




ALL NEW
CLASSES!

MCINTOSH YMCA FITNESS CLASSES

March 2017

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		Zumba Yolanda		Zumba Yolanda		DID YOU "LIKE" US ON FACEBOOK YET? 
9:30AM					Strength I Suzanne	
10:00AM		Strength I Zohra				
10:15AM					Chair Yoga Suzanne	
10:30AM	Transform Shelley		Transform Becca			
10:45AM		Chair Yoga Zohra				
5:30 PM	Full Body Flex& Fit Lauren	Pilate Shelley	Zumba Yolanda			
6:00 PM				Full Body Flex & Fit Shelley		
6:15PM	Power Step Lauren					
CYCLE ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM						
5:30 PM						
Child Watch AM	9:00-12:00	9:00-12:00	9:00-12:00	9:00-12:00	No Child Watch	8:30-11:30
Child Watch PM	5:00-7:00	5:00-7:30	5:00-7:30	5:00-7:00	No Child Watch	No Child Watch

PICKLEBALL
Every Saturday Morning



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.

H.I.I.T.: High Intensity Interval Training.- Intervals of cardio, strength and core training.

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.

Zumba: Ditch the workout---join the party! Zumba classes feature exotic rhythms set to high-energy Latin and international beats. You'll be moving and dancing—and before you know it, you'll be having fun and BURNING A LOT OF CALORIES! You have never had this much fun exercising. This is a **ONE HOUR** class!

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

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.