



# ATHENS YMCA

## OCTOBER 2017

### GROUP EXERCISE SCHEDULE

#### MONDAY

5:30am 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**-Raquel  
 4:00pm HIIT-Catherine  
 4:30pm **Indoor Cycle**-Kim  
 5:30pm **\*Zumba®**-Lora  
 6:00pm **Outdoor Bootcamp (on field)**-Brad  
 7:00pm **Yoga**-Myrna

#### THURSDAY

5:30am **Indoor Cycle**-Stacy V  
 8:30am **Indoor Cycle**-Kjirsten  
 9:30am **Flow Yoga**-S.J.  
 11:00am HIIT-Danielle  
 12:30pm **Yin Yoga**-Nicole (90 min)  
 4:00pm HIIT-Catherine  
 5:00pm **Hip Hop HIIT**-Jessica  
 6:00pm **POUND®**-Jessica  
 6:00pm **Indoor Cycle**-Kendra  
 7:00pm **Pilates**-Vivian

#### TUESDAY

5:30am **Indoor Cycle**-Stacy V.  
 9:00am **POUND®**-Jill/Elyse  
 9:15am **Indoor Cycle**-Dixie  
 10:00am **\*Zumba®-CoCo (45 min)**  
 4:15pm **POUND®**-Lauren (30 min)  
 4:45pm **Body Sculpting**-Lauren (40 min)  
 5:30pm **\*Zumba®-Tiffany/Erin/Jessica**  
 6:00pm **Indoor Cycle**-Xhenet  
 7:00pm **PIYO**-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 **Cize**-Trina  
 5:30pm **Outdoor Bootcamp (on field)**-Brad

#### WEDNESDAY

5:30am HIIT-Katie L  
 6:00am **Yoga**-Steve (Carpet Room)  
 9:00am **Total Body Pilates**-Elyse  
 10:00am **Body Sculpting/Barre Inspired**-Jill  
 11:00am **Low Impact Total Body**-Cindy  
 11:00am **Tai Chi**-Julie (Youth Room)  
 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 (75 min)

#### SATURDAY

8:15am **Indoor Cycle**-Anneka  
 8:15am **\*Zumba®-Ingrid**  
 9:15am **Body Sculpting/Barre Inspired**-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:

- **ALL ZUMBA CLASSES ARE SUBJECT TO CHANGE**
- **Outdoor Bootcamp may be cancelled due to weather. Check one hour before class starts.**
- **Classes are 50-55 minutes unless noted otherwise.**
- Stop in to visit April Dorsett, RN on Tues or Wed for BP check or wellness consult

**Tai Chi is Sept 20-Nov 8 in the Youth Room**

# CLASS DESCRIPTIONS

## INTENSITY LEVELS

 Low

 Low/Medium

 Medium/High

 High



**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.

**Yoga 2/3:** An active practice for those who are physically fit and wish to deepen their yoga practice.



**Core & Stretch:** Focusing on core strength & stretching to improve flexibility

**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.



**Body Sculpting/Barre Inspired:** Train and tighten all regions of the lower body and core. This class will also incorporate weights.

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

**Cize® Live:** Breaks down professionally choreographed routines step-by-step.

**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.

**Hip Hop HIIT:** Cardio dance class with interval training.

**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.

**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.

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