



Ron Rosner YMCA of Spotsylvania County
May 1st - May 31st

5700 Smith Station Road
Fredericksburg, VA 22407
(540) 735-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Boot Camp-RR Gym Kim A. 5am - 6am	AM Workout-RR Aerobics Room Susan G. 5am - 6am		AM Workout-RR Aerobics Room Susan G. 5am - 6am	Boot Camp-RR Gym Kim A. 5am - 6am		
9am	Abs, Back, and Core- RR Aerobics Room Jennifer N. 9am - 9:30am	Team Y Tri Training-RR Group Fitness* Pearl G. and Jenny L. 9am - 11am	Cycling Rolling Start-RR Cycling Room Pearl G. 9am - 10:30am	Strong-RR Aerobics Room Candi S. 9am - 10am	MC2-RR Aerobics Room Pearl G. 9:30am - 10:30am	WERQ-RR Aerobics Room Courtney E. 9am - 10am	
	Cycling Rolling Start-RR Cycling Room Colleen S. 9am - 10:30am	Barre Aerobics Room Colleen S. 9am - 10am	Zumba Tone-RR Aerobics Room Jennifer D. 9am - 9:30am	Run and Fun-RR Group Fitness* Pearl G. 9:30am - 10:30am	Boot Camp-RR Gym Jennifer N. 9:30am - 10:30am	Cycling-RR Cycling Room Instructor's Vary 9am - 10am	
	Kettle Bell Amped Aerobics Room Angie W. 9:30am - 10:30am	Team Y Tri Training-RR Group Fitness* Pearl G. 9am - 10:30am	Zumba RR Aerobics Room Jennifer D. 9:30am - 10:30am				
	Run and Fun-RR Group Fitness* Pearl G. 9:30am - 10:30am	Boot Camp-RR Gym Candi S. 9:30am - 10:30am	Absolutely by the Pool-RR Group Fitness* Candi S. 9:30am - 10am				
			Kettle Bell Amped Gym Angie W. 9:30am - 10:30am				
10am	MC2-RR Aerobics Room Pearl G. 10:30am - 11:30am	Strong-RR Aerobics Room Angie W. 10am - 11:30am	Aqua Boot Camp Group Fitness* Candi S. 10am - 11am	Power Cycling-RR Cycling Room Cathy W. 10am - 11am	Hatha Yoga Intermediate-RR Aerobics Room Megan C. 10:30am - 11:45am	Zumba Kids-RR Aerobics Room Elisa L. 10am - 10:30am	
		Power Cycling-RR Cycling Room Candi S. 10:30am - 11:30am	Hatha Yoga-RR Aerobics Room Megan C. 10:30am - 11:45am	PiYo-RR Aerobics Room Angie W. 10am - 11am		Zumba RR Aerobics Room Elisa L. 10:30am - 11:30am	
11am		Fun 2 Be Fit-RR Aerobics Room Pearl G. 11am - 12pm	Basic Training-RR Gym Pearl G. 11am - 11:45am	Fun 2 Be Fit-RR Aerobics Room Pearl G. 11am - 12pm			
12pm	Young @ Heart-RR Aerobics Room Pearl G. 12pm - 1pm	Therapeutic Movement Aerobics Room John and Pearl 12pm - 1pm	Young @ Heart-RR Aerobics Room Pearl G. 12pm - 1pm	Therapeutic Movement Aerobics Room John and Pearl 12pm - 1pm	Young @ Heart-RR Aerobics Room Pearl G. 12pm - 1pm		

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.



Ron Rosner YMCA of Spotsylvania County
May 1st - May 31st

5700 Smith Station Road
Fredericksburg, VA 22407
(540) 735-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
1pm	Mix It Up-RR Aerobics Room Angie W. 1:30pm - 2:30pm			Mix It Up-RR Aerobics Room Cathy W. 1:30pm - 2:30pm			
3pm		Tai Chi Aerobics Room Marti W. 3:45pm - 4:45pm		Tai Chi Aerobics Room Marti W. 3:45pm - 4:45pm			
5pm	Yoga Aerobics Room Cindy A. 5pm - 6pm	PiYo-RR Aerobics Room Angie W. 5pm - 6pm	Boot Camp-RR Gym Jennifer N. 5:15pm - 6pm	Barre-RR Aerobics Room Jennifer N. 5pm - 5:30pm			
	Extreme Boot Camp-RR Gym Cathy W. 5:15pm - 6pm	Cycling-RR Cycling Room Colleen S. 5:30pm - 6:30pm	Barre-RR Aerobics Room Rachel L. 5:30pm - 6:30pm	Cycling-RR Cycling Room Colleen / Pearl 5:15pm - 6:15pm			
				Abs, Back, Core! Aerobics Room Jennifer N. 5:30pm - 6pm			
6pm	WERQ-RR Aerobics Room Jennifer D. 6pm - 7pm	Zumba RR Aerobics Room Jennifer D. 6pm - 7pm	Deep Stretch-RR Aerobics Room Rachel L. 6:30pm - 7pm	Mix It Up-RR Aerobics Room Jennifer N. 6pm - 7pm			
7pm	Strong by Zumba Aerobics Room Jennifer D. 7pm - 8pm	Barre-RR Aerobics Room Jennifer D. 7pm - 8pm	Zumba RR Aerobics Room Rachel L. 7pm - 8pm	Hatha Yoga-RR Aerobics Room Megan C. 7pm - 8pm			

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.



