



# ATHENS YMCA

## MARCH 2019

### GROUP EXERCISE SCHEDULE

#### MONDAY

5:30am HIIT—Danielle  
9:00am Pilates—Heather  
9:30am Intro To Track—Amanda (meets on track)  
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® - Amber  
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 Express Strength—Lauren (40 min)  
5:30pm \*Zumba® - Amber  
6:00pm Indoor Cycle—Xhenet  
7:00pm PIYO—Vivian

#### WEDNESDAY

5:30am HIIT—Katie L  
6:00am Yoga—Steve (Mat Room)  
9:00am Total Body Pilates—Elyse  
9:30am Intro To Track—Amanda (meets on track)  
10:00am Body Sculpting BARRE—Jill  
11:00am Low Impact Total Body—Cindy  
11:00am Indoor Cycle—Morgan  
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 \*Zumba® - Amber  
12:30pm Yin Yoga—Nicole (90 min)  
4:00pm HIIT—Morgan  
5:00pm Body Sculpting Barre—Jill (30 min)  
5:30pm Express Abs—Jill (30 min)  
6:00pm POUND®—Lauren (30 min)  
6:30 pm Express Strength—Lauren (30 min)  
6:00pm Indoor Cycle—Kendra  
7:00pm Pilates—Vivian

#### FRIDAY

5:30am HIIT—Xhenet  
9:00am Pilates—Shonda  
10:00am 360 Body—Elyse  
11:00am Low Impact Total Body—Heather  
11:00am Indoor Cycle—Kim  
5:30pm Outdoor Bootcamp (on field) - Brad

#### SATURDAY

8:15am Indoor Cycle—Anneka  
9:00am Body Sculpting BARRE—Jill  
9:30am Yoga Sprouts—Rachel (Ages 3-6)  
10:00am POUND® - Jill  
10:00am Cardio Bag Class—Donarell  
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
- 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

We ♥ March  
'cause  
Spring is "almost" in the air!

# CLASS DESCRIPTIONS



**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.

## INTENSITY LEVELS

 Low

 Low/Medium

 Medium/High

 High



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

**Express Abs:** Exercises for core strength

**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.



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

**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**)

**Express Strength:** Tone your body using weights and other equipment for strength and endurance.

**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.

**Intro to Track:** Learn the basics to running on the track including running form, etiquette, and track workout



**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!