



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARMED SERVICES YMCA

THE YMCA GROUP WELLNESS SCHEDULE AUGUST 2018

YMCA HOURS: MON-FRI 5:00AM-9PM / SAT 8:00AM-5PM / SUN 1PM-

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM		ANYTHING GOES KAREN/KAME	#comeYwithus	ANYTHING GOES KAREN/KAME	#getfitstayfit	ATTENTION MEMBERS 8/4 SUPER SATURDAY! OPEN TO THE PUBLIC & NO JOINERS FEE!
8:45AM	TABATA SPIN (ALCINE) SPIN STUDIO	PILATES (MARIAH)	SPINSANITY (DONI) SPIN STUDIO	YOGA (HEATHER)	SPIN (NINA) SPIN STUDIO	YOGA (STACY)
	YIN YOGA (HEATHER)		YOGA (NINA)		CORE CONDITIONING (MARIAH)	
9:45AM	TOTAL BODY BOOTCAMP (VINCE)	R.I.P.P.E.D (ALCINE)	HIIT (BIRRANDA)	F.A.X.T (ALCINE)	RUMBLE (ALCINE)	ZUMBA (TINA)
10:45AM	ZUMBA® (LENESHA)	MIXXEDFIT® (LENESHA)	ZUMBA GOLD (LENESHA)	PILATES (MARIAH)	ZUMBA® (MARGIT)	STRENGTH & CONDITIONING (MARIAH) *NO CLASS AUGUST 18TH
5:00PM	YOGA (LIZ)	STEP ABOVE (KAME)	TOTAL BODY BOOTCAMP (VINCE)	TOTAL BODY BOOTCAMP (VINCE)	*SUPER SATURDAY AUG. 4TH* LIKE US ON FACEBOOK AND INSTAGRAM!!! GET FIT! STAY FIT!  Check out our new classes in bold*	
6:00PM	MIXXED FIT (LENESHA)	R.I.P.P.E.D (ALCINE)	R.I.P.P.E.D/RUMBLE (ALCINE)	AREAKA (POWER YOGA)		
		SPIN (MARIAH)		SPIN (MARIAH)		
7:00PM	ZUMBA® (MARGIT)	ZUMBA® (TINA)	ZUMBA® (EKTA)	ZUMBA® (MARGIT)		

FITNESS COORDINATOR: VINCE GUMATAOTAO

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PLEASE EMAIL ME FOR QUESTIONS, COMMENTS OR CONCERNS

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ALL FITNESS CLASSES ARE WELCOME TO WOMEN AND MEN OF ALL AGES
CLASSES ARE USUALLY 45-60 MINUTES UNLESS NOTED OTHERWISE

H.I.I.T: High Intensity Interval Training. An Exercise strategy alternating short periods of intense anaerobic exercise with less intense active recovery periods.

STEP ABOVE: Kame will push you with an alternating step aerobics and resistance class. The exercises give you an excellent, all-around workout in record time. Class concludes with abdominals.

Fat Annihilation Cross Training: Train your body to become a lean mean fitness machine using metabolic training. This circuit based class will boost your metabolism & specifically target fat rather than just burning calories. F.A.X.T will not only burn fat during training but will continue to increase the body's ability to burn fat for up to 48 hours after. (H.I.I.T.)

YOGA: WHY YOGA??? Yoga increases flexibility, decreases stress levels, improves cardiovascular health, improves fat burning, increases your strength, improves circulation, increases mental focus, and creates inner peace. All these are reasons to try it.

ZUMBA®: Join the party! Zumba® fuses Latin, international and world-beat music with easy-to-follow steps

CARDIO SCULPT: This class includes intervals of STEP and strength exercises. Natalie and Mariah will challenge you in the aerobics room with intervals of weight training, core, cardio, and endurance training.

ANYTHING GOES: Instructors Kame and Karen put you through a great fitness regimen alternating step aerobics and resistance exercises give an excellent, all-around workout first thing in the morning.

PILATES: designed to improve physical strength, flexibility, and posture, and enhance mental awareness.

MIXXEDFIT: Is a people-inspired dance fitness program that is a perfect blend of explosive dancing and bootcamp-inspired toning.

SPIN CLASSES: Spin studio is located upstairs. Obtain your bike pass from the front desk and enjoy the ride. Prepare for a 45 minute spin session that will push your cardio endurance and puts little impact on your joints. (You may call ahead to reserve your bike)

R.I.P.P.E.D: A fitness program that encompasses all aspects of physical fitness which R.I.P.P.E.D. is an acronym for: Resistance, Interval, Power, Plyometrics, Endurance and Diet. The first five components are taught in a 50 minute class, while the last component, Diet, can be found on the website.

RUMBLE: Similar to R.I.P.P.E.D, Rumble has been created for everybody for EVERYBODY! No martial arts experience required, just a willingness to sweat, a desire to get an incredible workout, and the willingness to have fun along the way!

ZUMBA GOLD: ®: A series of fitness programs specifically designed to take the exciting latin and international dance rhythms created in the original ZUMBA program and bring to the active OLDER ADULT, The beginner participant, and the other special populations that may need modifications for success.

TOTAL BODY BOOTCAMP: High energy, High repetitions, Total body sculpting, Target heart rate, Fast pace, Fat burning, Muscle toning, Muscle building. ***If you're just starting, I have workout modifications for you so you can adapt and finish the class.