

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



Effingham YMCA

JULY 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
5:00 AM		Yoga (Kim)	HIIT (Elise)	P90X (Jonathon)		
8:05AM (New!!!) Aerobics RM (starts 6/4)	Sculpt and Sweat (Stacy)		Yoga (Bekah)		Power Hour (Laura)	Yogalates 8:05 (Noriko) This is a 45 min class
9:00 AM Aerobics RM	TRX (Stacy)	ISO (Joann)	Ultimate Full Body (Helen)	ISO (Joann)	I AM SPARTAN (Melanie) Outside/Aerobics	HIIT Cardio & Weights (Mary)
9:00 AM Pool		Aqua Fit (Helen)		Aqua Fit (Helen)	Aqua Dance (Tiffany) (STARTS July 13th)	AQUA TABATA (Noriko)
9:00 AM Adult Gym	A&A (Didi) Adult Gym	Kettle Bells, Core & More (Stephanie)	A&A (Didi) Adult Gym	Kettle Bells, Core & More (Stephanie)	A&A (Tracie) Adult Gym	
10:00 Aerobics RM						TRX & Core (Mary)
10:15 AM Aerobics RM	Killer Kardio (Tawney)	Turbo Kick (Laura)	HIIT (Tawney)	Youth Fit (Stephanie) July only	Yoga (Bekah)	
10:15 AM Adult Gym		Stretch & Flow (Kim) Adult Gym		Yoga (Bekah) Adult Gym	Chair Yoga (Tracie) Adult Gym	
10:30 AM	Sit and Fit (Didi) Adult Gym		Sit and Fit (Didi) Adult Gym			
11:00 AM		Youth Fit (Stephanie) July only		Beginner Line Dance (Lisa)		
5:30 PM Aerobics RM	HIIT Cardio & Weights (Mary)	Power 45 (Laura)	TRX & Weights (Mary)	Zumba (Leila)		
6:30 PM Aerobics RM	TRX (Mary)	Yoga (Bekah)	HIIT CORE (Mary) 30 min class	Ultimate Full Body (Helen)		
6:00 PM Pool	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
7:00 PM Location Listed		Zumba (Yulonda) Youth Gym	Zumba (Jonathon) Aerobics RM			
7:00 PM Blue RM		HIIT (Melanie) Blue Room		HIIT (Melanie) Blue Room		

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

**8:05 AM classes with childwatch available. Lap swim with 2-3 protected lanes are available from 6-7, Monday–Friday!
 We are closed July 4th.**

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



Effingham YMCA

JULY 2018

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

CYCLE ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:05AM	Psycho Spin (Regina)				Psycho Spin (Regina)	
8:05 AM		Power (Regina)		Sweatshop (Regina)		
9:00 AM	Rock n Ride (Amber)		Rev It Up (Tawney)		Ring of Fire (LISA)	Ride or Die with the Fabulous 4
10:15AM		SPINtensity (Lisa)		Cycle 101 (Tracie)		
6:00 PM	Ring of Fire (LISA)	Rock and Ride (Amber)		Ride ON (Chris)		
7:00PM			Sweat Shop (Amber)			

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.

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.

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.

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

POWER HOUR/POWER 45: Strength train and cardio improved endurance, builds strength, and burns fat.

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.

SCULPT AND SWEAT: Strength train and cardio to get your day started.

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

TURBO KICK: Kick, punch and block into a stronger more confident you! Led by a certified Beach Body Instructor.

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

YOUTH FIT: For kids 8 and up, 30 minutes of safe and Effective fitness for the summer! July Only.

YOGA/ GENTLE YOGA/ STRETCH & FLOW/CHAIR 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: 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

AQUA FIT, AQUA TABATA, AQUA DANCE: Join the party poolside for an amazing total body workout. Strength, endurance, and cardio fitness goals are met with little to no strain on your joints.

LAP SWIM: One lane is open for lap swim every day, from 6-7 PM multiple lanes will be available.

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

POWER CYCLE: Build strength and endurance in this 45 minute terrain-packed tour.

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

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.

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

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