ATHENS YMCA
AUGUST 2018
GROUP EXERCISE SCHEDULE

MONDAY

5:30am	HIIT—Danielle
9:00am	Pilates—Heather
10:00am	360 Body/POUND® - Elyse (75 min)
11:00am	Indoor Cycle—Morgan
11:30am	Low Impact Total Body—Heather
4:00pm	HIIT—Catherine
4:30pm	Indoor Cycle—Kim
5:30pm	*Zumba® - Lora
6:00pm	Outdoor Bootcamp (on field) - Brad
7:00pm	Yoga—Myrna

TUESDAY

5:30am	Indoor Cycle—Stacy V.
8:00am	Yin Yoga—Raquel
9:10am	*POUND® - Jill/Elyse
9:15am	Indoor Cycle—Dixie
10:05am	Hip Hop Yoga—SJ
12:30pm	Yin Yoga—Heather F. (90 min)
4:15pm	POUND® - Lauren (30 min)
4:45pm	Body Sculpting—Lauren (40 min)
5:30pm	Triple Fit—Blake
6:00pm	Indoor Cycle—Xhenet
7:00pm	PIYO—Vivian

WEDNESDAY

5:30am	HIIT—Katie L
6:00am	Yoga—Steve (Carpet Room)
9:00am	Total Body Pilates—Elyse
10:00am	Body Sculpting BARRE—Jill
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
7:15pm	Flow Yoga—Julie (75 min)

THURSDAY

5:30am	Indoor Cycle—Stacy V
8:30am	Indoor Cycle—Kjirsten
9:30am	Flow Yoga—S.J.
10:00am	Line Dancing—Kim (Youth Room)
11:00am	HIIT—Danielle
12:30pm	Yin Yoga—Nicole (90 min)
4:00pm	HIIT—Morgan
5:00pm	Body Barre—Jill
6:00pm	POUND®—Lauren*
6:00pm	Indoor Cycle—Kendra
7:00pm	Pilates—Vivian

FRIDAY

5:30am	HIIT—Grace Anne
9:00am	Pilates—Gary
10:00am	360 Body—Elyse
11:00am	Low Impact Total Body—Cindy/Heather
11:00am	Indoor Cycle—Kim
5:30pm	Outdoor Bootcamp (on field) - Brad
6:15pm	**First Friday Zumba® Party—Coco

SATURDAY

8:15am	Indoor Cycle—Anneka
9:15am	Body Sculpting BARRE—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

- ALL ZUMBA® CLASSES ARE SUBJECT TO CHANGE
- First Friday Zumba® Party is the FIRST FRIDAY of each month
- Outdoor Bootcamp may be cancelled due to weather. Check one hour before class.
- Classes are 45-55 minutes unless noted otherwise.
- The first Tuesday of every month will be Beginner Pound
- Stop in to visit April Dorsett, RN on Tues or Wed for BP check or wellness consultation

CLASS DESCRIPTIONS

INTENSITY LEVELS

- Low
- Low/Medium
- Medium/High
- High

Yin Yoga: A relaxing mat class for all levels. Yin Yoga targets the connective tissues for an extended period of time allowing the release of deep tension and stress.

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.

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

Line Dancing: Learn choreographed dance routines step by step.

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: 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**)

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 Yoga: Upbeat flow yoga with fun energetic music. This is not a dance class.

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.

Aqua Tabata: A high intensity interval training with the properties of water. Periods of high intensity exercise are followed by short periods of rest.

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

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

RevelationWellness HIIT: This workout starts with Scripture inspiration for the warm-up, continues with strength and cardio intervals and ends with a refreshing time of prayer and deep breathing.

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