



# ATHENS YMCA

## OCTOBER 2019

### GROUP EXERCISE SCHEDULE

#### MONDAY

5:30am HIIT—Kasey  
9:00am Pilates—Heather  
10:00am Cardio Strength—Elyse  
11:00am Indoor Cycle—Morgan  
11:00am 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 (90 min)

#### 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  
12:30pm Yin Yoga—Nicole (90 min)  
4:00pm POUND®—Lauren  
4:45pm Express Strength—Lauren (40 min)  
5:30pm \*Zumba®—Amber  
6:00pm Indoor Cycle—Jenna Beth  
7:00pm PIYO—Vivian

#### WEDNESDAY

5:30am HIIT—Katie  
6:00am Yoga—Steve (Mat Room)  
9:00am Total Body Pilates—Elyse  
9:30am Intro to Track—Amanda  
10:00am Body Sculpting BARRE—Jill  
11:00am Low Impact Total Body—Tiffanie  
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 Yoga-Revive, Relax, Restore—Julie (75 min)

#### THURSDAY

5:30am Indoor Cycle—Stacy V  
8:30am Indoor Cycle—Kjirsten  
10:00am Flow Yoga—S.J.  
10:00am Line Dancing—Kim (Youth Room)  
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 Indoor Cycle—Kendra/Jenna Beth  
7:00pm Pilates—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—Kim  
5:30pm Outdoor Bootcamp (on field)—Brad

#### SATURDAY

8:15am Indoor Cycle—Anneka  
9:00am Body Sculpting BARRE—Jill  
10:00am POUND®—Jill  
10:00am Cardio Bag Class—Donarell  
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

- **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

# 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:** 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.

**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**)

**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.

**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.

**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!