

ISLANDS FAMILY YMCA

JULY 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 2nd & 9th - Jazmine		Power Cut Adrian 18th - Mattie		WOW Adrian (5:30) 6th & 20th -Jazmine	
8:15 AM	Total Body Conditioning Pam 16th - Melanie	Cardio Blast Katie 10th - Melanie	Total Body Conditioning Pam 11th&18th - Melanie	Tabata Katie 12th - Pam	Total Body Conditioning Pam 20th & 27th - Heather	WOW (8:30) 7th & 21st- Katie 14th-Mattie 28th-Jacqui
9:15 AM		Iron Bodies Jodie	Cardio/Box! Karen 18th- Mattie	Iron Bodies Jodie 26th- Karen	Kickboxing Jodie 27th- Katie	RIPP Melanie
10:00 AM		Butts & Guts (25 Minutes) Jodie		Butts & Guts (25 Minutes) Jodie		
10:15 AM			Cardio Dance Kelli			
11:00 AM		Tai Chi Myung		Tai Chi Myung 5th- NO CLASS		Tai Chi Myung (11:15) 7th- NO CLASS
11:30 AM			Fit & Firm Katie 11th - Mattie			
12:00 PM	Fit & Firm Katie 9th - Mattie				Senior Fitness Katie 13th - Mattie	
1:00 PM	Senior Fitness Gail	Chair Fitness 3rd & 17th - Lisa 10th ,24th & 31st - Liz	Senior Fitness Gail	Corrective Bodywork @ Lite Dr. Bruce		
5:00 PM	Awesome Abs Jodie (30 Minutes)					<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>DID YOU "LIKE" US ON FACEBOOK YET?</p>  </div>
5:30 PM	Iron Bodies Jodie	Kick and HIIT Jodie 3rd - NO CLASS		Total Impact Karen 19th- Mattie	Cardio & Core Mix (Spin/Aerobics room) Brigitte	
6:00 PM			Golf Conditioning Lenny			
6:30 PM	Band-Tastic Karen 16th- Mattie	WOW Nat 3rd - NO CLASS				
7:30 PM	Zumba Kelli	Zumba Nana 3rd - NO CLASS	Latin Groove Jazmine	Zumba Nana		

****IMPORTANT DATES****

Ladies Bible Study: Every Thursday from 11:30 AM-12:00 PM
 Tuesday, July 3rd: No Fitness Classes after 2PM / No Evening Child Watch
 Wednesday, July 4th: CLOSED
 Saturday, July 14th: Pool Closed 8AM-11AM for Swim Meet
 Tuesday, July 17th: CORA Physical Therapy Assessments 8AM-10:30AM
 Friday, July 20th: Pool Closed 3:15PM-7PM for Lifeguard Training
 Monday, July 30th: CORA Physical Therapy Assessments 2PM-6PM

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

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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!

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/Box! – A variety of cardio segments with the addition of beginner segments of kickboxing. A great way to burn calories, build strength and stamina along with adding beginner kickboxing to enhance any level of fitness.

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 week-end!

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.

Corrective Bodywork @ Lite – Rehabilitation & Fitness combined to work on improving balance, posture & endurance while also increasing flexibility & core strength.

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

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

ISLANDS FAMILY YMCA JULY AQUATICS 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
8:05 AM	Water Aerobics Nora		Water Aerobics Nora	Water Aerobics Nora	Water Aerobics Mattie 27th- Nora	
9:00 AM		Water Aerobics Lisa 10th-Mattie				Water Aerobics Laura 14th - No Class
9:15 AM	Deep Water Heather		Deep Water Heather	Deep Water Heather		<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>DID YOU "LIKE" US ON FACEBOOK YET?</p>  </div>
5:45 PM		Water Aerobics Stacy 3rd- No Class 10th- Laura				

All classes are 45-55 minutes unless otherwise noted.

