



ATHENS YMCA

FEBRUARY 2017

GROUP EXERCISE SCHEDULE

MONDAY

5:30am **Wall to Wall HIIT**-Katie L
9:00am **Pilates**-Heather
10:00am **360 Body/POUND®**-Elyse (75 min)
11:30am **Low Impact Total Body**-Heather
12:00pm **Indoor Cycle**-Patti
4:00pm **HIIT**-Catherine
4:30pm **Indoor Cycle**-Kim
5:30pm **Zumba®**-Latoya
6:00pm **Outdoor Bootcamp (on field)**-Brad
7:00pm **Yoga**-Myrna

TUESDAY

5:30am **Indoor Cycle**-Stacy V.
9:00am **POUND®**-Jill/Elyse
9:15am **Indoor Cycle**-Dixie
10:00am **Zumba®**-Molly
11:00am **TABATA/Total Body**-Laci
11:00am **Prenatal Water Aerobics**-Nicole (Pool)
5:30pm **Zumba®**-Ingrid
6:00pm **Indoor Cycle**-Xhenet
7:00pm **PIYO**-Vivian

WEDNESDAY

6:00am **Yoga**-Steve
9:00am **Total Body Pilates**-Elyse
10:00am **HIIT**-Laci
11:00am **Tai Chi**-Julie (Youth Room)
11:00am **Low Impact Total Body**-Cindy
4:30pm **Beginner Indoor Cycle**-Kim
5:30pm **Triple Fit**-Jane
6:00pm **Outdoor Bootcamp (on field)**-Brad
6:30pm **Cardio Bag Class**-Donarell
7:00pm **Flow Yoga**-Nicole

THURSDAY

5:30am **Indoor Cycle**-Stacy V
8:30am **Indoor Cycle**-Kjirsten
9:30am **Flow Yoga**-S.J.
11:00am **TABATA/Total Body**-Jill
12:30pm **Yin Yoga**-Nicole
4:00pm **HIIT**-Catherine
5:00pm **Rhythm and Moves**-Jessica
6:00pm **POUND®**-Jessica
6:00pm **Indoor Cycle**-Melissa
7:00pm **Pilates**-Vivian

FRIDAY

5:30am **HIIT**-Catherine
9:00am **Pilates**-Gary
10:00am **360 Body**-Elyse
11:00am **Low Impact Total Body**-Cindy/Heather
12:00pm **Indoor Cycle**-Kim
5:30pm **Zumba®**-Lora
5:30pm **Outdoor Bootcamp (on field)**-Brad

SATURDAY

8:15am **Indoor Cycle**-Anneka
8:15am **Zumba®**-Ingrid
9:15am **Weights, Butts & Guts**-Jill
9:30am **Yoga Sprouts**-Rachel (Ages 3-6)
10:00am **Cardio Bag Class**-Donarell
10:15am **POUND®**-Jill
10:15am **Yoga Sprouts**-Rachel (Ages 7-12)
11:00am **Pilates**-Blake

SUNDAY

1:15pm **Yoga-Revive, Relax, Restore**-Patrick
3:00pm **Core & Stretch**-Anneka
4:00pm **Indoor Cycle**-Xhenet

Important Notes:

- Stop in to visit April Dorsett, RN on Tues or Wed for BP check or wellness consult
- **Outdoor Bootcamp maybe cancelled due to weather. Check one hour before class starts.**

CLASS DESCRIPTIONS

INTENSITY LEVELS

 Low

 Low/Medium

 Medium/High

 High



Prenatal Water Aerobics: Shallow water classes designed for pregnant women to strengthen and tone your body by using the water for resistance training.

Yin Yoga: A relaxing mat class suitable for almost all levels of students, Yin Yoga targets the connective tissues of the hips, pelvis, and lower spine. Most poses are held for one to three minutes.

Yoga: Build endurance, flexibility, and become more aware of body alignment using various poses.

Yoga-Revive, Relax, Restore: This is a multi-level Hatha class for beginners to advanced level 1. The class will open with short warm ups, continue with the asana (poses) practice and close with deep relaxation and breathing exercises.

Yoga Sprouts: Fun and playful poses and breathing exercises for children. Helps develop physical strength and flexibility, refine motor skills, improve concentration, and cultivate confidence and self-esteem.



Low Impact Total Body: Cardio segments using weights, bands, physio-balls and the body's own resistance.

Pilates: Mat class focusing on core control and strength

PiYo: Inspired by the mind/body practices of yoga and Pilates as well as the principles of sports stretch, strength training, conditioning and dynamic movement.

Total Body Pilates : Take Pilates a step further by adding weights and ball exercises.

Triple Fit: A combo class consisting of two cardio segments (step, hi-lo, kickboxing) and strength training.



Cardio Bag Class: Combination of boxing, martial arts techniques and cardio to sculpt a whole new body (**BRING YOUR OWN GLOVES**)

Flow Yoga: The instructor will guide you from one pose to the next, following your breath bringing an inner aliveness into your body, mind and spirit.

Indoor Cycle: A unique indoor cycling experience using stationary cycles with music and visualization to inspire a great workout. A non-impact class designed for all fitness levels.

POUND@: POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming.

Rhythm & Moves: Cardio dance class

Weights, Butts & Guts: Train and tighten all regions of the lower body and core. This class will also incorporate weights.

Zumba: A fusion of Latin and international music. Routines feature aerobic/fitness level training with a combination of fast and slow rhythms to tone and sculpt the body. Limit of 40 participants per class.

360 Body: Working the total body with interval training that includes using weights, the body's own resistance, bands, and physioballs.



Boot Camp: Different styles of exercises using body, weights, and cardio intervals.

HIIT: Cardio training using weights, bands and your own body's resistance.

Total Body Tabata: High intensity interval training using weights, the body's own resistance, bands & physio balls

See the **YMCA GOLD & HYDROBICS GROUP SCHEDULE** for more land and aquatic fitness classes!