



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EFFINGHAM YMCA FITNESS SCHEDULE

June 2017

www.ymcaofcoastalga.org

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

| CLASS TIMES | MONDAY | TUESDAY | WED | THURSDAY | FRIDAY | SATURDAY |
|-------------|---|----------------------------------|---|-------------------------------------|---|--|
| 5:05AM | | Circuit Blast (Mandy) | PIYO (Mandy) | P90X (Jonathon) | | |
| 8:00 AM | Bell Extreme STEPHANIE Aerobic Room | | Yoga Becca | | | Yoga (Kim) |
| 9:00 AM | Pound (Mandy) | Aqua Fitness Helen | Basic Weights and Core (Walter) | Aqua Camp Sarah | Tummy, Tri's and Thighs (Mary) | |
| | | ISO (Joann) Adult Gym | | ISO (Joann) Adult Gym | | |
| | A&A (Didi) Adult Basketball Court | Turbo Kick (Mandy) AEROBIC ROOM | A&A (Didi) Adult Basketball Court | Bell Extreme STEPHANIE Aerobic Room | A&A (Tracie) Adult Basketball Court | Kick Boxing Beginner to intermediate (Mary) Aerobic Room |
| 10:00 AM | | Bells, Core and More (Stephanie) | | Zumba Adult Gym (JONATHAN) | POUND (Mandy) | TRX & Weights (Mary) Aerobic Room |
| | | | | Yoga Megan Aerobic Room | | |
| 10:15 AM | Circuit Blast Tawney | | Circuit Blast Tawney | | | |
| 10:30 AM | Sit and Fit (Didi) Adult Basketball Court | Yoga (Kim) Adult Gym | Sit and Fit (Didi) Adult Basketball Court | | Sit and Fit (Tracie) Adult Basketball Court | |
| 11:00 | | | | Beginner Line Dancing (Lisa) | | |
| 4:30 PM | | | Tai Chi (Marilyn) | | | |
| 5:30 PM | Kick Boxing - Beginner to intermediate (Mary) | P90X (Jonathon) | TRX & Weights (Mary) | Boot Camp Walter | | |
| 6:30 PM | TRX (Mary) | Yoga (Becca) Aerobic Room | 30 Min Six Pack Attack! (Mary) | Bell Extreme STEPHANIE | | |
| 6:45 PM | | ZUMBA (Yulonda) Youth Gym | ZUMBA (Jonathon) YOUTH GYM | | | |



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EFFINGHAM YMCA CLASS DESCRIPTION

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

ALL FITNESS CLASSES ARE WELCOME TO WOMEN AND MEN OF ALL AGES
CLASSES ARE 45-60 MINUTES UNLESS NOTED OTHERWISE

| *CYCLE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|-------------------------|------------------------|------------------------|--------------------------|-------------------------|------------------------|
| 5:05 AM | Psycho Spin (Regina) | | | | Psycho Spin (Regina) | |
| 8:00 | | Burn 40 Sarah | | Burn 40 Sarah | | |
| 9:00 AM | Soul Spin (Rachael) | | Rev It Up (Tawney) | | Mad Dog Spin (Mandy) | Soul Spin (Rachael) |
| 10:15 AM | | SPINtensity Andy | | Cycle - Spin (Tracie) | | |
| 6:00 PM | Cycle Power (Caren) | Soul Spin (Rachael) | Cycle Power (Caren) | Soul Spin (Rachael) | | |

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.

AQUA FIT/ AQUA CAMP: A hybrid water aerobics class that is challenging to all fitness levels!!! Great music, great attitude and great fun!

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

BELL EXTREME: kettle bell meets dumbbell class mixed in with PLYO moves. All fitness levels welcomes!!! BOYB Bring your own kettle bell or use a dumbbell!!!

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

BURN 40: Get in and get out but feel the burn like no other! 40ish minutes that is all it takes!

CYCLE/ SPIN: Jump on board and ride through the hills of a forever changing class. Each class is guaranteed to be different.

CYCLE POWER: Cycle Power Extra challenging cycling class focusing on strengthening and endurance

CIRCUIT BLAST: A 45 minute full body high intensity interval training class.

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.

KICK BOXING: Jab and kick your way to fit, think that you are done NO WAY, and then glide your way to fitness!!!

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

P90X: Beach Body Certified Instructor is bringing the program to you! This is the real deal P90X to the fullest!

PIYO: This low-impact, high intensity workout combines the muscle-sculpting core-firming benefits of Pilates with the strength and flexibility of yoga, come get drenched in strength! **Beach Body Certified Instructor!**

PSYCHO CYCLE: Have a crazy good time in this "to the max" spin experience. All fitness levels welcome, modifications are provided.

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

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 to motivational music. Caloric execution at its finest!

SOUL SPIN: Reinventing Traditional indoor cycling style mixed with some fun upper body movement, all the while pedaling to the beat to some great music.

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

TAI CHI: A gentle, graceful form of exercise that can be practiced by people of all ages. Tai Chi unites the mind and body to improve muscle strength, flexibility and balance as well as alleviating stress and anxiety.

TUMMY, TRI'S AND THIGHS- This is a full body workout where you feel the burn top to bottom!!

TURBO KICK: Turbo kick Live is cardio kickboxing choreographed to the hottest music, you're punching, kicking, dancing, moving the whole time so you're burning crazy calories! Join the party! **Beach Body Certified Instructor!**

YOGA: Learn the fundamentals of proper form and breathing while increasing your balance, posture and strength.

YO-STRONG: NOT YOUR TRADITIONAL YOGA- Power yoga fused with weights. This class is high energy class with ROCK MUSIC. All fitness levels welcomed. Yoga+ weights+ rock= YO-STRONG