




# MCINTOSH YMCA FITNESS CLASSES

OCTOBER 2018

ALL NEW  
CLASSES!

YMCA HOURS MONDAY – THURSDAY 6 AM – 9 PM / FRIDAY 6 AM – 7 PM / SATURDAY 8 AM – 1PM  
Tel.912.437.9622

AEROBICS ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00AM		LINE DANCE Sandra		LINE DANCE Sandra		DID YOU "LIKE" US ON FACEBOOK YET?  
9:30AM						
10:00AM		STRENGTH I Angel		STRENGTH I Angie		
10:15AM						
10:30AM	TRANSFORM Angel		TRANSFORM Angel			
10:45AM		CHAIR YOGA Angel		CHAIR YOGA Angie		
5:30 PM	FULL BODY FLEX& FIT Lauren	PILATE Angel	HOT YOGA Annie 5:45PM	PILATE Angel		
6:15PM	POWER STEP Lauren	PICKLEBALL		FULL BODY FLEX & FIT Angel		
CYCLE ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM						
6:15 PM						
Child Watch AM	9:00-12:00	9:00-12:00	9:00-12:00	9:00-12:00	No Child Watch	No Child Watch
Child Watch PM	5:00-7:30	5:00-7:30	5:00-7:30	5:00-7:30	No Child Watch	No Child Watch

**PICKLEBALL**  
**Tuesday 6:30 PM**  
**Saturday 9:00 AM**



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MCINTOSH YMCA CLASS DESCRIPTIONS

ALL FITNESS CLASSES ARE WELCOME TO WOMEN AND MEN OF ALL AGES  
CLASSES ARE 45-60 MINUTES UNLESS NOTED OTHERWISE

## AEROBICS CLASSES

**Transform:** A total body work out aimed at building strength, balance, posture and flexibility. Workout stations include dumbbells, resistance bands, the stability ball and more. This class may be low impact but be prepared to sweat!

**Full Body Flex & Fit:** A fun group power class set to a variety of upbeat music. Work all of your major muscles while strengthening and sculpting your body. Body Sculpt uses weight exercises which will increase your metabolism, rebuild bones and change your body composition for a sleeker you!

**Muscular Strength (Beginner-Intermediate):** fun variety of moves designed to increase strength and range of motion for daily activities, chair support offered for safety; includes: hand weights, tubes & small balls.

**Chair Yoga:** seated/standing yoga poses; chair support offered for safety, is a great practice for everyone, as it deepens flexibility and strengthens personal body awareness, and is a great stress reducer.

**Line DANCE:** Exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner.

**Power Step:** Utilizing and adjustable step, this class brings your cardiovascular workout to new heights. Designed to burn body fat, break through fitness plateaus and increase your overall aerobic capacity.

**Pilates:** Standing and mat exercises using body weight that improves core strength, flexibility, balance and stamina.

**Hot Yoga:** Improve strength, balance and flexibility while carving out time to center and reconnect with yourself. The guided relaxation at the end will rest and restore you. Each pose offers several levels from beginner to advance to fit each body.

In the event an instructor is unable to teach and is unable to get substitute, we will have to cancel class for that day. We will make every effort to notify class participants. Please make sure you have signed the contact list for the classes in which you participate.

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