



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Updated 6.9.20

YMCA AT SCHILLING FARMS

GROUP EXERCISE CLASSES – All classes will be 45 minutes in duration.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am		CYCLE		CYCLE			
8:00am	JAZZERCISE Katie		JAZZERCISE		POUND		
9:00am	BODYPUMP@ Holly	YOGA	BODYPUMP@ Amanda	YOGA	BODYPUMP@	BODYPUMP@	
10:00am						CYCLE	
11:00am	BARRE Wendy		BARRE Wendy		BARRE Wendy	YOGA Sharon	
12:00pm	BODYPUMP@ Blair	KICKBOXING Holly	BODYPUMP@ Blair	KICKBOXING Holly	BODYPUMP@ Blair		
5:00pm	BODYPUMP@	YOGA	Zumba@ Christy	CYCLE	BODYPUMP@		
6:00pm	BODYATTACK@ Blair	JAZZERCISE	BODYPUMP@	YOGA			

WATER AEROBICS CLASSES – All classes will be 45 minutes in duration.

9:00am	SHALLOW WATER AEROBICS Debbie		SHALLOW WATER AEROBICS Debbie				
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Due to reduced capacity, you must register in advance for land and water group exercise, child watch, and lap swimming/open swimming.

Reservation for classes:

- You will need to reserve your spot in group exercise classes by visiting: ymcamemphis.org or by visiting the Welcome Center.
- You can register up to 48 hours before a scheduled class. Same day appointments will be accepted if there is room in the class.
- If you do not register, we cannot guarantee your spot. The number of spots for each class have been determined based on the recommendations from the CDC and local health officials to ensure social distancing guidelines are met.

Reminder of Our Policies:

- Health Screen is required:** Both staff and members will receive a health screen upon entering the building. You must pass the health screen to be able to check into our facilities.
- Face Coverings:** We recommended that you wear a face covering/mask while in our facilities for your protection and others. Our staff will also be required to wear protective face coverings. Face coverings are required at Church Health YMCA to enter the Crosstown Concourse.
- 6FT Social Distancing Policies:** All individuals in our facilities will be required to follow social distancing practices and maintain a 6 feet distance from other members and staff. Signage will be prominently displayed in our facilities to help bring awareness to this requirement.

Please visit ymcamemphis.org for more information about our policies and for the most up to date information.

BRANCH HOURS:	CHILD WATCH:	INDOOR POOL:	OUTDOOR POOL:
Monday – Friday 6:00 AM – 7:00 PM Saturday 8:00 AM – 6:00 PM Sunday 1:00 PM – 6:00 PM	Monday – Friday 8:00 AM – 12:00 PM 3:00 PM – 7:00 PM Saturday 8:00 AM – 12:00 PM Closed Sunday	Monday – Friday 6:00 AM – 1:00 PM (Laps) Saturday 8:00 AM – 10:00 AM (Laps) Closed Sunday	Monday – Friday 3:00 PM – 7:00 PM Saturday 10:00 AM – 6:00 PM Sunday 1:00 PM – 6:00 PM

GROUP EXERCISE CLASS DESCRIPTIONS

CYCLE: A high-intensity workout with low-impact on your body. Chase the pack, spin the flats, climb mountains and sprint to the finish. Feel the thrill of energetic music and group dynamics as you get all the benefits of interval training.

BARRE: A non-impact class inspired by Ballet, Pilates, and Yoga, that is designed to strengthen, tone & balance the entire body utilizing the ballet barre, chair, and/or light props.

BODYATTACK®: BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

BODYPUMP®: The full-body weights workout. BODYPUMP is for anyone looking to get lean, toned and fit - fast.

JAZZERCISE: Jazzercise is a combination of aerobic exercise and dance fitness that is available for all ages and fitness levels.

KICKBOXING: Combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn.

POUND: POUND® is an alternative group fitness class inspired by drumming! This is an awesome cardio jam session!

SHALLOW WATER AEROBICS: Shallow water, low impact, moderate to high intensity cardio workout targeting cardio-respiratory and muscular conditioning objectives.

YOGA: An alternative way to improve balance & flexibility utilizing a variety of traditional yoga poses & approaches appealing to all fitness levels unless suggested otherwise.

ZUMBA: Mixes low and high intensity moves for an interval style dance fitness party through Latin and World rhythms.