



# April 2018 Habersham 912-354-6223

**YMCA HOURS: MON-THUR 4:30AM-9PM/FRI 4:30AM-8PM/SAT 7AM-6PM/SUN 11AM-6PM**

**FREE CHILD CARE: MON-FRI 8AM-1PM/MON-THUR 4:15-7:30PM/SAT 9:15-11:45**

Class Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:30AM</b>	HIIT X Train (Megan)	Yogalates (Megan)		Yogalates (Megan)			
<b>8AM</b>	Zumba (Kenyatta)	Fit Barre (Michelle)	Ab-Domination (Susie)	Fit Barre (Elizabeth)	Zumba (Jill)	Dance Fit (Tracey)	
<b>9AM</b>	HIIT Camp (Dawn)	Intense Total Body (Yanet)	Cardio Pop (Jen W) Angie 4	Fit Barre (Michelle)	WOD (Korry)	9:05-10:30 Ultimate Conditioning (Stephanie) Korry 14, 21	
<b>10:15AM</b>	Ageless Athletes (Jen R.)	Flex & Stretch (Carla)	Ageless Athletes (Carla 4, 18) Zumba (Sabrina 11, 25)	Basic Strength (Noriko) Korry 12		<b>10:45</b> Gentle Yoga (Liz)	
<b>11:15AM</b>	Tai Chi (Myong)	Senior Active (Angie)	Tai Chi (Myong)	Step (Angie)	Tai Chi (Myong)		
<b>12:15PM</b>	Power Yoga (Elizabeth)	Pilates (Elizabeth)	<b>12:30 New Class:</b> Country Western Partner Dance (Woody)	Basic Yoga Flow (Theresa)	Dynamic Yoga (Elizabeth) Diane 6		
<b>2PM</b>			**MoveOn for Movement Difficulties Pat and Elizabeth **\$20 a month				
<b>4:30PM</b>	Zumba (JoJo)	Zumba (Sheena)	POUND (Sabrina)	Zumba (Cyndi)			Sun Yoga (Katharine) Canceled Easter
<b>5:30PM</b>	Step (Susan) Megan 2	HIIT Breakthrough (Megan)	Total Body Blast (Megan)	Hip Hop (Diane)	HIIT Strength (Korry)		
<b>6:30PM</b>	Ab-Solution (Stephanie)	Butts N Guts (Yanet)	Ab-Solution (Stephanie)	Yogalates (Megan) Leigh 26			
<b>7:15/7:30PM</b>	<b>7:30 New Class:</b> Country Western Partner Dance (Woody)						

## CYCLE

Class Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30/5:45AM	5:30 Cycle (Megan)	5:45 Cycle (Ara)	5:30 Cycle (Megan)	5:45 Cycle (Ara)	5:30 Cycle (Alena) Megan 13		
8:30/9:15AM	9:15 Cycle (Nichele)		9 Cycle (Susie)		9 Cycle (Kim)	9:15 Cycle Leigh 7, 28 Megan 14 Andy 21	
NOON	Cycle (Kim)		Cycle (Kim)				
5:30PM	Cycle (Susie)	Cycle (Nicki)		Cycle (Leigh)			
6:30PM	Cycle (Leigh)		Cycle (Megan)				

## TRX/MVE ROOM

6:30AM			TRX (Megan)				
9/9:15/9:30AM			9:30 Chair Fitness (Elizabeth R)	9 MVE (Elizabeth)	9:15 Fit Barre (Michelle)		
10:15AM				Healthy Back (Elaine)			
5:30PM	TRX Interval (Stephanie) Megan 2	TRX Interval (Leigh)	TRX Strength (Stephanie)	TRX Cardio (Megan) Stephanie 26			
6:15PM		TRX Strength (Leigh)		TRX Cardio Strength (Stephanie)			

## HELD IN WEIGHT ROOM

## WOD

6:30AM	WOD (Dave/Korry)	WOD (Dave/Korry)	WOD (Dave/Korry)	WOD (Dave/Korry)			
9:30AM	WOD (Dave/Korry)	WOD (Dave/Korry)	WOD (Dave/Korry)	WOD (Dave/Korry)			

**AB-DOMINATION/AB-SOLUTION:** 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:** An authentic cycling experience, indoors, offering a variety of rides, terrains, and safe motivation.

**ALL TRX:** A simplified approach to fitness, using suspension training, working with your own body weight, based on 7 basic moves: push, pull, plank, hinge, rotation, lunge, and squat. Whether beginning a fitness journey, or working towards your peak, TRX training helps you move better, feel better, and live better.