<p>POOL HOURS</p> <p><u>Monday -Friday</u> 6:30 AM-7:00 PM</p> <p><u>Saturdays</u> 8:00 AM - 6:00 PM</p> <p><u>Sundays</u> 1:00 PM - 5:00 PM</p>	<p><u>Aquatic Birthday Parties</u> 2:30pm - 4:00 PM on Saturdays & Sundays \$25 Non-Refundable Deposit \$125 Members/\$175 Non-Members</p> <p><u>Swim Lessons</u> Private Lessons (30 minute sessions): Member - \$25 or 5 sessions for \$110 Non-Member - \$35 or 5 sessions for \$150</p> <p>>>Registration is open for our Swim Lessons & Swim Team!<<</p>
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If you are a new class participant please be sure to arrive early & let the instructor know

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IMPORTANT DATES

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 Tuesday, July 3rd: No Fitness Classes after 2PM / No Evening Child Watch
 Wednesday, July 4th: CLOSED
 Saturday, July 14th: Pool Closed 8AM-11AM for Swim Meet
 Tuesday, July 17th: CORA Physical Therapy Assessments 8AM-10:30AM
 Friday, July 20th: Pool Closed 3:15PM-7PM for Lifeguard Training
 Monday, July 30th: CORA Physical Therapy Assessments 2PM-6PM

Entering the pool area when it is not open is prohibited & is considered trespassing.


Lifeguards & staff have the authority to enforce all pool rules.

Patrons who repeatedly violate the rules or reasonable requests of staff will be ejected from the facility.

- Can I wear anything other than a bathing suit in the pool?
Rash guards or UV blocking shirts are allowed but a swimsuit must be worn underneath. T-shirts, cut-offs, gym shorts and other street clothing is not allowed.
- Can I use noodles, kickboards or water aerobics equipment?
Water aerobics participants, swim lesson participants & adult lap swimmers may use the equipment. Please ask a lifeguard & they will supply the equipment for you.
- How can we get to the pool?
The only entrance to the pool is from the double doors in the hallway behind the locker rooms.
- Can we bring toys to the pool?
Swim toys & balls may be used at the discretion of the supervisor on duty. Inflatable toys, basketballs, footballs, tennis balls, soccer balls, volleyballs, beach balls & water guns are prohibited. Hard toys such as action figures, Barbies and boats are allowed on the spray ground only.
- Can my children wear a floatation device?
Members may bring COAST GUARD APPROVED PFDs. The YMCA also has lifejackets available. Water wings may not be worn. Inner tubes & inflatable bathing suites are also not permitted.
- Can we wear goggles?
Goggles are permitted however, face masks and/or snorkels may not be used.
- How big are the pools?
The small pool is 20 yards & the large pool is 25 yards.
- What is the depth of the pools?
Both pools have the same depth. They both start at 3'6" and slope down to 6'. A rope is placed in each pool where the depth is approximately 4'6".
- Where can we change clothes?
The Adult Locker Room is available for those 18 years and older. We also have a restroom near the Welcome Center, a Youth Locker Room (ages 6-17) located inside the Youth Gym and a Family Changing Room located near the Welcome Center.
- Can I leave my child at the pool?
Children under the age of 10 must be ACTIVELY SUPERVISED by a guardian at all time. Youth 10 years of age and older may be at the pool alone ONLY if they have passed the swim test, and parent must remain on-site. Youth 12 years and older may be at the pool alone without a parent on-site only if they have passed the swim test.
- What are the pool closure policies?
At the first sight of lightening and/or the first sound of thunder the pool will close for 30 minutes. It will remain closed for 30 minutes after each strike seen or each sound of thunder heard.
The pool will close if there is heavy rain as the visibility is jeopardized and the lifeguards cannot see the bottom of the pool clearly.
Lifeguards are in full authority for this call.
If the pool becomes contaminated with feces, vomit or blood the pool will be vacated immediately and will remain closed for anywhere from 2-24 hours depending on the contaminant.
The bubble over the small pool will be taken down during high wind or heavy rain.
- What are some behavior policies I should be aware of?
Distracting pool staff is prohibited. If you have a question please ask a guard under the tent.
Abusive or profane language, loitering, running, boisterous or rough play, dunking, acrobatics, wrestling, yelling, jumping without caution, snapping towels, spitting water, chewing gum & prolonged breath holding are not permitted.
Diving is not permitted except during lessons or swim team.
- Can I use the lap lanes?
Swim lanes are for lap swimming only. Multiple swimmers are allowed in 1 lane at a time. Lap swimmers should arrange themselves by the speed in the lanes and find a similar pace. Like driving, swimmers should stay to the right while swimming in the lane and pass on the left. Children that have passed a swim test may swim laps in the lap lanes, however if they are between the ages of 8-12 a parent must be present in the lap lane.

