



Statesboro YMCA

Group Fitness

April 2018

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA HOURS: MONDAY-THURSDAY 5:00AM-9PM / FRIDAY 5AM-8PM/ SATURDAY 7AM-6PM/ SUNDAY 1PM-6PM

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|---|---|---|---|---|--|
| 5:30AM | HIIT Hannah Aerobic Studio | | | | | |
| 8:00AM | Pilates Kaylee Yoga Studio | WOD Cale Wellness Center | Boot Camp Hannah Aerobic Studio | | WOD Cale Wellness Center | |
| | Boxing Circuit Austin Boxing Studio 8:15-9AM | | | | | |
| 9:00 AM | | X-Plode Rosa Aerobic Studio | Morning Yoga Kaylee Yoga Studio | HIIT Hannah Aerobic Studio | Zumba Rosa Aerobic Studio | Zumba Rosa Aerobic Studio |
| | | Morning Yoga Kaylee Yoga Studio | | Barre Bella Yoga Studio | | Simply Core Phylcia Yoga Studio 9-9:30AM |
| | | Barre Bella Program Studio | | | | |
| 10:00 AM | | | | Chair Simply Core Bella Yoga Studio 10:15-10:45 AM | | HIIT Phylcia Aerobic Studio |
| 11:00 AM | Active & Ageless Lindsey Aerobic Studio | Chair Yoga Kevin Aerobics Studio | Active & Ageless Lindsey Aerobic Studio | | Active & Ageless Lindsey Aerobic Studio | Boxing Circuit Austin Aerobic Studio |
| 1:00 PM | | | | | Chair Yoga Kevin Yoga Studio | Strong by Zumba Alex Aerobic Studio |
| 5:00 PM | Vinyasa Yoga Kaylee Yoga Studio | Beginner Yoga Kevin Yoga Studio 5:15-6PM | Hip Hop Phylcia Aerobic Room | Muscle Mission Phylcia Aerobic Room | | |
| | WOD Cale Aerobic Studio 5:15-6PM | | | | | |
| 5:30 PM | | Barre Bella Aerobic Studio | WOD Cale Aerobic Studio | Barre Bella Yoga Studio | | |
| | | | | Boxing Circuit Austin Boxing Studio 5:30-6:15PM | | |
| 6:00 PM | Cardio Kick Boxing Hannah Aerobic Room | Intermediate Yoga Kevin Yoga Studio | Pilates Kaylee Yoga Studio | Strong by Zumba Alex Aerobic Studio | | |
| 6:30 PM | Kids Jr Zumba Alex Program Studio 6:30-7PM | Boot Camp Hannah Aerobic Room | | Yoga Flow Alexis Yoga Studio | | |
| | | Simply Core Bella Yoga Studio 6:30-7PM | | | | |
| 7:00 PM | Kids Zumba Alex Aerobic Room | | Zumba Rosa Aerobic Studio | Boot Camp Hannah Aerobic Studio | | |
| 7:30 PM | | Vinyasa Yoga Kaylee Yoga Studio | | Slow Yoga Kaylee Yoga Studio | | |

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



Statesboro YMCA

CLASS DESCRIPTION

April 2018

FOR YOUTH DEVELOPMENT
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| CYCLE ROOM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------|------------------------------------|------------------------------|--|-----------------------------------|--------|---------------------------------------|
| 5:30-6 AM | | | Cycle Express Terri Cycle Studio | | | |
| 8:30 AM | | | | | | Cycle Benjamin Cycle Studio |
| 9:00 AM | | | Cycle/ Yoga Alexis Cycle Studio | | | |
| 11:30AM | | | | | | Cycle/ Yoga Alexis Cycle Studio |
| 5:30 PM | | Cycle Ben Cycle Studio | Cycle Terri Cycle Studio | | | |
| 6:30 PM | Cycle 101 Terri Cycle Studio | | | Cycle Benjamin Cycle Studio | | |

Active & Ageless: Is a low impact class that uses light weight, a little cardio, strength training, balance and flexibility, while focusing on activities for daily living. Chair is available for your convenience.

