HABERSHAM YMCA

the Y FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING

MARCH 2017

www.ymcaofcoastalga.org 912-354-6223

YMCA HOURS: MONDAY-THURSDAY 4:30AM-9PM / FRIDAY 4:30-8PM / SATURDAY 7AM-6PM / SUNDAY 11AM-6PM

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM	Cardio Cross Train (Megan) Korry 27	Yogalates (Megan)	TRX Strength (Megan)	Yogalates (Megan)	TRX (Korry) NO CLASS 17		
8:00AM	Zumba (Kenyatta)		"Ab"domination (Susie) 45 min		Zumba (Jill) NO CLASS 17	Dance Chance (Maria 4,,25) Zumba (Tony11) Sabrina 18	
8:15AM	MVE Core Strength (Ashley) Elender 13	Fitt Barre (Ashley)		Fitt Barre (Elizabeth)	MVE Core Strength (Ashley) Susie 10 NO CLASS17		
9:00AM	FIT Fitness Interactive Training(Dawn) Sabrina13Jen20 9:15-10:15am		Cardio POP (Jenn W) Ashley15	MVE Pilates (Elizabeth)		Ultimate Conditioning (Stephanie) 9:05-10:30	
9:15/9:30AM		Group Training w/ Weights (Dede)	Chair Fitness (Elizabeth) 9:30	Triple Threat (Jill)	Hi-NRG (Korry) NO CLASS 17		
10:15AM (older active adults)	Ageless Athletes (Jen)	Flex & Stretch (Carla) 10:20-10:50	Ageless Athletes (Carla 8,22) Zumba (Elender 1,15,29)	Great Weighted Workout (Jill) 10:20-11:00	Senior Fit (Mary 3,31) Senior Yoga (Liz10,24) NO CLASS 17	Yoga (Dianne 4,18) 10:30-11:30 PIYO(Korry11,25)	
11:00/11:15AM	Tai Chi (Myung)	11:00am Senior Active Angie	Tai Chi (Myung)	11:00am Line Dance (Elender)	Tai Chi (Myung) YES 17		
12/12:15PM	Yoga Basics (Elizabeth) Pat 6 12:15-1:45	Core Pilates (Elizabeth) 12:00-1:00	Hatha Yoga (Theresa) 12:15-1:15 Dianne 1	Hatha Yoga (Theresa) 12:15-1:15	Yoga Buzz (Elizabeth) NO CLASS 17 12:15-1:45		
3:30PM		PIYOlates (Noriko)		Group Training w/ Weights Dede			
4:30PM	Zumba (JoJo)	Zumba (Yessica)	Piloxing (Jill)	Zumba (Cyndi)	*POUND (Sabrina) NO CLASS17	*NEW CLASS	SUN YOGA (Katherine)
5:30PM CARDIO	Step Interval (Susan) Megan 6	Circuit Work It (Megan)	Total Body Blast (Megan)	Hip Hop (Diane)	Rockin' Bottom (Korry) NO CLASS 17		
5:30PM TRX	TRX Cardio Interval (Stephanie)	TRX Cardio Blast (Leigh)	TRX Cardio Strength (Stephanie)	TRX Cardio Strength (Megan)	***Must reserve spot for TRX 24 hours in advance Be in class 5 minutes before begin time***	LIKE US ON facebook	
6:15PM CARDIO		BOSU Cardio (Megan)					
6:15PM TRX		TRX Cardio Strength (Leigh)	***Must reserve spot for TRX 24 hours in advance Be in class 5 minutes before begin time***	TRX Cardio Interval (Stephanie)	**FREE Child Watch HOURS (6wks-12yrs) Mon – Fri 8am-1pm Mon – Thur 4:15-7:30pm ***Saturdays 7:45-11:45am**		
6:30PM	Abs-olution (Stephanie)		Abs-olution (Stephanie)	Yogalates (Megan)			
7:15PM			Zumba (Tony8,15,22) Kelly 1 Kate 29	***YMCA MISSION:** "To put Christian principles into practice through programs that build healthy spirit, mind and body for all."*			

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*CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30/5:45AM	Rise &Shine (David) 5:30	Mountains to Ride (Leigh) 5:45	True to the Road (Megan) 5:30	Mountains to Ride (Leigh) 5:45	Power Ride Alena 5:30 NO CLASS 17	
9:00/9:15AM	Ride Extreme 9:15 (Ashley) Jen 13		Raging Fire 9:00 (Susie)		Pedal On 9:00 (Kim) NO CLASS17 Amy 3, 24	Weekend Journey 9:15Megan11,18 Leigh 4 Alena25
NOON	Heart Racer (Kim) Jen 20	Keepin'it Real (Amy)	Heart Racer (Kim) Nicki 22		Rollin'to the Rhythm (Nicki) YES 17	
5:30PM	Raging Fire (Susie)	Bike Beats (Nicki)		Riding Watt? (Leigh)	***All fitness classes are welcome to women and men of all ages. Classes are 45-60 minutes unless noted otherwise.***	
6:30PM	True to the Road (Leigh)		Ride Extreme (Megan)			

CLASS DESCRIPTIONS

"Ab"domination: 45 min of Abdominal specific exercises that will target every part of your core.
AGELESS ATHLETES/SENIOR FIT: Slowly and carefully instructed weight and cardio training.

