

# ISLANDS FAMILY YMCA

## JANUARY GROUP FITNESS SCHEDULE

YMCA HOURS: MONDAY-THURSDAY 4:30AM-9:30PM / FRIDAY 4:30AM-8PM / SATURDAY 7AM-7PM / SUNDAY 1PM-6PM

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	Core & More Adrian		Power Cut Adrian		WOW Adrian (5:30)	
8:15 AM	Total Body Conditioning Pam 8th- Karen	Cardio Blast Katie	Total Body Conditioning Pam 3rd- Karen 10th-Abby	Tabata Katie	Total Body Conditioning Pam 5th, 12th- Heather	WOW 6th, 13th, 20th-Katie 27th-Heather (8:30)
9:15 AM		Iron Bodies Jodie	30/30 Calorie Cutters Karen	Iron Bodies Jodie	Kickboxing (45 Minutes) Jodie	RIPP Melanie (9:30)
10:00 AM		Butts & Guts (25 Minutes) Jodie		Butts & Guts (25 Minutes) Jodie	Jump Rope (15 Minutes) Jodie	
10:15 AM			Cardio Dance Katie 17th, 31st- Kelli		C&C (Cycling & Core 25 mins) (Spin room/Adult Gym) Karen	
11:00 AM		Tai Chi Myung **2nd-Canceled		Tai Chi Myung		Tai Chi Myung (11:15)
11:30AM			Fit & Firm Katie			
12:00PM	Fit & Firm Katie 15th- Abby				Senior Fitness Katie 19th-Abby	
1:00 PM	Senior Fitness Gail 15th-Sub	Chair Fitness 2nd, 16th, 30th- Lisa 9th, 23rd- Liz	Senior Fitness Gail 17th-Abby	Chair Yoga Liz 18th- Lisa		
5:00 PM	Awesome Abs Jodie (30 Minutes)					
5:30 PM	Iron Bodies Jodie	Kick and HIIT (45 Minutes) Jodie		Butts & Guts Karen	Cardio & Core Mix (Spin/Aerobics room) Brigitte	
6:00 PM		Jump Rope (6:15 - 15 Mins) Jodie	Golf Conditioning Lenny			DID YOU "LIKE" US ON FACEBOOK YET? 
6:30 PM	Band-Tastic Karen	WOW Nat		WOW Nat		
7:30 PM	Zumba Kelli	Zumba Nana	Latin Groove Jazmine	Zumba Nana		

**IMPORTANT DATES:**

Ladies Bible Study- Every Wednesday from 11:30 AM-12:00 PM.  
 No school Monday January 15th in observance of Martin Luther King Jr. Day.

