




# MCINTOSH YMCA FITNESS CLASSES

APRIL 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		REFIT® Merry		ZUMBA Yolanda		DID YOU "LIKE" US ON FACEBOOK YET?  
9:30AM						
10:00AM		STRENGTH I Karen		STRENGTH I Angie		
10:15AM						
10:30AM	TRANSFORM Amber		TRANSFORM Amber			
10:45AM		CHAIR YOGA Karen		CHAIR YOGA Angie		
5:30 PM	FULL BODY FLEX& FIT Lauren	PILATE Shelley	ZUMBA Yolanda	PILATE Shelley		
6:00 PM						
6:15PM	POWER STEP Lauren			FULL BODY FLEX & FIT Shelley		
CYCLE ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM						
6:15 PM				Spintastic! (Catherine)		
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**  
**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.

**REFIT®:** Focuses on dance cardio with toning, flexibility and stretching. The workout formula is easy to follow and will challenge both fitness enthusiasts and fitness beginners.

**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.

**Spintastic:** 30-45 min. cardio indoor cycle class for beginners to advanced riders. You will be inspired to perspire as you ride down different terrains, practice drills, and interval train while strengthening the legs, increasing speed, and burning 400-600 calories. Come join the tribe! We commit to the climbs, and after a day at work, you will release stress to unwind.

**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!

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.