




ALL NEW  
CLASSES!

# MCINTOSH YMCA FITNESS CLASSES

## SEPTEMBER 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		<b>REFIT® Merry</b>		ZUMBA Yolanda		DID YOU "LIKE" US ON FACEBOOK YET?  
9:30AM						
10:00AM		STRENGTH I Merry		STRENGTH I Shelley		
10:15AM						
10:30AM	TRANSFORM Shelley		TRANSFORM Becca			
10:45AM		CHAIR YOGA Merry		CHAIR YOGA Shelley		
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					
<b>CYCLE ROOM</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
9:30 AM						
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.

**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.

**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.