

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



Effingham YMCA

January 2019

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
5:00 AM Aerobics RM			HIIT (Elise)	P90X (Jonathon)		
8:00 AM Aerobics RM			Yoga (Bekah)			Yogalates 8:05 (Noriko) This is a 45 min class
9:00 AM Aerobics RM	Gravity—Body Weight Resistance (Katie)	ISO (Joann)	HardCore (Melanie)	ISO (Joann)		HIIT Cardio & Weights (Mary)
9:00 AM Outside					Spartan (Melanie)	
9:00 AM Adult Gym	A&A (Didi)	Kettle Bells, Core & More (Stephanie)	A&A (Didi)	Kettle Bells, Core & More (Stephanie)	A&A (Tracie)	
10:00 Aerobics RM						TRX & Core (Mary)
10:15 AM Aerobics RM	Killer Kardio (Tawney)	Step UP (Laura)	HIIT (Tawney)	Zumba (Leila)	Buti Yoga (Mary)	
10:15 AM Adult Gym		Zumba (Janina)		Yoga (Bekah)	Chair Yoga (Tracie)	
10:30 AM Adult Gym	Sit and Fit (Didi)		Sit and Fit (Didi)			
11—11:15AM (Note Location)	Hot Yoga (Megan) Studio			Beginner Line Dance (Lisa)		
5:30 PM Aerobics RM	Kettle Bell Core & More (Stephanie)	P90X (Laura)	METCON (Katie) <i>90 Min class</i> <i>5:30– 7:00</i>			
6:00 STUDIO				Zumba Toning (Leila)		
6:30 PM Aerobics RM	SCORE (Katie)	Ultimate Full Body (Helen)		Ultimate Full Body (Helen)		
7:00 PM				Zumba (Jonathon) Aerobics RM		

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CYCLE ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:05AM	Psycho Cycle (Regina)				Psycho Cycle (Regina)	
8:00 AM						
9:00 AM	Rock n Ride (Amber)		Rev It Up (Tawney)		HITT Cycle (Katie)	Ride or Die with the Fab 4
10:15AM		Ring of Fire (Lisa)		HITT Cycle (Lisa)		
6:00PM						
6:30PM	Ring of Fire (Lisa)	Coming Soon!				
7:00PM			Sweat Shop (Amber)			

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

GRAVITY: Body weight only! Learn to scale back on equipment and dig deep as you strengthen with simplicity.

HARD CORE: More core to make your sore? It's here! 45 minutes of core based work to teach you proper midsection engagement.

HIIT- HIGH INTENSITY INTERVAL TRAINING: A high level cardio workout in which high spurts of cardio segments are combined 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.

KETTLE BELLS, CORE & MORE: A full body workout utilizing the kettle bells and compound work. Your workout will efficiently and simultaneously engage multiple muscle groups and boost your heart rate for great results.

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.

METCON: Metabolic Conditioning, or Metcon for short, involves short, fast-paced interval training, aimed at increasing your metabolism and cardiovascular capacity.

P90X: Intense workouts that use resistance, body weight training, cardio, ab work and more!

SCORE: Find balance in this core and stretch class. Learn proper techniques for core work and work athletic stretch components.

SIT & FIT: 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.

STEP UP: Power up, tone up, and gain cardio agility in this classic yet challenging opportunity.

TRX/ WEIGHTS: Cardio, free weights, TRX, core and Swiss ball. Beginner to advanced.

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

BUTI YOGA: BUTI YOGA IS A DYNAMIC ASANA PRACTICE FUSED WITH PRIMAL MOVEMENT, TRIBAL DANCE AND DEEP CORE ENGAGEMENT. **YOGA/ GENTLE YOGA/ STRETCH & FLOW/CHAIR YOGA/ HOT YOGA*:** Learn the fundamentals of proper form and breathing while increasing your balance, posture and strength.

YOGALATES: A fantastic fusion of palates and yoga. Rhythmic moves are paired with deep yoga poses.

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

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

HITT Cycle; Get ready for high intensity interval bursts on the bike and off. It's the best of cardio floor exercise and cycle fusion!

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

RETRO RIDE: Calling all throw back fans... Ride to the beat old school style.

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

RIDE ON: Climb, sprint, and interval train with amazing music to set the mood.

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...

RING OF FIRE: Set those legs on fire as we climb, sprint, jump, and dance to great music from every generation.

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

***HOT YOGA IS IN THE STUDIO, LOCATED OFF OF THE FITNESS FLOOR, IT IS A SMALL CLASS SETTING. ROOM IS HEATED TO 89 DEGREES.**