



ALL NEW CLASSES!

GOLDEN ISLES YMCA FITNESS CLASSES

March 2017

YMCA HOURS: MONDAY-THURSDAY 5:30AM-8PM/ FRIDAY 5:30AM-7PM / SATURDAYS 8AM-5PM / SUNDAYS 1PM-5PM
Tel.912.265.4100

AEROBICS ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	Transform (Lynnette)		Transform (Lynnette)			
8:30AM	Bootcamp (Shelley)	Barre Fusion (Julie)	Transform (Rob)	Pi-Yo (Mary N)	Transform (Michelle)	
9:30AM	Yoga (Najwa)		Yoga (Najwa)		Zumba (Julie)	
9:30AM	Pump it UP (Angie) @ the Gym	Zumba (Julie)	Pump it UP (Angie) @ the Gym	Zumba® (Mary N)	Pump it UP (Angie) @ the Gym	
10:15AM					Yoga (Najwa) B/C Room Pilates Stretch Angie @ the Gym	
10:30AM	Strength II (Angie)	Zumba Gold/ T (Susan)	Strength II (Angie)	Zumba Gold/ T (Susan)	Strength II (Julie)	Dance Y 17 (Shavonne)
11:30AM	Strength (Suzanne)		Strength (Suzanne)	TaiChi (Beverly)	Strength (Suzanne)	
12:45PM	Pilates Stretch (Suzanne)		Pilates Stretch (Suzanne)			
3:30PM					Yoga for kids Ages 5 & UP (Najwa)	
4:45 PM					Beginners Line Dance (Sandra)	DID YOU "LIKE" US ON FACEBOOK YET?
5:30 PM	Ballroom Dance for beginners (Audrey)	Tabata (Susan)	Zumba (Shavonne)	Pound (Susan)		
6:00 PM			Volley Ball (Richard) @ the Gym			
6:15 PM		Yoga (Susan)		Yoga (Susan)		
6:30 PM			*W2W Self-Defense (Rita)			
7:00 PM		*Karate (Lonnie)	Adults & Children *Program Fees	*Karate (Lonnie)		
CYCLE ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM				Sunrise Cycle (Lynnette)	Boot Camp (Lynnette)	
9:30AM	30-45min Ride (Zohra)		30-45min Ride (Zohra)		30-45min Ride (Michelle)	30-45min Ride (Dan)
5:30PM	Happy Hour (Cheryl)		Happy Hour (Cheryl)			
Core Zone ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM	Becca		Zohra			
9:30AM				Shelley		



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GOLDEN ISLES YMCA CLASS DESCRIPTIONS

March 2017

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ALL CLASSES ARE WELCOME TO WOMEN AND MEN OF ALL AGES

Children are not allowed, only 12 and up with parents

CLASSES ARE 45-60 MINUTES UNLESS NOTED OTHERWISE

CHILD WATCH HOURS: (Ages 6wks-5yrs) MON-FRI 8-10:30am / MON-THURS 5-7:30pm/ *SAT 8:30-10:30am
POWER HOUR; (Ages 5-12 yrs) MON-THURS 5-7:30pm. Please check in at Front Desk

AEROBICS CLASSES

Transform: combo of free weights, barbells and steps improving balance & core strength

Boot camp: Consists of weight and cardiovascular training that will help you tone, lose inches and improve your health over all. It will challenge you and we'll modify it to adapt to your specific needs.

Barre Fusion: An intense workout with a mixture of ballet inspired moves, body weight training, & deep stretching, Targeting all of the smaller range in motion muscle groups for balance enhancement & overall support for the larger range in motion muscle group. Think strong, lean & balanced.

Tabata: scorch calories and transform your body with 20 second high intensity anaerobic intervals followed by 10 second rests with this popular HIIT program developed for the Japanese Olympic team.

Pound®: fuses the fun of playing the drums with dance & Pilates into an infectious, energizing and sweat-dripping rock out using lightly weighted drumsticks designed for exercising.

Yoga: Improve strength, balance and flexibility while carving out time to center and reconnect with yourself. The guided relaxation at the end will rest and restore you. Each pose offers several levels from beginner to advance to fit each body.