ISLANDS FAMILY YMCA

JULY CYCLING SCHEDULE

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM		Melissa		Melissa 5th—No Class	Kymberly		
7:30AM		Leah				7th & 28th - Melissa 14th & 21st- Jodie (7:15AM) NEW TIME!	
8:15 AM				Lisa 12th- Karen		Melanie	
9:15 AM	Jodie		Jodie		Karen 20th- Mattie		
4:00 PM						 <p>DID YOU "LIKE" US ON FACEBOOK YET?</p>	1st, 15th & 29th - Heather 8th & 22nd - Brigitte
5:30 PM		Leah 3rd - NO CLASS 10th-Jennifer			Cardio Core Mix (Spin/Aer Room) Brigitte		
6:00 PM	Nana		Karen 18th-Jodie				

Spin class is the perfect way for you to build your endurance and challenge yourself with a low impact cardio workout. Ride at your own level and increase your resistance and pace when you are ready to embrace a greater challenge. Heart rate monitors are strongly recommended. Each instructor has their own style so we encourage you to try different classes!

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!

All classes are 45-55 minutes unless otherwise noted.

****Bikes MUST be reserved 24 hours in advance!!****

To reserve your bike please stop by our Welcome Center or call (912) 897-1192.

10 minutes prior to class start empty bikes will be given to those on the waiting list.

****If you are a new class member please arrive early and let the instructor know so we can get you set up properly!!****

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Free child watch while you workout!

Ages 6 weeks - 12 years old

Mon/Wed/Fri 8:30AM - 1:00PM & 4:00PM - 8:30PM


Tues/Thurs 8:00AM - 1:00PM & 4:00PM - 8:30PM

Sat 8:00AM - 12:30PM

ISLANDS FAMILY YMCA

JULY YOGA & PILATES SCHEDULE

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

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM	Pilates Lindsay 9:15 30th-Mattie (Aerobics Room)		FLEX Pilates Bonnie (Chapel)		Pilates Lindsay (Chapel) 6th - Jodi	
9:30 AM		Integral Hatha Yoga Betsy (Chapel)		Integral Hatha Yoga Betsy (Chapel)		Yoga Emily (RWR)
10:30 AM	Yoga Erin (Aerobics Room) 16th-Frank				Yoga Erin (Aerobics Room) 20th-Emily 27th- Emily	
11:30 AM	Meditation (30 Minutes) Erin 16th-Frank				Meditation (30 minutes) Erin 20th- Emily 27th- Emily	
6:30 PM	Core Strength Theresa (Chapel)		Yoga Flow Mark (RWR) 18th- Emily	MVE Core Strength Theresa (Aerobics Room) 19th-Mattie	<div style="background-color: black; color: white; padding: 5px; text-align: center;"> MVE chairs MUST be reserved 24 hours in advance by stopping by our Welcome Center </div>	
7:30 PM			Yoga Power Groove Mark (RWR) 18th- Emily			

All classes are 45-55 minutes unless otherwise noted. Chapel - Located near the Welcome Center RWR - Rockwall Room (Gymnastics Entrance)

Core Strength- Strengthen your core & train all of your muscles to work together. Focus on building a body capable of doing real life activities in real life positions.

FLEX Pilates- Work on lean muscles, core strength and flexibility. This class is a combination of yoga, Pilates, dance and toning techniques!

Integral Hatha Yoga - Combines gentle and dynamic postures and sequences focusing on flexibility, strength, breath, balance & inner peace for all levels.

Meditation - Get grounded, centered, and improve your focus and mindfulness in this 30 minute guided meditation class.

MVE Core Strength - Pilates using the MVE chair to strengthen your core & lengthen your spine.

Pilates - A blend of strength & flexibility training through controlled exercises that work to strengthen the core, increase flexibility, improve balance & gain mobility.

Yoga Flow - This class will benefit both your body & mind. A total body stretching class with some simple breathing exercises to increase strength & flexibility.

Yoga Power Groove - Vinyasa based practice emphasizing continuous flow of movements at a quicker pace offering a cardiovascular workout while building strength & toning the body by using sun salutations & movement to connect postures. The focus of this practice is working on many parts of the body in a deep and mindful way.

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