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ALL FITNESS CLASSES ARE 45-55 MINUTES UNLESS OTHERWISE NOTED

- AMRAP** – As Many Reps As Possible in a given time period. Various strength and cardio exercises are incorporated in this high intensity workout.
- Awesome Abs** – An entire class focusing solely on those abdominal muscles. Each class presents a new workout utilizing different equipment or just yourself and a mat!
- Band-Tastic** – Awesome alternative to free weights. This class offers resistance training to build, tone and/or rehabilitate muscles to efficiently aid in overall muscle fitness.
- Boot Camp** – Performance based cross training using a wide variety of strength & endurance conditioning by incorporating cardio, HIIT, body weight training and uncommon equipment such as logs, tires & sandbags to push you outside of your comfort zone.
- Butts & Guts** – A killer workout for advanced exercisers targeting the lower body and the abs. This workout focuses on muscular endurance rather than strength and involves light weights along with higher repetitions.
- C&C** – Cycling & Core. Flow from hardcore cycling to intense 25 minutes of core work to max out your workout!
- 30/30 Calorie Cutters** – 30 minutes of high impact blasts of cardio splashed with 30 minutes of mixed toning & core work. Cut those calories with this intense blast of fun!
- Cardio Blast** – Blast your cardio fitness level through the roof with a full class of the best of any type of cardio training the instructor feels like throwing at you! Some days you may do kickboxing, some days Tabata, some days high/low impact, some days sports conditioning – but bottom line, you will challenge your aerobic and anaerobic thresholds every time. Come prepared to sweat, breathe hard and get super fit!
- Cardio & Core Mix** – Mix it up with this workout that offers 15 minutes of spin at the beginning of class, followed by upbeat cardio workout that is sure to burn a ton of calories. This class ends with a 15 minute core strengthening and stretch session to cool down. A great way to begin the weekend!
- Chair Fitness** – While in a seated position the class uses a combination of exercises to increase flexibility, improve balance & gain strength. Participations work with light weights and bands while sometimes incorporating other equipment. Each member is able to work at their own fitness & comfort level.
- Core & More** – Interval style class that alternates between strength training and cardio all while focusing on abs, glutes, inner/outer thighs, hamstrings and lower back to leave you feeling stronger and more toned. No prior experience necessary.
- Fit & Firm** – Low impact class that uses a variety of equipment and offers modifications for different fitness levels.
- Golf Conditioning** – Sport specific training for golfers! Come join in on the fun with functional workouts to improve your game on and off the green!
- HIIT the Bars** – A full body workout that alternates between resistance training exercises and bursts of high intensity cardio intervals.
- HIIT the floor** – A fun 45 minute interval class comprised of back to back high and low impact exercises. Through compound muscle toning and cardio burst movements in between, you're sure to HIIT your way to fitness goals in no time!
- Iron Bodies** – Body sculpting integrated with exercises that will strengthen, tone & stabilize muscles. A great no impact full body fitness challenge that is adaptable to any fitness level.
- Kickboxing** – Martial arts based cardio class that includes easy to follow patterns and technical moves. A great challenge for all fitness levels. Low impact moves guaranteed to make you sweat.
- Kick and HIIT** – Intervals of high and low intensity kickboxing combinations that's sure to shed the calories!
- Power Cut** – Complete body workout using free weights, bands, ball & barbell to improve upper and lower body strength as well as endurance.
- RIPP** – Resistance, Intervals, Power & Plyometrics. Effective cardio routines interlaced with weights, resistance & power moves.
- Senior Fitness** – This class uses a combination of exercises to stretch all parts of the body to improve flexibility and muscle conditioning. Members use weights & bands to build strength and assist them with their functional fitness.
- TABATA** – High intensity interval training that uses bursts of high energy with short rests to maximize benefits. A total body, high calorie burning workout.
- Tai Chi** – Based on ancient Chinese practice this class focuses on slow movements & deep breathing in a series of graceful exercises to improve your balance, flexibility & concentration.
- Total Body Conditioning** – Work your muscles in every way possible in this class designed to build strength, add definition, increase your bone density & decrease your body fat by increasing your lean muscle! You will use hand weights, bars, bands & your own body weight to change the shape of your body. No muscle gets neglected in this class!
- WOW** – Join our instructors in doing the Workout of the Week! A high powered functional fitness class that will challenge you to build muscle, strength and endurance. Sure to help make everyday movements easier to perform.
- Xtreme Cardio Fit** – H.I.I.T (High Intensity Interval Training) class that provides a total body, heart pumping, aerobic and strength conditioning workout. Interval based class that combines full body strength training with high intensity cardio bursts designed to tone your body, improve your endurance & clear your mind before the busy day gets started.
- Zumba** – Ditch the workout, join the party! Experience exotic rhythms set to high energy Latin & international beats. Have fun while you sweat!

## ACTIVATE

A free benefit of your membership! A personal 6 week program to properly teach you how to use our equipment. Pick up a form at our Welcome Center to schedule an appointment and get you started with your healthier lifestyle!

Free child watch while you workout!  
Ages 6 weeks - 12 years old.  
Monday-Thursday 8:00AM - 1:00PM & 4:00PM - 8:30PM  
Friday 8:00AM - 1:00PM & 4:00PM-7:00PM  
Saturday 8:00AM-12:30PM

For their safety, children 11 & under are not permitted in the aerobics room. Children 12-14 years of age must receive a youth orientation and parental

YMCA MISSION: "To put Christian principles into practice through programs that build healthy spirit, mind and body for all."