



# February 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**

## GROUP EX

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30AM	HIIT X Train (Megan)	Yogalates (Megan)		Yogalates (Megan) Korry 1			
8/8:15AM	8 Zumba (Kenyatta)	8:15 Fit Barre (Michelle)	8 Ab-Domination (Susie)	8:15 Fit Barre (Elizabeth)	8 Zumba (Jill)	8 Dance Fit (Tracey)	
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 (Korrry)	9:05-10:30 Ultimate Conditioning (Stephanie) Korrry 3	
10/10:15/10:30AM	10:15 Ageless Athletes (Jen R.) Dawn 12	10:15 Flex & Stretch (Carla)	10:15 Ageless Athletes (Carla 7, 21) Zumba (Sabrina 14, 28)	10:20 Great Weighted Workout (Jill)	10:15 Senior Fit (Mary)	10:45 Gentle Yoga (Liz) Pat Alley 24	
11/11:15AM	11:15 Tai Chi (Myong)	11 Senior Active (Angie)	11:15 Tai Chi (Myong)	11 Step (Angie)	11:15 Tai Chi (Myong)		
12/12:15/12:30PM	12:15 Yoga Buzz (Elizabeth)	12 Pilates (Elizabeth)	<b>12:30 New Class: Country Western Partner Dance (Woody)</b>	12:15 Hatha Yoga (Theresa)	12:15 Yoga Buzz (Elizabeth)		
2PM			<b>**Move On for Movement Difficulties Pat and Elizabeth</b>	<b>**\$20 a month</b>			
4:30PM	Zumba (JoJo)	Zumba (Sheena)	Piloxing (Jill)	Zumba (Cyndi)	POUND (Sabrina)		Sun Yoga (Katharine)
5:30PM	Step (Susan) Teresa Stovall 26	HIIT Breakthrough (Megan)	Total Body Blast (Megan)	Hip Hop (Diane)	HIIT Strength (Korrry)		
6:30PM	Ab-Solution (Stephanie)	Gutts-N-Butts (Yanet)	Ab-Solution (Stephanie)	Yogalates (Megan) Korrry 1 Leigh 8			
7:15/7:30PM	<b>7:30 New Class: Country Western Partner Dance (Woody)</b>		Zumba (Megan M)				

## TRX/MVE ROOM

6:30AM			TRX (Megan)				
9/9:15/9:30AM			9:30 Chair Fitness (Elizabeth Ricks)	9 MVE (Elizabeth)	9:15 Fit Barre (Michelle)		
10:30AM				<b>10:15 New Class: Healthy Back (Elaine) 8,15 &amp; 22</b>			
5:30PM	TRX Interval (Stephanie)	TRX Interval (Leigh)	TRX Strength (Stephanie)	TRX Cardio Strength (Megan) Stephanie 1, 8			
6:15PM		TRX Strength (Leigh)		TRX Cardio Strength (Stephanie)			

## CYCLE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30/5:45AM	5:30 Cycle (Megan)	5:45 Cycle (Leigh)	5:30 Cycle (Megan)	5:45 Cycle (Leigh) Korry 1	5:30 Cycle (Alena) Korry 2		
8:30/9/9:15AM	9:15 Cycle (Korry)		9 Cycle (Susie)		9 Cycle (Kim) Elizabeth Crofts 9	9:15 Cycle Megan (3, 17) Leigh (10, 24)	
Noon	Cycle (Kim)		Cycle (Kim)				
5:30PM	Cycle (Susie)	Cycle (Nicki)		Cycle (Leigh) Susie 1			
6:30PM	Cycle (Leigh)		Cycle (Megan)				

## WOD

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM	WOD (Dave/Korry)	WOD (Dave/Korry)	WOD (Dave/Korry)	WOD (Dave/Korry)			
7:00PM	WOD (Dave/Korry)	WOD (Dave/Korry)	WOD (Dave/Korry)	WOD (Dave/Korry)			

## 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

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

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

**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.

**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 workout

**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!

**WOD:** A variety of functional movements, performed at high intensity