

July 2025

Fitness Schedule



Monday			Tuesday			Wednesday			Thursday			Friday		
6:05 am	HIIT Jennifer Aerobic Studio	6:05 am	Turn & Burn Toni Cycle Room	9 am	Pilates Fusion Elyse Aerobic Studio	6:05 am	Turn & Burn Toni Cycle Room	9 am	Chisel & Burn HIIT Elyse Aerobic Studio					
9 am	Unhitched Barre Heather Aerobic Studio	9 am	POUND Lauren Aerobic Studio	10 am	Low Impact Cardio Strength Elyse New Gym			10 am	Low Impact Cardio Strength with Stretch 10:30 am Vivian New Gym					
10 am	Fast & Fabulous Cardio Elyse Aerobic Studio		Indoor Cycle Jess Cycle room	11 am	Flow Yoga Meg Aerobic Studio	10 am	Pilates,Mobility, Stretch Heather Aerobic Studio		Flex and Flow Aerobic Studio					
	Low Impact Cardio Strength Heather New Gym	10 am	Low Impact Cardio Strength Vivian New Gym	Saturday										
11 am	Flex and Flow Heather Aerobic Studio		Yin Yoga Julia Aerobic Studio						9:15 am	Weight Training Aerobic studio				
4:15 pm	Flow Yoga Meg Aerobic Studio	5:30 pm	Unhitched Barre Heather Aerobic Studio	5:15	Indoor Cycle Erin Cycle Room		9:15 am	Indoor Cycle Alex Cycle Room						
5:30 pm	Indoor Cycle Gary Cycle Room		Indoor Cycle Jamie Cycle Room	5:30	Cardio Strength/Step Jane Aerobic Studio	5:30 pm	Dance HIIT Christelle Aerobic Studio	10:15	Gentle Yoga Bill 5 Sarah 12 Soyla 19 Julie 26 Aerobic Studio					
	HIIT Vivian Aerobic Studio	6:00 pm	Outdoor Bootcamp Joe Track		6 pm	Outdoor Bootcamp Joe Track								

*Outdoor Bootcamp is held on the field weather permitting

Vivian's Friday Low Impact class is at 10:30 am for the summer! Closed July 4th.

Dance HIIT: Learn choreographed dances with segments of weight training. SEE YOU THERE!

Fast& Fabulous Cardio and Cardio Strength Step: 45-minute fast paced class that uses the step, free weights, bands, bars and mat for a full body interval cardio and weight training. FUN!

HIIT:45-minute class high-intensity interval training, keeps your heart rate up and burns more fat in less time of interval training using your body weight, free weights, bands, bars, and mats.

Indoor Cycle:45-minute class in the cycle room of fun and sweat to music to keep you going.

Low Impact Cardio Strength: 45-minute class with segments that increase your heart rate with cardio and weight training with focusing on balance and stretching at the end. The class uses mini-bands, bands, weights and mats. You can modify for any level.

Outdoor Boot Camp:45-minute class on the field and track using a mixture of traditional calisthenics and body-weight exercises, along with interval training, strength training, and other exercise training routines.

Pilates Fusion: 45-minute class designed to improve physical strength, flexibility, posture, and core engagement. We use weights and balls in the beginning, then move to the floor for mat work.

Pilates Mobility Stretch: this class will incorporate core, mobility and flexibility to strengthen and improve your daily life.

POUND: Channel your inner rockstar with this 45-minute full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums with music. FUN!

Turn and Burn: 20 minutes of fun fast paced cycle ride and 20 minutes of weight training and core. It starts in the cycle room and ends in the aerobic room.

Unhitched Barre: 45-minute group exercise class that is a blend of body weight training using mini bands, weights, and core exercise with a mat to work your whole body.

Exhale Yoga: yoga practice with a strength emphasis supporting stability & connection. Includes breathing techniques and simple mindfulness practices for your overall health and relaxation.

Flex and Flow: 45 min- this class incorporates mobility, flexibility and yoga postures to stretch the muscles and ligaments. Functional movements are important for being able to walk, run, sit and move the way the body is intended to, while improving your range of motion and decreasing the risk of injury.

Flow Yoga: a more active series of poses known as vinyasa that link movement to breath. You can expect sun salutations, standing poses, and balancing work as well as deep relaxing stretches. All levels welcome.

Gentle Yoga: slow movement and breath work into a more active style of stretching and balancing known as vinyasa. You can expect Sun salutations, standing poses, as well as deep relaxing stretches on the mat.

Yin Yoga: a series of long-held, relaxing floor poses that focus on the groupings of the body – the hips, legs, upper body and full body, strengthening the connective tissues.

July 2025 Aqua Fitness



Monday		Tuesday		Wednesday		Thursday		Friday	
8:05 am	Aqua Cardio & Tone Heather Deep Water	9 am	Aqua Tabata Sandi Shallow Water	8:05 am	Aqua Cardio & Tone Chip Deep Water	9 am	Aqua Tabata Sandi Shallow Water	8:05 am	Aqua Cardio & Tone Kathi Deep Water
9 am	Aqua Flow Chip Shallow Water			9 am	Aqua Flow Chip Shallow Water			9 am	Aqua Flow Marge Shallow Water
10 am	Aqua Arthritis Chip Shallow Water			10 am	Aqua Arthritis Chip Shallow Water			10 am	Aqua Arthritis Marge Shallow Water

Senior Fitness

Tuesday		Wednesday		Thursday	
10 am	Prime Time for Seniors Heather Youth Room	10 am	Chair Yoga Meg Youth Room	10 am	Prime Time for Seniors Julie Youth Room

The Athens YMCA is closed July 4th.

Aqua Cardio & Tone: 45-minute low-impact class is performed in deeper water and is designed to improve joint stability, coordination, heart health, and strength, using belts and water dumbbells.

Aqua Flow: 45-minute Lower impact moves designed to improve joint stability, improve heart health and balance in the shallow end.

Aqua Tabata: 45-minute HITT (High Intensity Interval Training) workout in the water. Participants use maximal effort for 20 seconds and recover for 10 seconds. Dumbbells and mini bands are used.

Aqua Arthritis: Slower paced movements with range of motion movements in the water.

Chair yoga: All yoga poses are done seated in the chair and is accessible for most body types and abilities. The focus is on breath work and gentle postures for strength and mobility.

Prime Time for Seniors: 45-minute cardiovascular workout focusing on strength training and flexibility moves, all completed using chairs for support while exercising using weights and bands.

Tai Chi: Gentle movements done standing or seated to improve balance, posture and reduce stress.