



HARRISBURG YMCA

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15am Bootcamp (AZ) Studio A	5:30-6:15am Cardio Conditioning (AZ) Studio A	5:30-6:15am Bootcamp (TH) Studio A	5:30-6:15am HIIT (AZ) Studio A	5:30-6:15am Bootcamp (TH) Studio A	
8:30-9:15am Y Pump (AZ) Studio A	8:30-9:15am Y Pump (AZ) Studio A	8:30-9:15am Box n Burn (AZ) Studio A	8:30-9:15am Cardio & Strength (GB) Studio A	8:30-9:15am HIIT (AZ) Studio A	8-9am Vinyasa Flow Yoga (XD) Studio A
9:30-10:30am Barre (GB) Studio A	<u>9:30-10:15am</u> <u>Cycle (EP)</u> <u>Studio B</u> 9:30-10:30am Yo- ga (XD) Studio A 9:30-10:30am Tai Chi (JC) 1 CIRCL Mobility (MC) 2 Chair Yoga (JC) 3 CIRCL Mobility (MC) 4 RRPC	9:30-10:30am Barre (GB) Studio A 9:30-10:30am Zumba Gold Toning (MC) RRPC	<u>9:30-10:15am</u> <u>Cycle + Strength (GB)</u> <u>Studio B</u> 9:30-10:30am Barre Blend (XD) Studio A 9:30-10:30am Fit Over 50 (HM) RRPC	<u>9:30-10:30am</u> <u>Vinyasa Flow</u> <u>Yoga (TT)</u> <u>Studio A</u> 9:30-10:30am Friday Frenzy (BM) RRPC	<u>9-10am</u> <u>Cycle (Varies)</u> <u>Studio B</u> 9:30-10:30am Power Hour (Varies) Studio A
<u>10:45-11:45am</u> <u>Fit Over 50 (HM)</u> <u>Studio A</u>	<u>10:45-11:45am</u> <u>Light N Lively (HM)</u> <u>Studio A</u>	10:45-11:45am Chair Yoga (JC) Studio A	<u>10:45-11:45am</u> <u>Zumba Gold (MC)</u> <u>Studio A</u>	10:45-11:45am Silver Sneakers Classic (BM) Studio A	
12-12:30pm CIRCL Mobility (MC) Studio A		12-1pm Tai Chi (JC) Studio A	12-12:30pm CIRCL Mobility (MC) Studio A		
<u>5:30-6:30pm</u> <u>Cycle & Strength</u> <u>(LD)</u> <u>Studio B</u>				<u>5:30-6:30pm</u> <u>MIXXEDFIT (SJ)</u> <u>Studio A</u>	
6-6:45pm Total Body HIIT (JR) Studio A	<u>6-7pm</u> <u>Zumba (EO or MC)</u> <u>Studio A</u>	6-6:45pm Total Body HIIT (VS) Studio A	6-6:45pm Strength + Stretch (SJ) Studio A	<div> Download the YMCA360 app or visit ymca360.org to register for class online. Registration opens 24 hours in advance. </div> 	
<u>7-8pm</u> <u>Zumba (LM)</u> <u>Studio A</u>		<u>7-8pm</u> <u>Zumba (LM)</u> <u>Studio A</u>	<u>7-7:45pm</u> <u>Cycle (LD)</u> <u>Studio B</u> 7-8pm Deep Stretch Yoga (XD) Studio A		

For more information, contact:
Anna Zywień, Healthy Living Director
azywień@rocabymca.org

GROUP EXERCISE UPDATES & PROCEDURES

- **All participants will need to bring their own water bottle and mat for classes.**
- All members will be required to sign and update waiver prior to class.
- Join our [Harrisburg YMCA Community Page](#) for more information (members only).
- Classes listed in **Teal** are Studio A in person. Classes in **Purple** are at Rocky River Presbyterian Church (7940 Rocky River Rd, Concord, NC 28025). No registration is needed.
- Classes listed in **Orange** require registration online. Click the link or use the QR code to sign up.
- Youth ages 10-12 require a parent or guardian to be present in the class.

INSTRUCTOR LIST

AD - Andrea Deese	JC - James Curtin
AH - Ally Hillegass	JR - Jennifer Rausch
AM - Andrew Martenstyn	KN - Kristin Newnham
AZ - Anna Zywiec	LB - Laura Bagen
BM - Barbara Murray	LD - Lynette Deem
CM - Cyndi Moore	LM - Latika Mcleod
EO - Elizabeth Onio	MC - Mirna Costa
EP - Ed Payne	SH - Sandra Howell
GB - Gigi Berg	TH - Taqwanda Hailey
HM - Helen Morse	VS - Vicki Shultz
	XD - Xia Dehaven

CHILD CARE HOURS

MONDAY-FRIDAY: 8:30-11am
MONDAY-THURSDAY: 5:30-8pm
SATURDAY: 9-11am

LET'S STAY CONNECTED



**Access class schedule,
reservations, virtual
classes and more with
YMCA360**



**Join the
Harrisburg YMCA
Community Page on
Facebook!**

YOUTH AGE GUIDELINES

Members ages 13-15 years may be in the YMCA facilities, including fitness centers and group exercise classes, without a parent as long as they have received an orientation. This age may use selectorized fitness and cardio equipment and can use free weights after completing a teen orientation.

Members ages 10, 11 & 12 are allowed to be in facility, including fitness centers, with parent or guardian in the same room/eye sight. Orientations strongly recommended. Parent or guardian must be a member. This age may use selectorized fitness equipment and cardio equipment but no free weights. This age may also attend group exercise classes with a parent or guardian, but the child must fit properly on the bike to attend cycle class.

Members ages 9 and under are able to visit Playhouse for up to 2 hours per day while a parent or guardian is onsite at the Harrisburg YMCA.

www.rocabymca.org