and define your core with exercises targeting major muscles to improve your physique, strength, and overall health.

Y-Cycle - Experience a heart-racing simulated course in our spin studio with a fat burning workout.

Y Move An energetic, full-body cardio workout.

Facility Hours:

Monday-Thursday	5:00a.m. - 9:00p.m.
Friday	5:00a.m. - 8:00p.m.
Saturday	7:00a.m. - 6:00p.m.
Sunday	1:00p.m. - 6:00p.m.

The Well For Children By Church Health

Monday, Tuesday, Thursday	8:00a.m. - 1:00p.m. & 2:00p.m. - 8:00p.m.
Wednesday	8:00a.m. - 1:00p.m. & 4:00p.m. - 8:00p.m.
Friday	8:00a.m. - 1:00p.m.
Saturday	8:30a.m. - 2:00p.m.
Sunday	Closed