

ISLANDS FAMILY YMCA - NOVEMBER AEROBICS ROOM SCHEDULE

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 / 5:30 AM	Core & More Adrian (5:15 AM)		Power Cut Adrian (5:15AM)		WOW Adrian (5:30 AM)	
6:00 AM		Foam Rolling (30 Minutes) Jennifer V.				
8:15 AM	Total Body Conditioning Pam 5th - Melanie	Cardio Blast Katie 20th - Pam	Total Body Conditioning Pam 7th - Melanie	Tabata Katie	Total Body Conditioning Pam 9th, 30th - Heather	WOW Jacqui 17th - Katie
9:15 / 9:25 AM	Pilates Lindsay (9:15AM) 12th - Jodi	Iron Bodies Jodie (9:15AM)	Cardio/Box! Karen (9:25AM)	Iron Bodies Jodie (9:15AM)	Kickboxing Jodie (9:15AM)	RIPP Melanie (9:15AM) 17th - Katie
10:00 AM		Butts & Guts (25 Minutes) Jodie		Butts & Guts (25 Minutes) Jodie		
10:15 AM			Zumba Kelli 14th - Nana			
10:30 AM	Yoga Emily 26th - Frank				Yoga Emily 30th - No Class	
11:00 AM		Tai Chi Myung		Tai Chi Myung		
11:15 AM						Tai Chi Myung
11:30 AM	Meditation (25 minutes) Emily 26th - Frank		Fit & Firm Katie 21st - Pam		Meditation (25 Minutes) Emily 30th - No Class	
12:00 PM	Fit & Firm Katie				Senior Fitness Katie 2nd, 16th - Mattie	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>DID YOU "LIKE" US ON FACEBOOK YET?</p>  </div>
1:00 PM	Senior Fitness Gail	Chair Fitness 6th, 27th - Lisa 13th, 20th - Liz	Senior Fitness Gail	Corrective Bodywork @ Lite Dr. Bruce		
3:15 PM		Teen Fit Angie		Teen Fit Jacqui		
4:30 PM		Taekwondo	Taekwondo		Taekwondo	
5:00 PM	Awesome Abs Jodie (30 Minutes)					
5:30 PM	Iron Bodies Jodie	Kickboxing Jodie	HIIT @5:15PM 7th, 28th - Melanie 14th - Karen	Total Impact Karen	Cardio & Core Mix (Spin/Aerobics room) Brigitte	
6:30 PM	Band-Tastic Karen	Yoga Flow Mark 13th, 20th - Emily	Zumba Toning Kelli 21st - No Class	MVE Core Strength Theresa	Taekwondo	
7:30 PM	Zumba Kelli	Zumba Nana	Ultimate Boot Camp 21st - No Class Jazmine	Zumba Nana		

****IMPORTANT DATES****

Thursdays 11:30 AM-12:00 PM: Ladies Bible Study
 Friday, November 9th: Pool Closed 4PM-7PM for Lifeguard training
 Saturday, November 17th: Back Stroke Swim Clinic 8AM-9AM
 Wednesday, November 21st: The Y closes at 6PM
 Thursday, November 22nd: CLOSED for Thanksgiving Day
 Friday, November 23rd: The Y opens at 7AM - No fitness classes or child watch
 Saturday, November 24th - Sunday, November 25th: No fitness classes or child watch

YMCA HOURS: MONDAY-THURSDAY 4:30AM-9:30PM / FRIDAY 4:30AM-8PM / SATURDAY 7AM-7PM / SUNDAY 1PM-6PM

ALL FITNESS CLASSES ARE 45-55 MINUTES UNLESS OTHERWISE NOTED

Awesome Abs - An entire class focusing solely on those abdominal muscles. Each class presents a new workout utilizing different equipment or just yourself and a mat!

Band-Tastic - Awesome alternative to free weights. This class offers resistance training to build, tone and/or rehabilitate muscles to efficiently aid in overall muscle fitness.