Class Descriptions

Ron Rosner YMCA of Spotsylvania County

5700 Smith Station Road
Fredericksburg, VA 22407
(540) 735-9622

Cycling Rolling Start-RR - Cycling Class

Abs, Back, and Core- RR - Abs, Back, Core!!: Strengthen the muscles from your neck to your hips and everything in between.

Abs, Back, Core! - Abs, Back, Core!!: Strengthen the muscles from your neck to your waist line and everything in between.

Absolutely by the Pool-RR - This class will focus on your abs, glutes, hips, & thighs. Enhance core strength, muscular endurance and joint range of motion using a variety of exercises. Meets on pool deck.

AM Workout-RR - Cardio of all kinds for our early risers.

Aqua Boot Camp - Boot camp in the shallow end of the pool.

Barre - This Pilates and ballet inspired class will work those muscles from head to toe! Increase flexibility and strength using functional training movements while being kind to the joints. No experience necessary!

Barre-RR - Classes begin with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises using light weights. The ballet barre is used to sculpt the lower body, abs and for flexibility training. Shoes optional.

Basic Training-RR - A 45 minute class focused on strength training. Come to the gym for all out strength and conditioning.

Boot Camp-RR - You never know what you are going to get, but a full body high energy cardio & strength sweat fest is guaranteed. This can be modified for every fitness level.

Cycling-RR - Class is an instructor led ride with you having the control to make the workout as intense as you need/want. Bring a towel, water & USB stick so you can download your ride's data and keep a training log!

Deep Stretch-RR - Stretching using the foam roller to increase your flexibility and relieve tension. Shoes optional.

Extreme Boot Camp-RR - An intense boot camp style class using a variety of athletic components put together in a variety of ways. Take your workouts to the next level.

Fun 2 Be Fit-RR - A truly no impact class designed to facilitate movement and exercise for older adults. The class provides aerobic exercise with strength exercises mixed in and stretching and relaxation at the end. A chair is used for support and balance.

Hatha Yoga Intermediate-RR - Classical vinyasa (flowing) Yoga incorporating a more challenging sequence of poses. Although all are welcome, this class is designed for students with prior Yoga experience.

Hatha Yoga-RR - Classical vinyasa (flowing) yoga, open to anyone. Great class for beginners. Shoes optional

Kettle Bell Amped - Kettlebell just got LOUD! That's right, Kettlebell AMPD takes heartpumping music and your favorite kettlebell moves, and combines them into 60 minutes of calorie torching fun!

MC2-RR - Energy equals muscle conditioning and core. That is what you get in this strength training, body sculpting, total body workout.

Mix It Up-RR - This is an anything goes class, HIIT, Cardio and Strength Training. A great way to get a complete workout in one hour.

PiYo-RR - PiYo is a hybrid, athletic workout, which combines the mind/body practices of yoga and Pilates, as well as the principles of stretch, strength training, conditioning and dynamic movement. Shoes optional

Power Cycling-RR - Cycling Class

Run and Fun-RR - Group based outdoor run. Meets at the Gazebo by playground.



Class Descriptions

Ron Rosner YMCA of Spotsylvania County

5700 Smith Station Road
Fredericksburg, VA 22407
(540) 735-9622

Strong by Zumba - Combines high intensity interval training with the science of synced music motivation.

Strong-RR - A great full body weightlifting workout. Use every major muscle group with high repetition weight training to get your body STRONG and lean. Added tabata intervals will get your heart pumping and calorie burn going.

Tai Chi - 60 min. Learn the 13, 37, and 108 posture forms as well as a Tai Chi Sword form. Shoes optional

Team Y Tri Training-RR - This is a way to get your feet wet training in the style of a triathlon. Meets in lobby.

Therapeutic Movement - These classes are designed for people with chronic diseases (such as Parkinson's, cancer, diabetes and arthritis), or any condition that causes limited ranges of motion. Various formats of exercise are presented by specialized instructors.

WERQ-RR - WERQ® is the wildly addictive cardio dance workout based on today's hottest pop, rock, and hip hop music.

Yoga - 45 min. A basic yoga class. All levels welcome.

Young @ Heart-RR - A low impact workout that includes cardio, strength, core and flexibility.

Zumba Kids-RR - Let your kids enjoy the fun of dancing and moving to their own beat. Ages 4 and up.

Zumba RR - A fun, energetic, latin style Dance workout! Come shake and move like never before!

Zumba Tone-RR - A 30 minute class using the fun, energetic, Latin dance style with light weights to target those hard to reach places.