



ATHENS YMCA

MARCH 2020

GROUP EXERCISE SCHEDULE

MONDAY

5:30am HIIT—Kasey
 9:00am Pilates—Heather
 10:00am Cardio Strength—Elyse
 11:00am Indoor Cycle—Crystal
 11:00am Low Impact Total Body—Heather
 4:00pm HIIT—Catherine
 4:00pm Indoor Cycle—Gary
 5:30pm ***Zumba@—Lora**
 6:00pm Outdoor Bootcamp (on field)—Brad
 7:00pm Yoga—Myrna (90 min)

THURSDAY

5:30am Indoor Cycle—Stacy V
 8:30am Indoor Cycle—Kjirsten
 9:00am Balance and Stretch—Vivian**
 10:00am Flow Yoga—S.J.
 10:00am Line Dancing—Tonya***
 12:30pm Yin Yoga—Nicole (90 min)
 4:00pm HIIT—Jenn/Catherine
 5:00pm Body Sculpting Barre—Jill (30 min)
 5:30pm Express Abs—Jill (30 min)
 6:00pm Indoor Cycle—Kendra
 7:00pm Pilates—Vivian

TUESDAY

5:30am Indoor Cycle—Stacy V.
 8:00am Yin Yoga—Raquel
 9:10am Express HIIT—Jenna Beth
 9:15am Indoor Cycle—Dixie
 10:00am Hip Hop Yoga—SJ
 11:30am Balance and Stretch—Vivian**
 12:30pm Yin Yoga—Nicole (90 min)
 4:15pm Strength Training—Lauren
 5:00pm POUND@—Lauren (30 min)
 6:00pm Indoor Cycle—Jenna Beth
 7:00pm PIYO—Vivian

FRIDAY

5:30am HIIT—Crystal
 9:00am Pilates—Shonda
 10:00am Interval Weight Training—Elyse
 11:00am Low Impact Total Body—Heather
 11:00am Indoor Cycle—Crystal
 5:30pm Outdoor Bootcamp (on field)—Brad

WEDNESDAY

5:30am HIIT—Katie
 6:00am Yoga—Steve (Mat Room)
 9:00am Total Body Pilates—Elyse
 10:00am Body Sculpting BARRE—Jill
 11:00am Low Impact Total Body—Tiffanie
 4:15pm Indoor Cycle—Erin
 5:30pm Triple Fit—Jane
 6:00pm Outdoor Bootcamp (on field)—Brad
 7:15pm Yoga-Revive, Relax, Restore—Julie (75 min)

SATURDAY

8:15am Indoor Cycle—Anneka
 9:00am Body Sculpting BARRE—Jill
 10:00am POUND@—Jill
 10:00am Yoga Sprouts—Rachel
 11:00am Pilates—Blake

SUNDAY

1:15pm Yoga-Revive, Relax, Restore—Patrick
 3:00pm Core & Stretch—Anneka
 4:00pm Indoor Cycle—Vivian, Gary, Crystal, Kendra

- Balance and Stretch classes are located in the Youth Room
- Line Dancing is located in the Youth Room
- 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.
- Stop in to visit April Dorsett, RN on Tues or Wed for BP check or wellness consultation

"If you want something you never had, you have to do something you've never done." – Thomas Jefferson

CLASS DESCRIPTIONS



Balance and Stretch: Learn different techniques to gain balance. This class incorporates stretching to improve range of motion

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: A mindfulness based yoga practice that incorporates slowing down traditional vinyasa poses and breathing deeply.

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.



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**)

Cardio Strength: Cardio intervals using the step, weights and bands

Express HIIT: 30 minute cardio training using weights, bands and your own body's resistance.

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.

Interval Weight Training: 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

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.



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!