



ATHENS YMCA

JANUARY 2018

GROUP EXERCISE SCHEDULE

MONDAY

5:30am HIIT-Katie L
 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

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-Catherine
 5:00pm Hip Hop HIIT-Jessica
 6:00pm Indoor Cycle-Kendra
 7:00pm Pilates-Vivian

TUESDAY

5:30am Indoor Cycle-Stacy V.
 8:00am Yin Yoga-Raquel
 9:00am *POUND®-Jill/Elyse
 9:15am Indoor Cycle-Dixie
 10:00am *Zumba®-CoCo (45 min)
 12:30pm Yin Yoga-Alex (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

FRIDAY

5:30am HIIT-Catherine
 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

WEDNESDAY

5:30am HIIT-Katie L
 6:00am Yoga-Steve (Carpet Room)
 9:00am Total Body Pilates-Elyse
 10:00am Body Sculpting/Barre Inspired-Jill
 11:00am Low Impact Total Body-Cindy
 4:30pm Beginner Indoor Cycle-Kim
 4:30pm Body Sculpting/Barre Inspired-Jill
 5:30pm Triple Fit-Jane
 6:00pm Outdoor Bootcamp (on field)-Brad
 6:30pm Cardio Bag Class-Donarell
 7:00pm Flow Yoga-Nicole (75 min)

SATURDAY

8:15am Indoor Cycle-Anneka
 8:15am *Zumba®-Ingrid
 9:15am Body Sculpting/Barre Inspired-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
- Outdoor Bootcamp may be cancelled due to weather. Check one hour before class starts.
- 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 consult



The Athens YMCA will be closed on
 January 1 for New Years

CLASS DESCRIPTIONS



Yin Yoga: A relaxing mat class suitable for almost all levels of students, Yin Yoga targets the connective tissues of the hips, pelvis, and lower spine. Most poses are held for one to three minutes.

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

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 Inspired: 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**)

Cize® Live: Breaks down professionally choreographed routines step-by-step.

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 HIIT: Cardio dance class with interval training.

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.



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!