Boot Camp -

Butts & Guts - A killer workout for advanced exercisers targeting the lower body and the abs. This workout focuses on muscular endurance rather than strength and involves light weights along with higher repetitions.

Cardio Blast - Blast your cardio fitness level through the roof with a full class of the best of any type of cardio training the instructor feels like throwing at you! Some days you may do kickboxing, some days Tabata, some days high/low impact, some days sports conditioning - but bottom line, you will challenge your aerobic and anaerobic thresholds every time. Come prepared to sweat, breathe hard and get super fit!

Cardio/Box! - A variety of cardio segments with the addition of beginner segments of kickboxing. A great way to burn calories, build strength and stamina along with adding beginner kickboxing to enhance any level of fitness.

Cardio & Core Mix - Mix it up with this workout that offers 15 minutes of spin at the beginning of class, followed by upbeat cardio workout that is sure to burn a ton of calories. This class ends with a 15 minute core strengthening and stretch session to cool down. A great way to begin the weekend!

Chair Fitness - While in a seated position the class uses a combination of exercises to increase flexibility, improve balance & gain strength. Participants work with light weights and bands while sometimes incorporating other equipment. Each member is able to work at their own fitness & comfort level.

Core & More - Interval style class that alternates between strength training and cardio all while focusing on abs, glutes, inner/outer thighs, hamstrings and lower back to leave you feeling stronger and more toned. No prior experience necessary.

Corrective Bodywork @ Lite - Rehabilitation & Fitness combined to work on improving balance, posture & endurance while also increasing flexibility & core strength.

Fit & Firm - Low impact class that uses a variety of equipment and offers modifications for different fitness levels.

Golf Conditioning - Sport specific training for golfers! Come join in on the fun with functional workouts to improve your game on and off the green!

Iron Bodies - Body sculpting integrated with exercises that will strengthen, tone & stabilize muscles. A great no impact full body fitness challenge that is adaptable to any fitness level.

Kickboxing - Martial arts based cardio class that includes easy to follow patterns and technical moves. A great challenge for all fitness levels. Low impact moves guaranteed to make you sweat.

Meditation - Get grounded, centered, and improve your focus and mindfulness in this 25 minute guided meditation class.

MVE Core Strength - Pilates using the MVE chair to strengthen your core & lengthen your spine.

Pilates - A blend of strength & flexibility training through controlled exercises that work to strengthen the core, increase flexibility, improve balance & gain mobility.

Power Cut - Complete body workout using free weights, bands, ball & barbell to improve upper and lower body strength as well as endurance.

RIPP - Resistance, Intervals, Power & Plyometrics. Effective cardio routines interlaced with weights, resistance & power moves.

Senior Fitness - This class uses a combination of exercises to stretch all parts of the body to improve flexibility and muscle conditioning. Members use weights & bands to build strength and assist them with their functional fitness.

TABATA - High intensity interval training that uses bursts of high energy with short rests to maximize benefits. A total body, high calorie burning workout.

Taekwondo - Grandmaster John Lee and Master Myung Lee instruct each class teaching kids honesty, self defense, respect, and integrity. Register at the front desk!

Tai Chi - Based on ancient Chinese practice this class focuses on slow movements & deep breathing in a series of graceful exercises to improve your balance, flexibility & concentration.

Total Body Conditioning / Total Impact - Work your muscles in every way possible in this class designed to build strength, add definition, increase your bone density & decrease your body fat by increasing your lean muscle! You will use hand weights, bars, bands & your own body weight to change the shape of your body. No muscle gets neglected in this class!

Ultimate Boot Camp - This ultimate, full-body strength and conditioning class combines calisthenics with high intensity aerobics exercises. You will burn a minimum of 500 calories by the last rep, but it doesn't end there. With the extra metabolism boost, you'll continue to burn calories even after your workout is complete!

