



November 2017 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 9:15-11:45AM

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30AM	HIIT X Train (Megan) Leigh 13 Ashley Orr 20	Yogalates (Megan) Leigh 21		Yogalates (Megan) Leigh 2			
8/8:15AM	8 Zumba (Kenyatta)	8:15 Fit Barre (Michelle)	8 Ab-Domination (Susie)	8:15 Fit Barre (Elizabeth) Michelle 9	8 Zumba (Jill)	8 Dance Chance (Maria)	
9/9:15AM	9:15 HIIT Camp (Dawn)	9:15 HIIT Strength (Yanet)	9 Cardio Pop (Jen W)	9:15 Triple Threat (Jill)	9:15 Beginner WOD (Korry)	9:05-10:30 Ultimate Conditioning (Stephanie) Korry 11	
10/10:15/10:30AM	10:15 Ageless Athletes (Jen R.)	10:15 Flex & Stretch (Carla) Korry 7	10:15 Ageless Athletes (Carla 8, 22) (Zumba Sabrina 1, 15)	10:20 Great Weighted Workout (Jill)	10:15 Senior Yoga		
11/11:15AM	11:15 Tai Chi (Myong)	11 Senior Active (Angie)	11:15 Tai Chi (Myong)	11 NEW! Step (Angela)	11:15 Tai Chi (Myong)		
12/12:15	12:15 Yoga Buzz (Elizabeth)	12 Pilates (Elizabeth)		12:15 Hatha Yoga (Theresa) Canceled 16	12:15 Yoga Buzz (Elizabeth) Theresa W. 10		
2PM		New Instructor! 		**MoveOn for Movement Difficulties Pat and Elizabeth	**\$20 a month		
4:30PM	Zumba (JoJo)	Zumba (Shena) Cyndi 14	Piloxing (Jill)	Zumba (Cyndi)	POUND (Sabrina)		Sun Yoga (Katharine) Liz 5
5:30PM	Step (Susan)	HIIT Breakthrough (Megan) Stephanie 21	Total Body Blast (Megan) Leigh 1, 22	Hip Hop (Diane)	HIIT Strength (Korry)		
6:30PM	Ab-Solution (Stephanie) Megan 13	Gutts-N-Butts (Yanet)	Ab-Solution (Stephanie) Leigh 8	Yogalates (Megan) Leigh 2			
7:15PM			Zumba (Megan M) Teresa Stovall 8 Yolanda 22				

TRX/MVE ROOM

6:30AM			TRX (Megan) Korry 1 Leigh 22				
8:15AM	MVE (Korry)				MVE (Michelle/Korry)		
9/9:30AM			9:30 Chair Fitness (Elizabeth Ricks)	9 MVE (Elizabeth) Canceled 9			
5:30PM	TRX Interval (Stephanie) Megan 13	TRX Interval (Leigh)	TRX Strength (Stephanie) Leigh 8	TRX Cardio Strength (Megan) Stephanie 2			
6:15PM		TRX Strength (Leigh)		TRX Cardio Strength (Stephanie)			

All classes will be held in the Youth Center November 15-17

No classes November 23rd-26th! Happy Thanksgiving!

CYCLE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30/5:45AM	5:30 Cycle (Megan) Alena 13, 20	5:45 Cycle (Leigh)	5:30 Cycle (Megan) Alena 1, 22	5:45 Cycle (Leigh)	5:30 Cycle (Alena)		
8:30/9/9:15AM	9:15 Cycle (Korry)		9 Cycle (Susie)		9 Cycle (Kim)	9:15 Cycle Ashley 4, 11 Leigh 18	
Noon	Cycle (Kim)		Cycle (Kim) Canceled 22		Cycle (Nicki)		
5:30PM	Cycle (Susie)	Cycle (Nicki)		Cycle (Leigh)			
6:30PM	Cycle (Leigh)		Cycle (Megan) Leigh 1, 22				

CLASS DESCRIPTIONS:

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: Cycles your way to fit! The perfect way for you to get into shape and to use as cross training

ALL TRX: Suspension training, working with your own body weight

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

BEGINNER WOD: Workout Of the Day, HIIT, AMRAP's, and Tabata's, a mix of strength and cardio to help reach EPOC effect

CHAIR FITNESS: Get your heart rate up and muscles pumped while working out in a chair

DANCE CHANCE: This is your chance to get fit while dancing

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

FLEX AND STRETCH: Combination of static and rhythmic muscle stretch and tone

HATHA YOGA: Total body stretching and breathing

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

HIP-HOP: Cardio dance workout with Hip Hop music

MOVEON: Targeting people battling Alzheimer'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.

YOGALATES: Pilates and yoga fusion

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

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

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

TOTAL BODY BLAST: Full body, strength, cardio, and core

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!

Reasons HIIT Workouts are So Effective

- **EPOC effect** (another acronym) Excess Post-Exercise Oxygen Consumption
- **Metabolize fat for fuel** body taps into fat stores to restore normal resting state
- **Increase calories burned** high-intensity exercise involving a lot of muscle mass, requires lots of oxygen, our bodies burn 5 calories per 1 liter of oxygen
 - **Quicker recovery**
- **Elevated levels** of human growth hormone, testosterone, and insulin-like growth factor-1, which increase muscle volume and growth
 - **Saves time** get more work done in less time