Barre: This class fusions traditional ballet movements and targets muscle toning while using Pilates to engage the core. We use resistance bands and body weight to challenge your body with controlled movements.

Beginner Yoga: Use posture and stretches in combination with breathing to develop flexibility and relation

Boot Camp: Improve your strength and stamina through this rugged workout. 50% Strength, 50% Cardio

Boxing Circuit: Exercise like a heavyweight champ in this class that employs jump ropes, heavy bags, speed bags and other equipment to take you through reflex drills, coordination exercises, footwork, shadow boxing, jump training, and other boxing-inspired forms of cross-training.

Cardio Kick Boxing: Combines martial arts with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle all while having fun!

Chair Simply Core: A 30 minute strengthening workout concentrating on the abdominals and the surrounding core muscles. Will also practice balancing and flexibility exercises

Chair Yoga: Is a gentle form of yoga provides a unique opportunity to find deeper well-being though exploration of gentle postures, breath work, meditation and deep relaxation.

Cycle: An intense cycling cardio experience with hill climbs, sprints, and isolations set to motivational music.

Cycle 101: Gain the confidence you need to go the distance: Beginner rides feature shorter intervals, a lower range of resistances, frequent form checks, and high-energy music to keep each ride fun and exciting.

Cycle Express: A 30 minute high intensity studio cycle class to get your heart rate going with sprint intervals and challenging climbs. A quick ride for those with places to go. This non-impact class has the same health benefits as a regular cycling class.

Hip Hop: Dance your way to fitness with a mixture of pop, rock, hip hop, and international music. No dance experience necessary!

HIIT-High Intensity Interval Training: A high level cardio workout in which high spurts of cardio segments are combined with body weight exercises for an intense workout. This class last a quick 45 minute

Intermediate Yoga: designed for those who have been exposure to yoga and basic poses and proper alignment. This class will explore the practice yoga more deeply to help you become more familiar with poses and use of the breath.

Muscle Mission: Try this class if you are ready to tax your muscles in a variety of ways. Utilizes various pieces of equipment and muscle groups to maximize calories burned.

Pilates: Optimize your body awareness with good posture and alignment while increasing core strength and flexibility

Simply Core: Develop functional core strength, flexibility and balance in a quick 30 minute class

Vinyasa Yoga: A vigorous and challenging style of yoga that links posture and breath to build heat, flexibility, strength and mental focus

WOD: Workout of the Day– Train with a certified Personal Trainer. Each workouts will push you to the next level! All abilities levels welcomed!

X Plode: This class utilizes the Step to enhance dynamic body movement with high intensity cardio/strengths intervals. Total Body workout perfect for rookies and athletes.

Slow Yoga: A slow-paced style of yoga with postures that are held for longer periods. It aims to targets our deepest tissues of the body

Yoga Flow: This class is designed for beginners through intermediate students utilizing Vinyasa style.

Yoga Spin: This class combines yoga and indoor cycling, 60-minute class that is divided into two half-hour segments: 30 minutes of spin followed by 30 minutes of yoga.

ZUMBA®: A fusion of Latin and International dance styles made into a fun cardio Fitness class.

Kids ZUMBA®: For kids ages 7-11 get a classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

Kids Jr ZUMBA®: Perfect for our younger Zumba® fans! Kids 4-6 years old get the chance to socialize with friends and jam out to their favorite music.

CHILDWATCH SCHEDULE (Ages 6 weeks – 4 yr. old)

Mon.-Fri: 8:00 am-12:00 pm and 4:00 pm- 8pm

Saturday: 8:00 am - 12:00 pm

Y-Zone (ages 5-12)

Mon.-Fri: 8:00 am-12:00 pm and 4:00 pm-8pm

Saturday: 8:00 am - 12:00 pm

Notes to Know:

New Dance and Martial Arts programs are available to sign up for

The Statesboro YMCA will be closed on Sunday April 1st due to Easter