WOW - Join our instructors in doing the Workout of the Week! A high powered functional fitness class that will challenge you to build muscle, strength and endurance. Sure to help make everyday movements easier to perform.

Yoga - This class will benefit both your body & mind. A total body stretching class with some simple breathing exercises to increase strength & flexibility.

Yoga Flow - This class will benefit both your body & mind. A total body stretching class with some simple breathing exercises to increase strength & flexibility.

Yoga Power Groove - Vinyasa based practice emphasizing continuous flow of movements at a quicker pace offering a cardiovascular workout while building strength & toning the body by using sun salutations & movement to connect postures. The focus of this practice is working on many parts of the body in a deep and mindful way.

Zumba - Ditch the workout, join the party! Experience exotic rhythms set to high energy Latin & international beats. Have fun while you sweat!

ACTIVATE

A free benefit of your membership! A personal 6 week program to properly teach you how to use our equipment. Pick up a form at our Welcome Center to schedule an appointment and get you started with your healthier lifestyle!

Free child watch while you workout!


Ages 6 weeks - 12 years old.

Monday-Thursday 8:00AM - 1:00PM & 4:00PM - 8:30PM

Friday 8:00AM - 1:00PM & 4:00PM-7:00PM

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

ISLANDS FAMILY YMCA NOVEMBER CYCLING SCHEDULE

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM		Melissa		Melissa			
7:15 AM						3rd - No Class 10th, 17th - Jodie	
7:30AM		Melanie					
8:15 AM				Lisa		Melanie 17th - Karen	
9:15 AM	Jodie		Jodie		Karen		
4:00 PM						 DID YOU "LIKE" US ON FACEBOOK YET?	4th, 18th - Heather 11th - Brigitte
5:30 PM					Cardio Core Mix (Spin/Aer Room) Brigitte		
6:00 PM		Trellis	Karen 21st - No Class	Trellis			

Spin class is the perfect way for you to build your endurance and challenge yourself with a low impact cardio workout. Ride at your own level and increase your resistance and pace when you are ready to embrace a greater challenge. Heart rate monitors are strongly recommended. Each instructor has their own style so we encourage you to try different classes!

All classes are 45-55 minutes unless otherwise noted.

****Bikes MUST be reserved 24 hours in advance!!****

To reserve your bike please stop by our Welcome Center or call (912) 897-1192.
10 minutes prior to class start empty bikes will be given to those on the waiting list.

****If you are a new class member please arrive early and let the instructor know so we can get you set up properly!****

ACTIVATE

A free benefit of your membership! A personal 6 week program to properly teach you how to use our equipment.
Pick up a form at our Welcome Center to schedule an appointment

IMPORTANT DATES

Thursdays 11:30 AM-12:00 PM: Ladies Bible Study

Friday, November 9th: Pool Closed 4PM-7PM for Lifeguard training

Saturday, November 17th: Back Stroke Swim Clinic 8AM-9AM

Wednesday, November 21st: The Y closes at 6PM

Thursday, November 22nd: CLOSED for Thanksgiving Day

Friday, November 23rd: The Y opens at 7AM - No fitness classes or child watch

Saturday, November 24th - Sunday, November 25th: No fitness classes or child watch

TBA: CPR Certification

Free child watch while you workout!

