



ALL NEW
CLASSES!

GOLDEN ISLES YMCA FITNESS CLASSES JANUARY 2019

YMCA HOURS: MONDAY- THURSDAY 5:30AM-9PM / FRIDAY 5:30AM- 7PM / SATURDAYS 8AM-1PM / SUNDAYS 1PM-5PM
Tel.912.265.4100

AEROBICS ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	Transform (Cheryl)		Transform (Cheryl)			
8:30AM	CIRCUIT BLAST (Catherine)	TOTAL BODY TABATA (Michelle)	CORE EXPRESS (Catherine)	INSANE FOCUS (Michelle)	BEGINNER YOGA (Najwa)	
9:30AM	Yoga (Najwa)	LINE DANCE (Josie)	Yoga (Najwa)	LINE DANCE (Josie)	Yoga (Najwa)	
9:30AM						
10:30AM	Strength I (Susan)	BOOM! (Susan)	Strength I (Najwa)	BOOM (Susan)	Strength I (Suzanne)	
11:30AM	Strength II (Suzanne)		Strength II (Susan)	TaiChi (Beverly) Start Jan 10th	Strength II (Suzanne)	
3:30PM					Yoga for kids Ages 5 & UP (Najwa)	
5:30 PM	LINE DANCE 2 (Josie)	BARRE & CORE EXPRESS (Kim)	ZUMBA (Mhay)			
5:30 PM	Ballroom Dance for beginners (Audrey) B/C Room					
6:15 PM		MIXED FIT (Kim)				
6-8 PM		*BOXING coming soon	*BOXING coming soon	*BOXING coming soon		
7 - 8:30 PM		*Karate (Lonnie)	Adults & Children *Program Fees	*Karate (Lonnie)		
CYCLE ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM				Sunrise Cycle (Cheryl)	Boot Camp (Cheryl)	
9:30AM	30-45min Ride (Zohra)		30-45min Ride (Zohra)		30-45min Ride (Catherine)	30-45min Ride (Dan)
5:30PM	Happy Hour (Dan)		Happy Hour (Cheryl)			
Core Zone ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM			Zohra			
5:30PM				HIIT (Kim)		

PICKLEBALL

Every Tuesday & Friday 10:30 AM – 12:00PM



GOLDEN ISLES YMCA CLASS DESCRIPTIONS JANUARY 2019

ALL CLASSES ARE WELCOME TO WOMEN AND MEN OF ALL AGES

Children are not allowed, only 12 and up with parents

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

Circuit BLAST: is a new total body workout class. You'll blast through cardio and muscle conditioning using a variety of equipment including dumbbells, resistance tubing, stability balls and more, or resistance with your own body of equipment weight. Drop by and try it out!

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 advanced to fit each body.

Total Body Tabatas (TBT): with 20 seconds on and 10 second of rest targeting multiple muscles groups, build strength and endurance. Be mindful throughout this work out and pay attention to the intervals that you find the most challenging core, upper and lower body and cardiovascular endurance are the main components of this routine.

Insane Focus: a cardio based on total body conditioning program based on the principles of MAX interval training.

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.

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.

Ballroom Dance: It's a partnership dance where couple using step- patterns move rhythmically, expressing the characteristics of music.

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

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

BOOM!: Fun, EASY-TO-FOLLOW dance fitness class for active older adults, beginner and anyone needing a low intensity/low impact, moderate level class to Latin, international, disco, country-western. Broadway and jazz music.

Barre /Core Express: the mixed elements of Pilates, yoga, dance, functional training, along with an explosive Abs workout!! These moves are choreographed to motivating music, while energizing and targeted key muscles in this low impact workout. You'll use the Barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body

MixedFit: is a people-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp inspired toning. Everything about the dance fitness program can be described as explosive – all of the movements are always big, exaggerated, full-out, and the very best.

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

HIIT: High intensity intervals class focuses on short bursts of intense exercise followed by lower intensity periods of active recovery; you will be challenged in all aspect of fitness. You will be pushed by an experienced coach through a carefully program that will help you build muscle, strength and endurance.

All new functional fitness area featuring PurMotion Equipment. Orientation is required. Initial classes will include orientation sessions. Intense (but can be modified) workout open to all levels. Produces exceptional

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




ALL NEW CLASSES!

GOLDEN ISLESYMCA INDOOR AND OUTDOOR POOL AEROBIC CLASSES JANUARY 2019

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

**CHILD WATCH HOURS: (Ages 6wks-5yrs) MON-FRI 8-10:30 / 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**

ALL CLASSES ARE WELCOME TO WOMEN AND MEN OF ALL AGES
Children are not allowed, only children 12 and up with parents
CLASSES ARE 40-60 MINUTES UNLESS NOTED OTHERWISE

WATER AEROBICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM *Indoor	Arthritis FAP (Mary)		Arthritis FAP (Mary)		Arthritis FAP (Krystal)	DID YOU "LIKE" US ON FACEBOOK YET? 
8:15AM *Indoor		Deep Water C.D (Susan)		Deep Water C.D (Susan)		
9:00AM *Indoor	WATER WORKS (Susan)	SPLASH DANCE (Susan)	WATER WORKS (Susan)	SPLASH DANCE (Susan)	WATER WORKS (Angie)	
10:00AM *Indoor	Hydro Fit (Diane)		Hydro Fit (Susan)		Hydro Fit (Angie)	

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.

Water Work: 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.

PICKLEBALL
Every Tuesday & Friday 10:30 AM – 12:00PM

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."