



Statesboro YMCA

Group Fitness

May 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		Cycle Express Terri Cycle Studio			
8:00AM	Morning Yoga Kirstyn Yoga Studio	WOD Jordan Wellness Center	Boot Camp Hannah Aerobic Studio		WOD Jordan Wellness Center	
	Boxing Circuit Austin Boxing Studio 8:15-9AM				Morning Yoga Kirstyn Yoga Studio	
9:00 AM		Barre Bella Yoga Studio	Morning Yoga Kirstyn Yoga Studio	HIIT Hannah Aerobic Studio	Cardio Dance Rosa Aerobic Studio	
				Barre Bella Yoga Studio		Simply Core Phylcia Yoga Studio 9:30-10AM
10:00 AM		Chair Yoga Alexis Yoga Studio *Starting May 8th*		Chair Simply Core Bella Yoga Studio 10:15-10:45 AM		Cardio Dance Phylcia Aerobic Studio
						Boxing Circuit Austin Boxing Studio 10-10:45AM
11:00 AM	Active & Ageless Hannah Aerobic Studio		Active & Ageless Hannah Aerobic Studio		Active & Ageless Bella Aerobic Studio	
1:00 PM					Chair Yoga Alexis Yoga Studio *Starting May 11th*	Flow Yoga Kirstyn Yoga Studio
5:15 PM	Vinyasa Yoga Kirstyn Yoga Studio	Beginner Yoga Kirstyn Yoga Studio	Hip Hop Phylcia Aerobic Room			
5:30 PM	WOD Hannah Aerobic Studio	Barre Bella Aerobic Room		Barre Bella Aerobics Studio		
				Boxing Circuit Austin Boxing Studio 5:30-6:15PM		
6:00 PM		Intermediate Yoga Kirstyn Yoga Studio	Boot Camp Hannah Aerobic Studio	Yoga Flow Alexis Yoga Studio		
	Kids Yoga Kirstyn Yoga Studio *6-6:45PM*		Vinyasa Yoga Kirstyn Yoga Studio			
6:30 PM	Cardio Kick Boxing Hannah Aerobic Studio	Boot Camp Hannah Aerobic Room				
		Simply Core Bella Program Studio 6:30-7PM		Body Sculpt Phylcia Aerobic Room		
7:00 PM	Hip Hop Phylcia Aerobic Studio		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

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:

Registration For Summer Camp is now available.
More information can be found at the front desk or online.
ALL of Kirstyn's yoga classes **WILL START** after May 10th



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CLASS DESCRIPTION

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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 Ben Cycle Studio
9:00 AM			Cycle/ Yoga Alexis Cycle Studio			
5:30 PM		Cycle Ben Cycle Studio	Cycle Terri Cycle Studio			
6:30 PM	Cycle 101 Terri Cycle Studio					
7:00 PM				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

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

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: 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.