



ALL NEW
CLASSES!

GOLDEN ISLES YMCA FITNESS CLASSES JULY 2018

YMCA HOURS: MONDAY–THURSDAY 5:30AM–9PM/ 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	STRENGTH N KICK (Becca)	TOTAL BODY TABATAS (Michelle)	INSANE FOCUS (Michelle)	PI-YO (Mhay N)	TRANSFORM (Becca)	
9:30AM	YOGA (Najwa)	LINE DANCE (Josie)	YOGA (Najwa)	LINE DANCE (Josie)	YOGA (Najwa)	
9:30AM		*BOXING 9 – 11 AM		*BOXING 9 – 11 AM	ZUMBA (Mhay) in Room A	
10:30AM	STRENGTH II (Susan)	BOOM! (Susan)	STRENGTH II (Susan)	BOOM! (Susan)	STRENGTH II (Suzanne)	
11:30AM	STRENGTH (Suzanne)		STRENGTH (Suzanne)	TAICHI (Beverly) starts July 12th	STRENGTH (Suzanne)	
3:30PM					YOGA FOR KIDS is postponed till Aug 16th	
5:30 PM	LINE DANCE (Josie) Room A					
5:30 PM	BALLROOM DANCE for beginners (Audrey)	HOT YOGA (Annie) Board Room	ZUMBA (Shavonne)	YOGA (Lauren)		
6:30PM & 7:00 PM	*BOXING 6:30-8 PM	*KARATE(Lonnie) *BOXING 6:30-8 PM	*BOXING 6:30-8 PM	*KARATE (Lonnie)	Adults & Children *Proaram Fees	
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 (Becca)	30-45min RIDE (Dan)
5:30PM	HAPPY HOUR (Dan)		HAPPY HOUR (Cheryl)			
6:30PM		Ride & CORE (Zohra)				
Core Zone ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM		HIIT/W.O.D (Patty)				
8:30AM			Zohra			HIIT/W.O.D (Patty)
5:30 PM	Amber Start Aug 13th	HIIT/W.O.D (Patty)	Amber Start Aug 13th	HIIT/W.O.D (Patty)		

PICKLEBALL

Every Friday 10:30AM & Tuesday 5:30PM



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GOLDEN ISLES YMCA CLASS DESCRIPTIONS

JULY 2018

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

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 8-12:30pm / MON-THURS 5-8:00pm / *SAT 8 - 12 PM

POWER HOUR: (Ages 5-12 yrs) MON-THURS 5-8 am.

AEROBICS CLASSES

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

Strength N Kick: is Mixed Martial Art athletic training set to motivating music. Easy to follow fight patterns and drills create a HIIT effect and help improve their cardiovascular strength and endurance.

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.

Hot Yoga: 60 minutes of a multilevel class consisting of vinyasa flows and ashtanga poses in 90 degree heat. Offering a variety of modifications to fit each individuals practice. Please bring a towel and bottle of water with you.

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

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.

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.

Total Body Tabatas (TBT): with 20 seconds on and 10 seconds of rest targeting multiple muscle groups, build strength and endurance. Be mindful throughout this workout 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.

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.

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

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.

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/W.O.D: High intensity intervals/Work of the Day this class focuses on short bursts of intense exercise

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."




GOLDEN ISLES YMCA INDOOR POOL AEROBIC CLASSES JULY 2018

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Tel.912.265.4100

**CHILD WATCH HOURS: (Ages 6wks–5yrs) MON-FRI 8–12:30 / MON-THURS 5–8:00pm/ *SAT 8:00 – 12:00pm
POWER HOUR; (Ages 5–12 yrs) MON-THURS 5–8pm. 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
8:15AM Indoor	ARTHRITIS FAP (Mary)	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	WATER WORKS (Susan)	*SPLASH DANCE (Susan) Outdoor	WATER WORKS (Susan)	SPLASH DANCE (Susan) *Outdoor	BODY SPLASH (Merry)	
10:00 outdoor	*HYDRO FIT (Diane) Outdoor		*HYDRO FIT (Becca) Outdoor		*HYDRO FIT (Merry) Outdoor	

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
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