Pi-Yo: Muscle-sculpting, core firming benefits of Pilates with the strength and flexibility advantages of yoga, dynamic, flowing sequences that burn serious calories and can lengthen and tone your muscles and increase flexibility.

Pilates Stretch: This class is a fusion blend of Pilates, yoga stretch and fitness conditioning that challenges strength, balance and flexibility. Chair support offered for safety. All fitness levels are welcome.

Pump it UP: is an easy to follow, fun, low-impact aerobic workout followed by strength, balance, and core training. The class includes respiratory intervals with strength based functional movement patterns to improve balance, agility, and increase reaction time. A great way to get in shape and stay fit!

Muscular Strength (Multi level) & Muscular Strength II (Intermediate-Advanced): fun variety of moves designed to increase strength and range of motion for daily activities, chair support offered for safety; includes: Hand weights, tubes & small balls.

Zumba®: a dance fitness sensation with easy-to-follow choreography, for a total body, dance party workout

Zumba Gold®/Zumba Toning®: A Latin-inspired dance party for active older adults, beginners and anyone needing a low intensity/low impact dance-fitness class with all the fun of a regular Zumba class. Get ready to cha-cha, salsa, and tango your way to a fitter you. A few routines will utilize one-pound Zumba toning sticks/light hand weights for all-over body toning and some serious fun!

Beginner Line Dance: Exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner.

Dance Y17: Is mixture of cardio, Latin inspired songs and moves, Hip-Hop Line dancing all to an easy to follow steps.

Tai-Chi: Is the gentle way to better health, can help improve flexibility, balance, muscle toning and feelings of well being with its slow fluid movements. Safe for all ages and fitness levels.

Volley Ball: Bring a team of your peers or we can match you up with some great people to play with. (At the Gym)

CYCLE ROOM

Sunrise: Wakeup with a spin on your morning to a big calorie burn and a feel good way to start your day.

Bootcamp: Need a challenge? Major calorie burn for a lean, strong, healthy body; may include: weights, bands, core moves and endurance training.

Happy Hour: Bring your water bottle and spin away your mid week blahs with some fun and friends!

CoreZone Room

All new functional fitness area featuring PurMotion equipment. Orientation required. Initial classes will include orientation session. Intense (but can be modified) workout open to all levels. Produces exceptional cardio and toning results.

BE SURE TO ENJOY OUR PARK & REC AREA AND WALKING TRAIL OFF BACK PARKING LOT
AVAILABLE TO MEMBERS DURING NORMAL BUSINESS HOURS

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



ALL NEW
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GOLDEN ISLESYMCA INDOOR AND OUTDOOR POOL CLASSES

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WATER AEROBICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15AM *Indoor	Arthritis FAP (Nicole)	Deep Water C.D (Susan)	Arthritis FAP (Mary)	Deep Water C.D (Susan)	Arthritis FAP (Krystal)	DID YOU "LIKE" US ON FACEBOOK YET? 
9:00AM *Indoor	Hydro Power (Linda)	Splash Dance (Susan)	Body Splash (Becca)	Splash Dance (Susan)	Body Splash (Becca)	
10:00AM *Indoor	Hydro Fit (Linda)		Hydro Fit (Linda)		Hydro Fit (Linda)	
5:30PM *Indoor						

Arthritis Foundation Aquatic Program: Program for better living; improving range of motion & muscle strength while reducing pain & stiffness.

Deep Water Cardio Dance: Get ready for an awesome workout to music in the deep end of the pool! 100% non-impact, easy on joints and fun, yet a cardiovascular challenge. **PERSONAL FLOATATION REQUIRED** "if not naturally buoyant".

BodySplash: A refreshing water workout designed to improve joint flexibility, as well as reduce stiffness and pain; includes muscle strengthening, aerobic activity and stretching.

Hydro Power: Cardio endurance and strength training using water resistance. For beginner to Intermediate.

Hydro Fit: Combination of cardio and strength intervals using progressive overload and PNF stretches.

Splash Dance: Dance to the music in the pool! Easy-to-follow choreography that's fun and effective for Cardio, strength and flexibility. For all ages/ fitness levels.

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