

# 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		Power Cut Adrian			
5:30 AM		HIIT the floor Jazmine		Power Cut Jazmine	AMRAP Adrian	
7:15 AM						Boot Camp (Soccer Field) Melanie 15th - Christine
8:15 AM	Total Body Conditioning Pam 17th - Christine	Cardio Blast Katie	Total Body Conditioning Pam 19th - Christine	Tabata Katie	Total Body Conditioning 7th, 14th - Melanie 21st - Christine 28th - Pam	Xtreme Cardio Fit 1st - No Class 8th, 15th - Karen 22nd, 29th - Katie
9:15 AM	Xtreme Cardio Fit (9:30) Adrian	Iron Bodies Jodie	Calorie Cutters Karen 5th - No Class	Iron Bodies Jodie	Kickboxing (45 Minutes) Jodie 28th - No Class	RIPP Melanie 15th - Karen
10:00 AM		Butts & Guts (25 Minutes) Jodie		Butts & Guts (25 Minutes) Jodie	Jump Rope (15 Minutes) Jodie 28th - No Class	
10:15 AM			Zumba Katie		Abs (25 min-Adult Gym) Karen 7th - Jacqui 28th - No Class	
11:00 AM		Tai Chi Myung		Tai Chi Myung		Tai Chi Myung (11:15) 1st - No Class
11:30AM			Fit & Firm Katie			
1:00 PM	Senior Fitness Gail	Chair Fitness 11th - Gail 18th - Liz 25th - Lisa	Senior Fitness Gail 19th - Stacy	Chair Yoga Liz 13th - Frank 20th - Erin	Senior Fitness Katie	
2:15 PM	Fit & Firm 3rd - No Class 10th, 24th - Laura 17th - Jodi 31st - Pam					
5:00 PM	Awesome Abs Jodie (30 Minutes) 3rd - No Class					
5:30 PM	Iron Bodies Jodie 3rd - No Class	Total Body Conditioning Jacqui 11th - Melanie	Kickboxing (45 Minutes) Jodie	Butts & Guts Karen 6th - Jodie 27th - Melanie	Cardio & Core Mix (Spin/Aerobics room) Brigitte 28th - Jacqui	
6:15 PM			Jump Rope (15 Minutes) Jodie			DID YOU "LIKE" US ON FACEBOOK YET?
6:30 PM	Band-Tastic Karen 3rd - No Class	Max Strength and Balance Brigitte 25th - Jacqui				
7:30 PM	Zumba Kelli 3rd, 17th - No Class	Zumba Nana 18th - Jennifer 25th - Kelli	Latin Groove Jazmine	Zumba Nana 20th - Jennifer 27th - Kelli		

**IMPORTANT DATES:**

Monday, July 3rd: Fitness classes cancelled beginning at 2PM

Tuesday, July 4th: CLOSED - Happy Independence 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.

**Calorie Cutters** - High impact blast of cardio intervals splashed with toning and 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.

**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.

**Max Strength and Balance** - Come find your true strength and balance in this class! In 45 minutes we will maximize efficiency with minimal equipment!

**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!

**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 consent prior to using the fitness center.