**BASIC STRENGTH:** This short low impact workout is ideal for beginner's. All exercises are performed at high repetition (15-20) to build muscle tone with the use of dumbbells, stability balls, the step, and resistance tubes.

**BUTTS AND GUTS:** A total body workout with an emphasis on your backside and core.

**CARDIO POP:** Get ready to sweat with this interval style class. High intensity intervals are mixed with "pops" of cardio, weights, sports drills, barre moves, step and more. Options are offered for all fitness levels, so the beginner and the athlete can all get a great workout.

**CHAIR FITNESS:** Chair fitness is a great stepping stone class for one that wants to ease into the classes at the Habersham YMCA. The class is done from a chair, using weights, Pilates ring, bands, and balls. There is a lot of stretching, as well as working with range of motion, flexibility, and toning.

**COUNTRY WESTERN PARTNER DANCE:** Join Woody as he teaches the different styles of social dancing, you do not need a partner to attend.

**DANCE FITNESS:** Lots of line dances, old and new, rearranged to give you an intense workout without having to stop and learn new steps and patterns every time the song changes. Easy to follow along with great music that will keep you moving beginning to end.

**FITT BARRE:** Fuses core conditioning, Pilates, yoga, stretching, and isometrics into one powerful workout

**GENTLE YOGA:** from a seated position we practice breath awareness, then rise for balancing, strengthening, and stretching poses. You will engage all your muscles and build core too. Emphasis on breathing steadily and deeply to invigorate vitality. All levels.

**HIIT: High Intensity** (An exertion level of 7 or higher on a 1-10 scale) **Interval** (10 seconds to 3 minutes) **Training**

**HIIT BREAKTHROUGH:** Full body workout that goes from exercise to exercise in 20-30 seconds. It includes strength, cardio, and core moves to push you towards your goals.

**HIIT CAMP:** This is a class full of surprises...every class is different, whether using equipment or just your body weight. It is an interval style class great for all ages and fitness levels.

**HIIT X TRAIN:** Full body workout that incorporates strength, cardio, and core. All levels welcome to attend!

**HIIT STRENGTH:** Each multi-joint, functional movement dumbbell exercise is 30-45 seconds. Mixing big muscles with small muscles helps get your heart rate up and burn more calories, while not being too high impact. You will get a head to toe workout in 45 minutes.

**HIP-HOP:** Hip hop dance is a great cardio workout. Dancing on a regular basis can help strengthen your heart, improve your lung function, and boost your energy levels. It can also reduce the risk of heart disease and certain types of cancers. Hip is a fat burning dance workout. 55 minutes

**INTENSE TOTAL BODY:** Start and end each workout with salsa and get pumped in between with a mix of upper and lower body, glutes, core, strength and cardio. 1 hour

**MOVEON:** Targeting people battling Parkinson's who want to move better.

**MVE PILATES:** Toning and strengthening while emphasizing correct joint alignment and range of motion, utilizing a Pilates inspired format on a resistance apparatus.

**PILATES:** Body conditioning which uses a unique system of core stretching and strengthening exercises

**PILOXING:** Pilates and boxing fusion

**POUND:** Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

**SENIOR YOGA:** A truly gentle yoga class with mat or chair options. You will tone and strengthen muscles, build immunity, and relax.

**STEP:** For beginners to advanced, this 45-min. fun, high-energy, action packed class will give you the right amount of cardio and strength.

**SUN YOGA:** Vinyasa flow style with some sun salutations-variations given for different levels-all welcome from beginner to advanced.

**TAI CHI:** Improves fitness, coordination, balance, and flexibility

**TOTAL BODY BLAST:** Full body workout that combines kickboxing, step, cardio, strength, and core in 45 minutes.

**ULTIMATE CONDITIONING:** 1 ½ hour long class for all fitness levels. Consisting of weight and cardio training, classes are designed to work your entire body and improve your balance, flexibility, and strength. Classes vary week to week and exercises will be based on reps or time. For strength you will use dumbbells, resistance bands, and your own body weight. Cardio will incorporate Tabata (20 second work period followed by a 10 second rest), Step Aerobics, and HIIT.

**WOD:** The workout of the day, a CrossFit style class, meets in the weight room Monday-Thursday. It is a high-intensity program incorporating elements from gymnastics and calisthenics, Olympic lifting and powerlifting, and other forms of cardio.

**POWER YOGA AND DYNAMIC YOGA:** Yoga flow with an emphasis on alignment, strength, balance, and breath. Friday's class is kicked up a notch but taught to all levels. 1 ½ hours

**YOGALATES:** Pilates and yoga fused together to create a dynamic workout that includes core, stability, stretching, and toning.

**ZUMBA:** A total workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Ditch the workout, join the party!