Ages 6 weeks - 12 years old

Mon/Wed/Fri 8:30AM - 1:00PM & 4:00PM - 8:30PM

Tues/Thurs 8:00AM - 1:00PM & 4:00PM - 8:30PM

Sat 8:00AM - 12:30PM

ISLANDS FAMILY YMCA

NOVEMBER ROCK WALL/CHAPEL SCHEDULE

YMCA HOURS: MONDAY-THURSDAY 4:30AM-9:30PM / FRIDAY 4:30AM-8PM / SATURDAY 7AM-7PM / SUNDAY 1PM-6PM

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM			FLEX Pilates Bonnie (RWR)		Pilates Lindsay (RWR) 9th - Jacqui 16th - No class	
9:30 AM		Integral Hatha Yoga Betsy (RWR) 13th - Emily		Integral Hatha Yoga Betsy (RWR)		Yoga Emily (RWR)
6:30 PM	Core Circuit Theresa (HiiT Room)	Yoga Flow Mark (Aerobics Room) 13th, 20th - Emily				<div style="border: 1px solid black; padding: 5px; text-align: center;"> DID YOU "LIKE" US ON FACEBOOK YET?  </div>
7:30 PM		Yoga Power Groove Mark (Chapel) 13th, 20th - Emily				

All classes are 45-55 minutes unless otherwise noted. Chapel - Located near the Welcome Center RWR - Rockwall Room (Gymnastics Entrance)

Core Strength- Strengthen your core & train all of your muscles to work together. Focus on building a body capable of doing real life activities in real life positions.

Integral Hatha Yoga - Combines gentle and dynamic postures and sequences focusing on flexibility, strength, breath, balance & inner peace for all levels.

Pilates - A blend of strength & flexibility training through controlled exercises that work to strengthen the core, increase flexibility, improve balance & gain mobility.

Yoga Flow - This class will benefit both your body & mind. A total body stretching class with some simple breathing exercises to increase strength & flexibility.

Yoga Power Groove - Vinyasa based practice emphasizing continuous flow of movements at a quicker pace offering a cardiovascular workout while building strength & toning the body by using sun salutations & movement to connect postures. The focus of this practice is working on many parts of the body in a deep and mindful way.

ACTIVATE

A free benefit of your membership!
 A personal 6 week program to properly teach you how to use our equipment.
 Pick up a form at our Welcome Center to schedule an appointment and get started with your healthier lifestyle!

IMPORTANT DATES

Thursdays 11:30 AM-12:00 PM: Ladies Bible Study
Friday, November 9th: Pool Closed 4PM-7PM for Lifeguard training
Saturday, November 17th: Back Stroke Swim Clinic 8AM-9AM
Wednesday, November 21st: The Y closes at 6PM
Thursday, November 22nd: CLOSED for Thanksgiving Day
Friday, November 23rd: The Y opens at 7AM - No fitness classes or child watch
Saturday, November 24th - Sunday, November 25th: No fitness classes or child watch
TBA: CPR Certification

ACTIVATE

A free benefit of your membership!
 A personal 6 week program to properly teach you how to use our equipment.
 Pick up a form at our Welcome Center to schedule an appointment and get started with your healthier lifestyle!

ISLANDS FAMILY YMCA NOVEMBER AQUATICS SCHEDULE

YMCA HOURS: MONDAY-THURSDAY 4:30AM-9:30PM / FRIDAY 4:30AM-8PM / SATURDAY 7AM-7PM / SUNDAY 1PM-6PM

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:05 AM	Water Aerobics Nora		Water Aerobics Nora	Water Aerobics Nora 1st - No Class	Water Aerobics Mattie 2nd, 23rd - No Class 9th, 16th, 30th - Lee	
9:00 AM		Water Aerobics Lisa				Water Aerobics Laura
9:15 AM	Deep Water Heather		Deep Water Heather	Deep Water Heather 1st - No Class		

All classes are 45-55 minutes unless otherwise noted.

