



Effingham YMCA

CLASS DESCRIPTION

May 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		Yoga (Kim)	HIIT (Elise)	P90X (Jonathon) Aerobics Room		
8:00AM			Yoga (Bekah)			Yogalates 8:05 (Noriko) This is a 45 min class
9:00 AM	TRX (Stacy)	Kettle Bells, Core & More (Stephanie)	Ultimate Full Body (Helen)	ISO (Joann) Adult Gym	Dynamic Vinyasa Flow (Mary C)	HIIT Cardio & Weights (Mary)
	A&A (Didi) Adult Gym	ISO (Joann) Adult Gym	A&A (Didi) Adult Gym	Kettle Bells, Core & More (Stephanie)	A&A (Tracie) Adult Gym	
10:00 AM		Turbo Kick (Laura)		Yoga (Bekah) Adult Gym		TRX & Core (Mary)
10:15 AM	Killer Kardio (Tawney)	Stretch & Flow (Kim) Adult Gym	HIIT (Tawney)		Chair Yoga (Tracie) Adult Gym	
10:15 AM					I Am Spartan (Melanie) Outside	
10:30 AM	Sit and Fit (Didi) Adult Gym		Sit and Fit (Didi) Adult Gym	Beginner Line Dance (Lisa) 11:00 AM		
5:30 PM	HIIT Cardio & Weights (Mary)	New Class Coming soon!	TRX & Weights (Mary)	Zumba (Leila)		
6:30 PM	TRX (Mary)	Yoga (Bekah) Aerobics Room	HIIT CORE (Mary) 30 min class	Ultimate Full Body (Helen)		
7:00 PM	Yoga (Megan) Conference RM	Zumba (Yulonda) Youth Gym	Zumba (Jonathon) Aerobics RM			
7:00 PM		Function HIIT (Melanie) 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!!

We will not have classes on Saturday, May 26th and Memorial Day, Monday, May 28th.

Get Activated NOW! Meet with a trainer and learn how to use selected equipment in the gym for FREE.

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		Power (Regina)		Sweatshop (Regina)		
9:00 AM	Rock n Ride (Amber)		Rev It Up (Tawney)		Turn N' Burn Rachel	Ride or Die with the Fabulous 4
10:15AM		SPINtensity (Andy)		Cycle 101 (Tracie)		
6:00 PM	HIIT-Cycle (Rachel R)	Don't Stop Get It Get It (Amber)	Cycle 101 (Rachel R)	Rev It Up (Tawney/ Regina)		
7:00PM	Ride ON (Chris)		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.

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

Dynamic Vinyasa Flow: *Vinyasa*, also called *flow* because of the smooth way that the poses run together, is one of the most popular contemporary styles of yoga. It's a broad classification that encompasses many different types of yoga, including Ashtanga and power yoga. Come join Mary for this strength and skill building class!

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.

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

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: 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...

ROCK-N-RIDE- Dance to a different beat with this 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 sets.

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

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.

TURN N' BURN: A true terrain ride. Build stamina and strength, climbing, sprinting and rocking the rode.

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

YOGA/ GENTLE YOGA/ STRETCH & FLOW: 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.