



Liberty County Group Fitness February 2018 Schedule

YMCA HOURS: MONDAY-FRIDAY 5:00AM-9PM / SATURDAY 8:00AM-5PM / SUNDAY 1PM-6PM

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM	ANYTHING GOES (Karen/Kame)		ANYTHING GOES (Karen/Kame)		ANYTHING GOES (Karen/Kame)	
8:45AM	TABATA SPIN (ALCINE) SPIN STUDIO	PILATES (MARIAH)	SPINSANITY (DONI) SPIN STUDIO	YOGA (NINA)	SPIN (NINA) SPIN STUDIO	SPIN (NATALIE) SPIN STUDIO
	YIN YOGA (HEATHER)		CARDIO SCULPT (NATALIE)		CORE CONDITIONING (MARIAH)	YOGA (AEROBICS STUDIO)
9:45AM	ZUMBA® (LORIE)	R.I.P.P.E.D® (ALCINE)	H.I.I.T (LINDSAY)	F.A.X.T (ALCINE)	RUMBLE® (ALCINE)	ZUMBA® (TINA)
10:45AM	H.I.I.T (MISTY)	MIXXEDFIT® (LENESHA)	BODY SCULPTING (MARIAH)	PILOXING® (LORIE)	ZUMBA® (LORIE)	
5:00PM	POWER YOGA (LIZ)	STEP ABOVE (KAME)		YOGA (NINA)	Feb 10th- Soldier Salute Free Fitness Event. (No regularly scheduled fitness classes) Feb 20st- Hallway health talk with Liberty Regional Medical Center Feb 21st - Hallway health talk with HER Wellness Feb 16th - Freedom Friday.	
6:00PM	MIXXEDFIT® (LENESHA)	H.I.I.T (BIRRANDA)	R.I.P.P.E.D/ RUMBLE (ALCINE)	H.I.I.T (MISTY)		
	TABATA SPIN (ALCINE) SPIN STUDIO			SPIN (MARIAH) SPIN STUDIO		
7:00PM	ZUMBA® (MARGIT)	ZUMBA® (TINA)	ZUMBA® (EKTA)	ZUMBA® (MARGIT)		



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.

PILOXING: A non-stop, cardio fusion of standing pilates, boxing and dance that will push you past your limits for a sleek and powerful you!

MIXXEDFIT: No equipment, no dumbbells. Incorporate a fun full body workout into your fitness routine using only body weight.

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!

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 put little impact on your joints. (You may call ahead to reserve your bike)