





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Liberty County Group Fitness

JULY 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) | | |
| 8:45AM | TABATA SPIN (ALCINE) SPIN STUDIO | PILATES (MARIAH) | SPINSANITY (DONI) SPIN STUDIO | YOGA (HEATHER) | SPIN (NINA) SPIN STUDIO | YOGA (STACY) | |
| | YIN YOGA (HEATHER) | | | | | | |
| 9:45AM | TOTAL BODY BOOTCAMP (VINCE) | R.I.P.P.E.D (ALCINE) | TOTAL BODY BOOTCAMP (VINCE) | F.A.X.T (ALCINE) | RUMBLE (ALCINE) | ZUMBA® (TINA) | |
| 10:45AM | ZUMBA® (LENESHA) | MIXXEDFIT® (LENESHA) | HIIT (BIRRANDA) | PILATES (MARIAH) | ZUMBA® (MARGIT) | | |
| 5:00PM | POWER YOGA (LIZ) | STEP ABOVE (KAME) | | TOTAL BODY BOOTCAMP (VINCE) | <p>***FITNESS FACTS***</p> <p>*Q: How do I find my target heart rate?</p> <p>*A: 180 minus your age</p> <p>*ie: 180 – 43 yrs old = 137bpm</p> <p>LIKE US: INSTAGRAM & FACEBOOK</p>   | | |
| 6:00PM | MIXXEDFIT® (LENESHA) | H.I.I.T (BIRRANDA) | R.I.P.P.E.D/RUMBLE (ALCINE) | | | | |
| | TABATA SPIN (ALCINE) SPIN STUDIO | | | | | | |
| 7:00PM | ZUMBA® (MARGIT) | ZUMBA® (TINA) | ZUMBA® (EKTA) | ZUMBA (MARGIT) | | | |
| | | | | SPIN (MARIAH) | | | |

FITNESS COORDINATOR: VINCE GUMATAOTAO

EMAIL: VINCE.GUMATAOTAO@YMCAOFCOASTALGA.ORG

***QUESTIONS, COMMENTS, CONCERNS PLEASE FEEL FREE TO CONTACT ME.**

201 Mary Lou Dr.
Hinesville Ga.
31313
912-368-9622

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 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: 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 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!

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.

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