



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EFFINGHAM YMCA FITNESS SCHEDULE

SEPTEMBER 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		Boot Camp (Mandy)	HIIT (Elise)	I AM SPARTAN (Jonathon) ADULT GYM		
8:00 AM	Bell Extreme STEPHANIE Aerobic Room		Yoga Becka			
8:10 AM						Yoga (Kim)
						WOD (STEPHANIE) PARKING LOT BY POOL
9:00 AM	Pound (Mandy)	ISO (Joann) Adult Gym	Basic Weights and Core	WOD/ Kettlebell Stephanie ADULT GYM	POUND (Mandy)	
	A&A (Didi) Adult Basketball Court	BEACHBODY BLAST (Mandy)	A&A (Didi) Adult Basketball Court	ISO (Joann) Aerobic Room	A&A (Tracie) Adult Basketball Court	Kick Boxing Beginner to intermediate (Mary)
10:00 AM		Bells, Core and More (Stephanie)		Zumba AEROBIC ROOM (JONATHAN)		TRX & Weights (Mary) Aerobic Room
				Yoga Megan ADULT GYM		
10:15 AM	WOD Tawney PARKING LOT BY POOL		HIIT-CIRCUIT Tawney		SENIOR YOGA (TRACIE)	
					SPARTAN GYM	
10:30 AM	Sit and Fit (Didi) Adult Basketball Court	Yoga (Kim) Adult Gym	Sit and Fit (Didi) Adult Basketball Court			
11:00				Beginner Line Dancing (Lisa)		
5:30 PM	Kick Boxing - Beginner to intermediate (Mary)	P90X (Jonathon)	TRX & Weights (Mary)	TURBO KICK LAURA		
6:30 PM	TRX (Mary)	Yoga (Becka) Aerobic Room	HIIT-Core (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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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		HIIT-Cycle Sarah		
9:00 AM	Soul Spin (Rachael)		Rev It Up (Tawney)		Rock-N-Ride (Amber)	Rock-N-Ride (Amber)
10:15 AM		SPINtensity Andy		Cycle - Spin (Tracie)		
6:00 PM	Power Terrain (Caren)	Soul Spin (Rachael)	HIIT- Cycle (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.

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!!!

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. 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.

HIIT- HIGH INTENSITY INTERVAL TRAINING: Burn fat and train hard- 45 minutes is all we need for the results that you want!

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.

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!**

POWER TERRAIN: Be challenged with an intense 45 minute ride. You will travel up and down hills, climb through mud and race with the best.

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

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

WOD: WORKOUT OF THE DAY: Be pushed like no other- we have brought FUNCTIONAL FITNESS to the YMCA with certified instructors! Although this is an intense workout variations will be given so that ANYONE will feel welcomed in this class!

WOW: WORKOUT OF THE WEEK BLUE ROOM: Be challenged with a weekly workout that will be posted in the Blue Room. Record your time and place your name on the BRAG BOARD! CrossFit has nothing on this workout!

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.