





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# THE YMCA GROUP WELLNESS & AQUA SCHEDULE NOVEMBER 2018

201 MARY LOU DRIVE, HINESVILLE GA. 31313

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	#happythanksgiving	ANYTHING GOES KAREN/KAME	#getfitstayfit	ANYTHING GOES KAREN/KAME	#comeYwithus	#42daychallenge
7:30AM <b>(POOL)</b>	HYDRO BOOT CAMP (ALVIN)		HYDRO BOOT CAMP (ALVIN)		HYDRO BOOT CAMP (ALVIN)	
8:45AM	YIN YOGA (HEATHER)	<b>FOREVER FIT (BETTY) 8:00-8:40am</b> PILATES (MARIAH) 8:45-9:45am	YOGA (AREAKA)	YOGA (HEATHER)	PILATES (MARIAH)	YOGA (LIZ)
9:00AM <b>(POOL)</b>	AQUA ZUMBA® (LENESHA)	AQUAFIT (LILLY)	HYDO STRENGTH (ALCINE)	HYRDO RESISTENCE (BETTY)	AQUAFIT (LILLY)	
9:45AM	<b>(SPIN TABATA) ALCINE</b>	RIPPED (ALCINE)	<b>TOTAL BODY SCULPTING (VINCE)</b>	<b>SPINSANITY (DONI)</b> <b>ZUMBA TONING (ALCINE) BOARD ROOM</b>	RUMBLE (ALCINE)	ZUMBA® (TINA)
10:45AM	ZUMBA® (ASHLEY)	MIXXEDFIT® (LENESHA)	ZUMBA GOLD® (LENESHA)	<b>TOTAL BODY SCULPTING (VINCE)</b>	ZUMBA® (MARGIT)	<b>TOTAL BODY SCULPTING (VINCE)</b>
<b>11:00AM (POOL)</b>	<b>NOVEMBER 21st (NO EVENING CLASSES) * NOVEMBER 22nd-24th (NO CLASSES)</b>					AQUA ZUMBA® (MARGIT)
5:00PM	<b>TOTAL BODY SCULPTING (VINCE)</b>	RIPPED (ALCINE)	<b>RIPPED/RUMBLE (ALCINE)</b>	TOTAL BODY SCULPTING (VINCE)	<b>KICKBOXING/ABS 30/30 (BETTY)</b>  5:00pm  <b>*NO CHILDCARE*</b>	<p>Like us on facebook and instagram!</p>  <p><b>NOTE: New classes and times are in BOLD</b></p>
6:00PM	ZUMBA (MARGIT)	<b>SPIN (KIMBERLY)</b>  <b>ZUMBA KIDS (MARGIT) MULTI PURPOSE ROOM</b>	<b>STRONG (LENESHA/EKTA) 6:30-8pm</b>	ZUMBA® (MARGIT)		
<b>6:30PM (POOL)</b>	HYDRO BOOT CAMP (ALVIN)	AQUA ZUMBA (LENESHA)	HYDRO BOOT CAMP (ALVIN)			
7:00PM	MIXXEDFIT (LENESHA)	ZUMBA® (TINA)		POWER YOGA (AREAKA)		

DONI BREZENSKI: FITNESS/AQUATIC DIRECTOR

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## ALL CLASSES ARE WELCOME TO WOMEN AND MEN OF ALL AGES. CLASSES ARE USUALLY 45-60 MINUTES

- H.I.I.T:** High Intensity Interval Training. An Exercise strategy alternating short periods of intense anaerobic exercise with less intense active recovery periods.
- 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! Zumba® fuses Latin, international and world-beat music with easy-to-follow steps.
- ZUMBA GOLD®:** This is the same great class with less impact on your joints. All fitness levels welcome.
- ANYTHING GOES:** Instructors Kame and Karen put you through a great fitness regimen alternating step aerobics & resistance exercises give an excellent, all-around workout first thing in the morning.
- PILATES:** This regimen is designed to improve physical strength, flexibility, and posture.
- MIXXEDFIT:** No equipment, no dumbbells. Incorporate a fun full body workout into your fitness routine using only body weight.
- SPIN CLASSES:** Spin studio is located upstairs. Obtain your bike pass from the front desk and enjoy the ride. Prepare for a 45 minute high intensity spin session that will push your cardio endurance with little impact on your joints.
- 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.
- 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!
- TOTAL BODY SCULPTING:** High energy, High repetitions, Total body sculpting, Target heart rate, Fast pace, Fat burning, Muscle toning, Muscle building. \*\*\*If you're just starting, We have workout modifications for you to adapt.
- HYDRO BOOT CAMP:** 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.
- AQUA ZUMBA:** Blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints.
- 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.
- AQUA 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.:** Zumba kids/Jr are rockin, High energy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure.
- ZUMBA TONING:** Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! Lightweight maraca-like Toning Sticks (or light weights) enhances sense of rhythm and coordination, while toning target zones, including arms, core, and lower body.
- FOREVER FIT:** An all Around class to work on Flexibility, Mobility, Blood Circulation and Muscular development. (Great for 50+)
- STRONG:** STRONG by Zumba combines body weight, muscle and conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

### YMCA MISSION

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

