



# Effingham YMCA

## CLASS DESCRIPTION

November 2017

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA HOURS: MONDAY-FRIDAY 5:00AM-9PM / SATURDAY-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 <b>8:10</b> (Kim)
8:15 AM	Bell Extreme (Stephanie)					WOD- <b>8:10</b> (Stephanie)
9:00 AM	Pound (Mandy)	Beachbody Blast (Mandy)	Weights & Core (Sarah)	ISO (Joann) Adult Gym	Pound (Mandy)	HIIT Cardio & Weights (Mary)
	A&A (Didi) Adult Gym	ISO (Joann) Adult Gym	A&A (Didi) Adult Gym	WOD (Stephanie)	A&A (Didi) Adult Gym	
10:00 AM		Bells, Core and More (Stephanie)		Yoga (Megan)		TRX& Weights (Mary)
10:15 AM	WOD (Tawney) Parking Lot		HIIT (Tawney)		Senior Yoga (Tracie)	
10:15 AM					I Am Spartan (Jonathon) Adult Gym	
10:30 AM	Sit and Fit (Didi) Adult Gym	Yoga (Kim) Adult Gym	Sit and Fit (Didi) Adult Gym	Beginner Line Dance (Lisa) <b>11:00 AM</b>		
5:30 PM	HIIT Cardio & Weights (Mary)	I Am Spartan (Jonathon)	TRX & Weights (Mary)	Turbo Kick (Laura)		
6:30 PM	TRX (Mary)	Yoga (Bekah)	HIIT CORE (Mary)	Bell Extreme (Stephanie)		
6:45 PM		Zumba (Yulonda) Youth Gym	Zumba (Jonathon) Youth Gym			
7:30	Coming Soon	Coming Soon	Coming Soon	Coming Soon		

**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 - 1:00 pm**  
**Saturday: 9:00 am - 12:00 pm**  
**MOTHER'S MORNING OUT:**  
**Mon-Fri: 8:45 am-1:00 pm**

**Free Self Defense Class Nov 9 11:30-12:30**  
**CPR class November 19 1:00-4:00 PM**  
**No Classes November 22-24**  
**December 7 Membership Potluck sign up up front**

**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		Burn 40 (Sarah)		HIIT-Cycle (Sarah)		
9:00 AM	Soul Spin (Rachael)		Rev It Up (Tawney)		Rock-N-Roll (Amber)	Rock-N-Roll (Amber)
10:15AM		SPINtensity (Andy)		Cycle (Tracie)		
6:00 PM	HIIT-Cycle (Caren)	Soul Spin (Rachael)	HIIT-Cycle (Caren)	Soul Spin (Rachael)		
7:00PM	Coming Soon		Coming Soon			

**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.

**BELL EXTREME:** kettle bell meets dumbbell class mixed in with PLYO moves. All fitness levels welcomes!!!

**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.

**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.

**HIIT- HIGH INTENSITY INTERVAL TRAINING:** Burn fat and train hard- 45 minutes is all we need !

**CARDIO HIIT:** A high level cardio workout in which high spurts of cardio segments are combined in creative ways with drills, cardio stations and even occasional outdoor intervals.

**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.

**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.

**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 to motivational music.

**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,

**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:** 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.