



# ATHENS YMCA

## MARCH 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  
 9:15am **\*POUND®**-Jill/Elyse  
 9:15am **Indoor Cycle**-Dixie  
 10:05am **\*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**-Jill  
 11:00am **Low Impact Total Body**-Cindy  
 11:00am **\*Tai Chi** - Julie  
 4:30pm **Beginner Indoor Cycle**-Kim  
 4:30pm **Body Sculpting BARRE**-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**-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

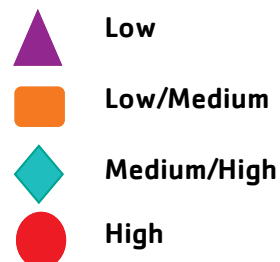
1:15pm **Yoga-Revive, Relax, Restore**-Patrick  
 3:00pm **Core & Stretch**-Anneka  
 4:00pm **Indoor Cycle**-Xhenet

- **ALL ZUMBA CLASSES ARE SUBJECT TO CHANGE**
- **Outdoor Bootcamp** may be cancelled due to weather. Check one hour before class.
- 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.
- Tai Chi is offered 2/7-3/28. There will be no class on 2/21 and 3/21



# CLASS DESCRIPTIONS

## INTENSITY LEVELS



**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.



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

**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.

**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**)

**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.

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



**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!