ALL CYCLING: Cycle your way to fit! The perfect way for you to get into shape & to use as cross training.

ALL TRX: Suspension training, working with your own body weight.
BOSU CARDIO STRENGTH: Balance and weights combined
CARDIO CROSS TRAIN: Get your heart pumping while you feel your muscles burn.
CARDIO POP: Wake up your workout with "pops" of cardio intervals. Weights, step, kettle bell, and sports drills are some that will keep you sweatin and having fun.
CHAIR FITNESS: Get your heart rate up and your muscles pumped all while working out in a chair.
CIRCUIT WORK IT: Move station to station with speed and strength.
CORE PILATES: Body conditioning which uses a unique system of core stretching & strengthening exercises.
DANCE CHANCE CARDIO: This is your chance to dance while getting fit with a cardio w/o. Zumba style-different name.

F I T: Come ready to workout (beginner or advanced) TRX, Cardio, Weights, and Body Weight interactive training.

FITT BARRE: Fuses core conditioning, Pilates, yoga, stretching & isometrics into one powerful experience.

FLEX & STRETCH/SENIOR YOGA: Combination of Static and Rhythmic muscle stretch and tone.
GREAT WEIGHTED WORKOUT: For all fitness levels, choose your own weight and workout every major muscle group.
GROUP TRAINING WITH WEIGHTS: Working every body part in a personal training group style, slow and controlled.

HATHA YOGA: A total body stretching class with some simple breathing exercises and perhaps seated meditation.

HIP-HOP: Get your cardio workout while showing off you moves to the grooves of hip-hop music!

HI-NRG: 45 minutes of high intensity cardio moves with bodyweight exercises to burn, burn, burn those calories.

MOMMY & ME YOGA: Share some time with your child, each on your own mat, learn the relaxing and empowering techniques of yoga.

MVE PILATES: Pilates mechanics with strength training.

MVE-CORE STRENGTH: Strengthen your core, lengthens your spine, and gives your muscles the perfect sculpted look.

PILOXING: Combination of Pilates & boxing moves in a high-spirited interval workout; a unique fitness program.
PIYOLATES: Full body weight workout incorporated with yoga poses...fast paced.
POUND: Grab a couple of drumsticks and drumbeat your way to a healthier YOU!
ROCKIN' BOTTOM: Focus on your Glutes and Hamstrings, not forgetting your abs!!

"STEP"TASTIC: A great step workout while you improve your fitness and cardio level.

TAI-CHI: This class improves your fitness, balance, coordination, flexibility and concentration.
TOTAL BODY BLAST: A full body workout head to toe that will incorporate strength, cardio, core and MORE.
TRIPLE THREAT: Piloxing, Barre, and Core
ULTIMATE CONDITIONING: Get your weekend workout in while you can...one and one half hour!

WATER AEROBICS: Get your workout in a safe, fun and natural environment - the WATER. May –September

YOGA BUZZ: This class will benefit both your body and your mind. Increase your strength and flexibility.

YOGALATES: Pilates and yoga all combined into one class.
ZUMBA: (Wednesday's at 10:15am): If you are new to Zumba or like a slower pace, you will love this class. All other Zumba times are full ZUMBA!
ZUMBA: (All other times): Have fun dancing your Latin moves, while burning mega calories!

the YMCA

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MARCH 2017
HABERSHAM CALENDAR OF EVENTS SCHEDULE

MARCH 2017

◄ July 2

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Note: For more information please call our Welcome Center @ 912-354-6223		LIVESTRONG AT THE YMCA	1 PICKLEBALL IS NOW OFFERED 5 TIMES A WEEK!!!	2	3	4
5	6 PICKLEBALL PICK-UP GAMES EVERY MONDAY 9:30-11:30AM HALLWAY HEALTH FAIR ! See Lori for more information	7 PICKLEBALL EVERY TUESDAY NIGHT 7:30-9:00PM	8 PICKLEBALL PICK-UP GAMES EVERY WEDNESDAY 9:30-11:30AM	9 10:30-12:30 pm ARM WRESTLING CONTEST….. Spinal Cord VS Members $5.00 PICKLEBALL EVERY THURSDAY NIGHT 7:30-9:00PM	10 PICKLEBALL PICK-UP GAMES EVERY FRIDAY 9:30-11:30AM	11 CPR/AED Certification 9:30am $45 CPR/AED $55 CPR/AED/First Aid
12	13 Soccer begins for U8 and older.	14	15 SENIOR LUNCHEON…ALL WELCOME! BRING A SIDE DISH AND A FRIEND… 12:30pm	16	17	18
19	20	21	22	23	24 Harlem Globetrotters Celebrity Game 7-9pm. See Dede Roberts for more information.	25
26	27	28 Micro soccer begins… Ages 3-5 yrs.	29	30 T-ball begins Ages 3-6 yrs.	31	
				Harlem Globetrotters b'ball camp? At the Habersham Y? Hurry and register! SATURDAY CHILD WATCH NOW OFFERED… 7:45-11:45AM…FREE!!		