



GROUP FITNESS SCHEDULE

All classes on the schedule are FREE for members!

Schedule subject to change.

Please check www.norfolkymca.org for the most recent version!

All classes held in Room 5 unless otherwise noted.

Must be 15 or older to attend group fitness classes.

Monday (before 1 pm)

5:15-6:00 am Group Cycling
 6:00-6:30 am CXWORX
 8:30-9:30 am BodyPump*
 9:30-10:00 am CXWORX*
 10:15-11:15 am Zumba Gold*
 12:05-12:50 pm Zumba*
 12:15-12:45 pm CXWORX-Upstairs*

Monday (after 1 pm)

4:30-5:30 pm Zumba*
 4:30-5:15 pm Group Cycling*
 5:30-6:30 pm BodyPump*
 5:30-6:30 pm TNT-Rooms 3/4*
 5:45-6:30 pm Group Cycling*
 6:30-7:00 pm CXWORX-Rooms 3/4*
 6:35-7:20 pm TurboKick*
 7:00-8:00 pm Zumba-Rooms 3/4*
 7:25-8:10 pm PiYo



Tuesday (before 1 pm)

5:15-6:00 am Group Cycling
 5:30-6:30 am BodyPump
 8:30-9:15 am Group Cycling*
 8:30-9:30 am Zumba*
 9:30-10:00 am CXWORX*
 10:15-11:00 am Silver Sneakers-1-MSROM*
 11:05-11:50 am Silver Sneakers-Cardio Circuit*
 12:05-12:50 pm BodyPump Express*

Tuesday (after 1 pm)

4:30-5:30 pm BodyPump*
 5:30-6:30 pm Zumba*
 5:30-6:15 pm Group Cycling*
 5:30-6:00 pm CXWORX-Rooms 3/4*
 6:10-6:30 pm Extreme Abs-Upstairs*
 6:35-7:35 pm BodyPump*
 7:45-8:15 pm CXWORX



Extreme Abs

Group Cycling

Wednesday (before 1 pm)

5:15-6:00 am Group Cycling
 6:00-6:30 am CXWORX
 8:30-9:30 am BodyPump*
 9:30-10:00 am CXWORX*
 10:15-11:15 am Zumba Gold*
 12:05-12:50 pm Zumba*
 12:15-12:45 pm CXWORX-Upstairs*

Wednesday (after 1 pm)

4:30-5:30 pm Zumba*
 4:30-5:15 pm Group Cycling*
 5:30-6:30 pm BodyPump*
 5:30-6:30 pm TNT-Rooms 3/4*
 5:45-6:30 pm Group Cycling*
 6:30-7:00 pm CXWORX-Rooms 3/4*
 6:35-7:20 pm TurboKick*
 7:25-8:10 pm PiYo

PiYo



Thursday (before 1 pm)

5:15-6:00 am Group Cycling
 5:30-6:30 am BodyPump
 8:30-9:15 am Group Cycling*
 8:30-9:30 am Zumba*
 9:30-10:00 am CXWORX*
 10:15-11:00 am Silver Sneakers-1-MSROM*
 11:05-11:50 am Silver Sneakers-Cardio Circuit*
 12:05-12:50 pm BodyPump Express*

Thursday (after 1 pm)

4:30-5:30 pm BodyPump*
 5:30-6:30 pm Zumba*
 5:30-6:15 pm Group Cycling*
 5:30-6:00 pm CXWORX*
 6:10-6:30 pm Extreme Abs-Upstairs*
 6:35-7:35 pm BodyPump*
 7:45-8:15 pm CXWORX

T-N-T



Friday (before 1 pm)

5:15-6:00 am Group Cycling
 6:00-6:30 am CXWORX
 8:30-9:30 am BodyPump*
 9:30-10:00 am CXWORX*
 10:15-11:15 am Zumba Gold*
 12:05-12:50 pm Zumba*
 12:15-12:45 pm CXWORX-Upstairs*

Friday (after 1 pm)

4:30-5:30 pm Zumba*
 5:30-6:30 pm BodyPump*
 5:30-6:15 pm Group Cycling*



Saturday

7:30-8:15 am Group Cycling
 8:15-9:15 am Zumba*
 8:30-9:15 am Group Cycling*
 9:30-10:00 am CXWORX-Rooms 3/4*
 9:30-10:30 am BodyPump*
 10:30-11:00 am CXWORX*

Sunday

3:00-4:30 pm Group Cycling
 3:15-4:15 pm Zumba
 4:3-5:30 pm BodyPump
 5:30-6:00 pm CXWORX



Group Fitness Class Descriptions

BodyPump™-Welcome to the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight get you the results you came for-and fast! Classes are limited in size, so please arrive early!

BodyPump™ Express-Same great BodyPump™ class (see description above), only 45 minutes length. Perfect workout for your lunch hour!

CXWORX™- Looking for a short, sharp workout that will inspire you to the next level of fitness, while strengthening and toning your body? CXWORX™ is for you! This 30-minute workout really hones in on the torso and sling muscles that connect your upper body to your lower body. Ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. It will help you run faster ... play harder ... stand stronger!

Extreme Abs-A quick 20 minute workout to blast your abs! From sit-ups to Pilates moves, this workout will let you see and feel results. No time is wasted—come prepared to work hard!

Group Cycling-Using stationary bikes, an instructor coaches you through a high energy, calorie and fat burning session. The coach's commands & the pounding beat of the music while cycling side by side with others builds energy and provides motivation. This class can accommodate beginning, intermediate and advanced levels of fitness because you control the bike's resistance. Everyone should bring a water bottle to every class. Space is limited: PLEASE CALL UP TO ONE DAY IN ADVANCE TO RESERVE YOUR BIKE!

PiYo™-An athletic fusion style strength and flexibility mat class combines the perfect blend of Pilates, Yoga and so much more! Improve your strength, balance, and flexibility in this unique workout. You may bring your own mat.

SilverSneakers® I- Muscular Strength and Range of Movement-Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity of daily living skills. Hand-held weights, elastic tubing with handles, and a ball are all offered for resistance, and a chair is used for seated and/or standing support. Options for SilverSneakers® II will be offered in this class for advanced participants.

SilverSneakers® Cardio Circuit-Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

Turbo Kick™-The evolution of kick boxing is here! Turbo Kick is an addictive workout that combines shadow boxing, kick boxing, sport drills and simple dance moves in a party atmosphere. This is an interval based class that allows participants of any fitness level to participate and custom tailor their workout. Get ready to kick, punch and groove the calories away. Seen on TV as Turbo Jam!

T-N-T-Tighten N Tone

This class works on muscular strength by toning and shaping your entire body. By utilizing hand & ankle weights, tubing, medicine and stability balls you will increase your metabolism, improve lean muscle mass and decrease body fat. For all fitness levels.

Zumba--As seen on T.V.! Yes, Zumba is here! This class combines Latin moves and music in a great class with easy to learn moves that will get you hooked. A great cardio workout to add variety and fun to your routine. The workouts are interval based, combining fast and slow rhythms to tone and sculpt your body.

Zumba Gold-This is a specialty class for the beginner to the active older adult. It takes everything you love about Zumba with movements and pace modified to help you get and stay fit the fun way!