<p>POOL HOURS</p> <p><u>Monday -Friday</u> 6:30AM - 10:30AM 4:00PM - 7:00 PM</p> <p><u>Saturdays</u> 8:00 AM - 5:00 PM</p> <p><u>Sundays</u> 1:00 PM - 5:00 PM</p> <p><u>POOL CLOSED:</u> Friday, November 9th 4PM-7PM for Lifeguard Training Wednesday, November 21st 4PM-7PM (Open for AM session) Friday, November 23rd (Closed all day)</p>	<p><u>Aquatic Birthday Parties</u> 2:30pm - 4:00 PM on Saturdays & Sundays \$25 Non-Refundable Deposit \$125 Members/\$175 Non-Members</p> <p><u>Swim Lessons</u> Private Lessons (30 minute sessions): Member - \$25 or 5 sessions for \$110 Non-Member - \$35 or 5 sessions for \$150</p> <p>>>Fall Swimming Lessons begin September 10th!<<</p>
---	--

If you are a new class participant please be sure to arrive early & let the instructor know

ACTIVATE

A free benefit of your membership!
A personal 6 week program to properly teach you how to use our equipment.
Pick up a form at our Welcome Center to schedule an appointment and get started with your healthier lifestyle!

IMPORTANT DATES

Thursdays 11:30 AM-12:00 PM: Ladies Bible Study
Friday, November 9th: Pool Closed 4PM-7PM for Lifeguard training
Saturday, November 17th: Back Stroke Swim Clinic 8AM-9AM
Wednesday, November 21st: The Y closes at 6PM
Thursday, November 22nd: CLOSED for Thanksgiving Day
Friday, November 23rd: The Y opens at 7AM - No fitness classes or child watch
Saturday, November 24th - Sunday, November 25th: No fitness classes or child watch
TBA: CPR Certification

ISLANDS FAMILY YMCA NOVEMBER AQUATICS SCHEDULE

YMCA HOURS: MONDAY-THURSDAY 4:30AM-9:30PM / FRIDAY 4:30AM-8PM / SATURDAY 7AM-7PM / SUNDAY 1PM-6PM

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:05 AM	Water Aerobics Nora		Water Aerobics Nora	Water Aerobics Nora 1st - No Class	Water Aerobics Mattie 2nd, 23rd - No Class 9th, 16th, 30th - Lee	
9:00 AM		Water Aerobics Lisa				Water Aerobics Laura
9:15 AM	Deep Water Heather		Deep Water Heather	Deep Water Heather 1st - No Class		

All classes are 45-55 minutes unless otherwise noted.

<p>POOL HOURS</p> <p><u>Monday -Friday</u> 6:30AM - 10:30AM 4:00PM - 7:00 PM</p> <p><u>Saturdays</u> 8:00 AM - 3:00 PM</p> <p><u>Sundays</u> 1:00 PM - 5:00 PM</p> <p><u>POOL CLOSED:</u> Friday, November 9th 4PM-7PM for Lifeguard Training Wednesday, November 21st 4PM-7PM (Open for AM session) Friday, November 23rd (Closed all day)</p>	<p><u>Aquatic Birthday Parties</u> 2:30pm - 4:00 PM on Saturdays & Sundays \$25 Non-Refundable Deposit \$125 Members/\$175 Non-Members</p> <p><u>Swim Lessons</u> Private Lessons (30 minute sessions): Member - \$25 or 5 sessions for \$110 Non-Member - \$35 or 5 sessions for \$150</p> <p>>>Fall Swimming Lessons begin September 10th!<<</p>
---	--

If you are a new class participant please be sure to arrive early & let the instructor know

ACTIVATE

A free benefit of your membership!

A personal 6 week program to properly teach you how to use our equipment.
Pick up a form at our Welcome Center to schedule an appointment and get started with your healthier lifestyle!

IMPORTANT DATES

Thursdays 11:30 AM-12:00 PM: Ladies Bible Study
Friday, November 9th: Pool Closed 4PM-7PM for Lifeguard training
Saturday, November 17th: Back Stroke Swim Clinic 8AM-9AM
Wednesday, November 21st: The Y closes at 6PM
Thursday, November 22nd: CLOSED for Thanksgiving Day
Friday, November 23rd: The Y opens at 7AM - No fitness classes or child watch
Saturday, November 24th - Sunday, November 25th: No fitness classes or child watch
TBA: CPR Certification