



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY


ARMED SERVICES YMCA

THE YMCA GROUP WELLNESS SCHEDULE OCTOBER 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		ANYTHING GOES KAREN/KAME		ANYTHING GOES KAREN/KAME		
7:30AM (POOL)	HYDRO BOOT CAMP (ALVIN)		HYDRO BOOT CAMP (ALVIN)		HYDRO BOOT CAMP (ALVIN)	
8:45AM	TABATA SPIN (ALCINE) SPIN STUDIO	PILATES (MARIAH)	SPIN (BIRRANDA) SPIN STUDIO	SPINSANITY (DONI) SPIN STUDIO	SPIN (BIRRANDA) SPIN STUDIO	YOGA (STACY)
	YIN YOGA (HEATHER)		YOGA (AREAKA)	YOGA (HEATHER)	PILATES (MARIAH)	
9:00AM (POOL)	AQUA ZUMBA® (LENESHA)	AQUAFIT (LILLY)	HYDRO STRENGTH (ALCINE)	HYRDO RESISTANCE (BETTY)	AQUAFIT (LILLY)	
9:45AM	HIIT (BIRRANDA)	R.I.P.P.E.D (ALCINE)	HIIT (BIRRANDA)	F.A.X.T (ALCINE)	RUMBLE (ALCINE)	ZUMBA® (TINA)
	FOREVER FIT (BETTY) BOARD ROOM					
10:45AM	ZUMBA® (ASHLEY)	MIXXEDFIT® (LENESHA)	ZUMBA GOLD® (LENESHA)	CORE CONDITIONING (MARIAH)	ZUMBA® (MARGIT)	BODY SCULPTING (VINCE)
11:00AM (POOL)						AQUA ZUMBA® (MARGIT)
5:00PM	YOGA (LIZ)	STEP ABOVE (KAME)	MIXXEDFIT® (LENESHA)	BODY SCULPTING (VINCE)	5:30pm 30/30 KICKBOX/ABS (BETTY) **** NOTE**** NO CHILDCARE	LIKE US ON FACEBOOK & INSTAGRAM!
				SPIN KIMBERLY (SPIN STUDIO)		
6:00PM	SPIN (KIM)	RIPPED/RUMBLE (ALCINE)	R.I.P.P.E.D AND RUMBLE (ALCINE)	ZUMBA® (MARGIT)	October 12th: Battle for Livestrong Tickets available at the front desk. \$10 donation to the priceless gifts campaign. October 20th: Fall Festival 11am-3pm. Join Vince for a 1230pm boot camp on the field!	
	ZUMBA (MARGIT)	ZUMBA KIDS (MARGIT) BOARD ROOM				
6:30PM (POOL)	HYDRO BOOT CAMP (ALVIN)	AQUA ZUMBA (LENESHA)	HYDRO BOOT CAMP (ALVIN)			
7:00PM	MIXXEDFIT® (LENESHA)	ZUMBA® (TINA)	ZUMBA® (EKTA)	POWER YOGA (AREAKA)		NOTE NEW CLASSES ARE IN BOLD

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.

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.

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 and 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.

CORE CONDITIONING: A combination of abdominal exercises to strengthen your core.

MIXEDFIT: 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!

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.

GOLD METAL ROUND: An all Around class to work on Flexibility, Mobility, Blood Circulation and Muscular development. (Great for 50+)

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.

YMCA MISSION:

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

