

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



Effingham YMCA

NOV 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 Aerobics RM		Yoga (Kim)	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) 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)	Zumba Janina	HIIT (Tawney)	My Hip Hop Fit (Tiffany)	Buti Yoga Mary	
10:15 AM Adult Gym		Stretch & Flow (Kim) Adult Gym		Yoga (Bekah) Adult Gym	Chair Yoga (Tracie) Adult Gym	
10:30 AM Adult Gym	Sit and Fit (Didi) Adult Gym		Sit and Fit (Didi) Adult Gym			
11:15 AM Aerobics RM				Beginner Line Dance (Lisa)		
5:30 PM Aerobics RM	Kettle Bell Core & More (Stephanie)	Power45 (Laura)	METCON (Katie)	Zumba Toning (Leila)		
6:30 PM Aerobics RM	SCORE (Katie)	Ultimate Full Body (Helen)	<u>90 Min class</u> 5:30– 7:00	Ultimate Full Body (Helen)		
7:00 PM Location Listed		Zumba (Yulonda) Youth Gym	Zumba (Jonathon) Aerobics RM	Yoga (Greta) Boutique		

CHILDWATCH SCHEDULE (Ages 6 weeks – 10 yr. old)
Mon.–Thurs: 9:00 am–12:00 pm & 4:30 pm–8:00pm
Friday & Saturday: 9:00 am – 12:00 pm
MOTHER'S MORNING OUT:
Mon–Fri: 8:45 am–1:00 pm

**Joint Health -Lunch and Learn, November 7th. Holiday
Hours: WED, Nov. 21, 5 AM—6PM, morning classes are
scheduled. THURS. Nov. 22, CLOSED. Friday, Nov.
23rd, no classes or childwatch.**

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CYCLE ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:05AM	Psycho Cycle (Regina)				Psycho Cycle (Regina)	
8:00 AM		Ride On		Sweatshop		
9:00 AM	Rock n Ride		Rev It Up (Tawney)		HITT Cycle	Ride or Die with the Fabulous 4
10:15AM		Ring of Fire (Lisa)				
6:00PM		Ride On				
6:30PM	Ring of Fire (Lisa)			HITT Cycle		
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.

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

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. The combination of body resistance training with high-paced cardio training makes for a full cardio and weight training workout at high intensity, hitting every area of the body.

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

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

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

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.

TRX/ WEIGHT/Sweat & Sculpt: 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!

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 pilates and yoga. Rhythmic moves are paired with deep yoga poses.

BUTI YOGA: *Buti Yoga* is a dynamic asana practice fused with primal movement, tribal dance and deep core engagement.

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

My Hip Hop Fit: Join this high energy dance class where inner core training and dance fitness collide.

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.

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!