



Effingham YMCA

CLASS DESCRIPTION

February 2018

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA HOURS: MONDAY-FRIDAY 5:00AM-9PM / SATURDAY 8AM-6PM/ SUNDAY 1PM-6PM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:05AM		Boot Camp (Mandy)	HIIT (Elise)	I am Spartan (Jonathon) Adult Gym		
8:00AM			Yoga (Bekah)			Yoga 8:10 (Kim) This is a 45 min class
9:00 AM	Pound (Mandy)	Beachbody Blast (Mandy)	Weights & Core (Sarah)	ISO (Joann) Adult Gym	Buti Yoga (Mary C) Starts Feb 9	HIIT Cardio & Weights (Mary)
	A&A (Didi) Adult Gym	ISO (Joann) Adult Gym	A&A (Didi) Adult Gym	WOD (Stephanie)	A&A (Tracie) Adult Gym	
10:00 AM		Bells, Core and More (Stephanie)		Yoga (Bekah) Adult Gym		TRX & Core (Mary)
10:15 AM	Killer Kardio (Tawney)	Stretch & Flow (Kim) Adult Gym	HIIT (Tawney)		Chair Yoga (Tracie)	
10:15 AM					I Am Spartan (Jonathon) Adult Gym	
10:30 AM	Sit and Fit (Didi) Adult Gym		Sit and Fit (Didi) Adult Gym	Beginner Line Dance (Lisa) 11:00 AM		
Afternoon Classes						
5:30 PM	HIIT Cardio & Weights (Mary)	I Am Spartan (Jonathon)	TRX & Weights (Mary)	Turbo Kick (Laura)		
6:30 PM	TRX (Mary)	Yoga (Bekah) Conference RM	HIIT CORE (Mary) 30 min class	Ultimate Full Body Helen		
7:00 PM	Yoga (Megan) Conference RM	Zumba (Yulonda) Aerobics RM	Zumba (Jonathon) Aerobics RM			
7:00		Function HIIT (Jonathon) Blue Room		Function HIIT (Melanie) Blue Room		

CHILDWATCH SCHEDULE (Ages 6 weeks – 10 yr. old)
Mon.-Thurs: 8:45 am–12:00 pm and 4:30 pm–8:00pm
Friday: 8:45 am – 12:00 pm
Saturday: 9:00 am – 12:00 pm
MOTHER'S MORNING OUT:
Mon–Fri: 8:45 am–1:00 pm

Sign-up now for our Boutique classes at the front desk!!
Get Activated NOW! Meet with a trainer and learn how to use selected equipment in the gym for FREE with your membership!
Personal training packages are now available 5 sessions for \$150.00!!

MISSION: "To put Christian principles into practice through programs that build healthy spirit, mind and body for all. YMCA



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CYCLE ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:05AM	Psycho Spin (Regina)				Psycho Spin (Regina)	
8:00 AM		X-Treme Power (Sarah)		HIIT-Cycle (Sarah)		
9:00 AM	Rev It Up (Regina)		Rev It Up (Tawney)		Rock-N-Roll (Amber)	Ride or Die with the Fabulous 4
10:15AM		SPINtensity (Andy)		Cycle 101 (Tracie)		
6:00 PM	HIIT-Cycle (Mandy)	Don't Stop Get It Get It (Amber)	Cycle 101 (Rachel R)	Don't Stop Get It Get It (Amber)		
7:00PM	SPINtensity (Andy)		Sweat Shop (Regina)			

ACTIVE & AGELESS: This 75 minute Hi/Low (High or Low Impact) class fully addresses the 3 Components of Fitness: Cardiovascular, Strength & Flexibility Training in a fun and non-competitive setting.

BEACHBODY BLAST: 30 minutes Turbo Kick and 30 minutes of PIYO by a certified Beach Body Instructor.

BOOT CAMP: Full body weights class focusing in individual muscle groups as well as compound exercises.

BUTI YOGA: Calorie scorching workout fuses power yoga and cardio intense tribal dance and body sculpting.

CYCLE 101: Great beginner to intermediate classes learn the ins and outs of how to cycle in a friendly environment.

HIIT/ CARDIO HIIT- HIGH INTENSITY INTERVAL TRAINING: A high level cardio workout in which high spurts of cardio segments are combined in creative ways with drills.

I AM SPARTAN: Train like a Spartan and with a Spartan: Tire flipping, battle rope, plyometric moves and more!

ISO: Using bands and isometrics you will sculpt and tone your body, while increasing your flexibility and balance. Both the beginner and advanced will find their body changing and challenged in this class.

KILLER KARDIO: Take your training up a notch with non-stop HIIT style cardio. This class combines athletic aerobic movements with strength and stability exercises.

LINE DANCING: This low-impact class offers a chance to practice and learn various line dances

POUND: Lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

PSYCHO CYCLE: Have a crazy good time in this "to the max" spin experience.

REV IT UP: Rev up mountains and sprint down hills while riding to the rhythm of a fun dance beat.

RIDE OR DIE WITH THE FABULOUS 4: Spin, dance, sweat and more with a different instructor each week. You will you never know what type of ride will you experience or who your instructor will be until you show up...

ROCK-N-RIDE- Dance to a different beat with this new class. Cycle-Dance- Ride-Die!

SIT & FIT: Focus on all of your fitness needs (Cardio, Strength, Flexibility) at your own pace while in the comfort of one of our chairs (or your own chair) during this 60 minute enjoyable workout.

SPINTENSITY: An intense cycling cardio experience with hill climbs, sprints, and isolations set

SWEAT SHOP: Ride in a safe sauna atmosphere filled with fun, shake it till you break it moves. EVERYONE welcome

TRX/ WEIGHTS/ TRX ALL MIXED UP: Cardio, free weights, TRX, core and Swiss ball. This is a beginner to advanced class,

ULTIMATE FULL BODY: A full body workout that will blast each muscle group in addition to demolishing your core!

WEIGHTS AND CORE: If you stick to the basics then you can't go wrong! Full body workout and lots of fun!

WOD: WORKOUT OF THE DAY: Be pushed like no other- we have brought FUNCTIONAL FITNESS to the YMCA Although this is an intense workout variations will be given so that ANYONE will feel welcomed in this class!

YOGA/ GENTLE YOGA/ STRETCH & FLOW: Learn the fundamentals of proper form and breathing while increasing your balance, posture and strength.

ZUMBA: With energetic music and dance style moves, you find yourself having a blast and working out all at the same time.