



# Statesboro YMCA

## Group Fitness

**JUNE 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		<b>Cycle Express</b> Terri <b>Cycle Studio</b>			
8:00AM	Morning Yoga Kirstyn Yoga Studio	WOD Jordan Wellness Center	Boot Camp Hannah Wellness Center	HIIT Hannah Program Studio	WOD Jordan Wellness Center	
	Boxing Circuit Austin Boxing Studio 8:15-9AM					
9:00 AM		Barre Bella Yoga Studio	Morning Yoga Kirstyn Yoga Studio	Barre Bella Yoga Studio	Cardio Dance Rosa Program Studio	
					Morning Yoga Kirstyn Yoga Studio	Simply Core Phylicia Yoga Studio <b>9:30-10AM</b>
10:00 AM		*		Chair Simply Core Bella Yoga Studio 10:15-10:45 AM		Cardio Dance Phylicia Aerobic Studio
						Boxing Circuit Austin Boxing Studio 10-10:45AM
10:30 AM	Active & Ageless Hannah Aerobic Studio		Active & Ageless Hannah Aerobic Studio		Active & Ageless Bree Aerobic Studio	
1:00 PM		Chair Yoga Alexis Yoga Studio @1:30-2:30	Strength Yoga Alexis Yoga Studio <b>12-1PM</b>		Chair Yoga Alexis Yoga Studio	Flow Yoga Kirstyn Yoga Studio
5:15 PM	Vinyasa Yoga Kirstyn Yoga Studio	Beginner Yoga Kirstyn Yoga Studio				
5:30 PM	WOD Hannah Aerobic Studio	Barre Bella Aerobic Room	Hip Hop Phylicia Aerobic Room	<b>Barre</b> <b>Bella</b> <b>Aerobics Studio</b>		
				Boxing Circuit Austin Boxing Studio 5:30-6:15PM		
6:00 PM	<b>Kids Yoga</b> Kirstyn <b>Yoga Studio</b> <b>*6-6:45PM*</b>	Intermediate Yoga Kirstyn Yoga Studio	Vinyasa Yoga Kirstyn Yoga Studio	Yoga Flow Alexis Yoga Studio		
6:30 PM			Boot Camp Bree Aerobic Studio			
6:30 PM	Cardio Kick Boxing Hannah Aerobic Studio	Boot Camp Hannah Aerobic Room		<b>Body Sculpt</b> <b>Phylicia</b> <b>Aerobic Room</b>		
7:00 PM	<b>Hip Hop</b> <b>Phylicia</b> <b>Aerobic Studio</b>					
7:15 PM			Cardio Dance Rosa Aerobic Studio			

**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

**Notes to Know:**  
 Registration For Summer camp is now available.



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## CLASS DESCRIPTION

JUNE 2018

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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 Terri Cycle Studio
11:00 AM			Cycle/ Yoga Alexis Cycle Studio			
5:30 PM		Cycle/Yoga Alexis Cycle Studio	Cycle Terri Cycle Studio			
6:30 PM	Cycle 101 Terri Cycle Studio			<b>Cycle &amp; Weights Bree Cycle Studio</b>		

**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

**Body Sculpt:** 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. A great way to define, sculpt and build lean muscle.

**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 Dance:** dance-based cardio class designed to get you moving to a variety of different songs. In this class you will sweat out your stress with fun hip hop moves. You'll use dance to strengthen and sculpt your body all while having lots of fun!

**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 strengthen workout concentrating on the abdominals and surrounding core muscles. Will also practice balancing and flexibility.

**Chair Yoga:** Is a gentle form of yoga provides a unique opportunity to find deeper well-being through 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.

**Kids Yoga:** help children develop healthy bodies, flowering hearts, and a calm, focused mind! For children who will be focus and engaging for the entire 45 minutes.

**Morning 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

**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

**Strength yoga:** 60 min yoga class designed towards building upper and lower body strength through various yoga postures.

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

**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: