




GROUP WELLNESS & AQUA SCHEDULE JANUARY 2019

201 MARY LOU DRIVE, HINESVILLE GA. 31313, (P)912-368-9622

YMCA HOURS: MON-FRI 5:00AM-9:00PM/SAT 8:00AM-5PM/SUN 1PM-6PM

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM		ANYTHING GOES KAREN/KAME		ANYTHING GOES KAREN/KAME		
7:30AM (POOL)	HYDRO BOOT CAMP (ALVIN)	#Health	HYDRO BOOT CAMP (ALVIN)	#Wellness	HYDRO BOOT CAMP (ALVIN)	#LibertyY
8:45AM	YIN YOGA (HEATHER)	FOREVER FIT (BETTY) 8:00-8:40am PILATES (MARIAH) 8:45-9:45am	YOGA (AREAKA)	YOGA (HEATHER)	PILATES (MARIAH)	YOGA (LIZ)
9:00AM (POOL)	HYDRO STRENGTH (DAMY)	AQUAFIT (LILLY)	HYDRO STRENGTH (DAMY)	HYRDO RESISTENCE (BETTY)	AQUAFIT (LILLY)	#wateraerobics
9:45AM	STRONG BY ZUMBA® (LENESHA)	SPINSANITY (DONI)	KICK AND CORE (BETTY)	TOTAL BODY BOOTCAMP (VINCE) (90 minutes)	SPINSANITY (DONI)	ZUMBA® (TINA)
10:45AM	ZUMBA® (ASHLEY)	HIIT (BIRRANDA)	ZUMBA GOLD® (LENESHA)		ZUMBA® (MARGIT)	STRONG BY ZUMBA® (LENESHA/EKTA)
11:00AM (POOL)	HAPPY NEW YEAR! BRING IN 2019 WITH A COMMITMENT TO YOUR WELLNESS.					AQUA ZUMBA® (MARGIT)
5:00PM	TOTAL BODY BOOTCAMP (VINCE)	MIXXEDFIT (LENESHA)	#42DayChallenge	SPIN (KIMBERLY)	KICK AND CORE (BETTY) 5:00pm *NO CHILDCARE Friday nights* 	Join the 42 Day Challenge. Day one is January 14th.
6:00PM	ZUMBA (MARGIT)	ZUMBA KIDS® (MARGIT)	STRONG BY ZUMBA (LENESHA/EKTA) (6:30)	ZUMBA® (MARGIT)		
6:30PM (POOL)	HYDRO BOOT CAMP (ALVIN)		HYDRO BOOT CAMP (ALVIN)			
7:00PM	MIXXEDFIT (LENESHA)	ZUMBA® (TINA)		POWER YOGA (AREAKA)		

DONI BREZENSKI: FITNESS/AQUATIC DIRECTOR

VINCE GUMATAOTAO: FITNESS COORDINATOR

EMAIL: DONI.BREZENSKI@YMCAOFCOASTALGA.ORG

EMAIL: VINCE.GUMATAOTAO@YMCAOFCOASTALGA.ORG

CLASSES ARE BETWEEN 45-55 MINUTES IN LENGTH AND EVERYONE IS WELCOME!

H.I.I.T: High Intensity Interval Training is defined as short, intense bursts of physical activity, paired with intervals of quick rests.

YOGA/YIN 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.

POWER YOGA: General term used to describe a vigorous, fitness-based approach to vinyasa-style yoga.

ZUMBA®: Join the party! This class combines dance and fitness moves inspired by Latin music. Enjoy a variety of styles including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco, and a Hip Hop!

ZUMBA GOLD®: A modified ZUMBA class that recreates the original moves you love at a lower intensity.

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

PILATES: This regimen is designed to improve physical strength, flexibility, and posture.

MIXXEDFIT®: a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning.

SPIN: Prepare for a high intensity spin session that will push your cardio endurance with little impact on your joints.

SPINSANITY: An action-packed class filled with the excitement of plyometric drills along with tough intervals of strength, power, resistance, and core training moves.

TOTAL BODY BOOTCAMP : a high intensity group exercise class that mixes traditional calisthenics and body weight exercises with interval training and strength training.

HYDRO BOOTCAMP: This hydro class provides a more intense cardiovascular regimen set to music. The session utilizes water weights and other types of water equipment to build strength and endurance.

AQUAFIT: Moderate intensity class that uses the properties of water resistance to get in shape while minimizing impact to joints. This is great for senior adults, beginners, and those desiring a lower impact workout.

HYDRO STRENGTH: Super charge your metabolism with this unique fitness regimen in the water. You will experience a full variety of boxing movements and strength training.

ZUMBA KIDS/JR.®: A rockin, high energy dance party packed with kid-friendly routines.

FOREVER FIT: A low impact class combining cardio, weights, resistance bands, etc. Focus is on obtaining greater flexibility, balance, strength, and endurance. (Great for 50+)

STRONG BY ZUMBA®: A high intensity interval training class using more traditional fitness moves for a more athletic, conditioning style workout. You use your own body weight as resistance to achieve muscle definition.

KICK & CORE: A moderate, to high in intensity and energy, martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness!

AQUA ZUMBA®: Blends the Zumba philosophy with water resistance, for one pool party you don't want to miss! There is less impact on your joints so you can really let loose!

YMCA MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

