



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TYBEE ISLAND YMCA JULY FITNESS SCHEDULE

YMCA HOURS: MONDAY-THURSDAY 5:30AM-9PM / FRIDAY 5:30-8:30PM / SATURDAY 8AM-6PM / SUNDAY 1PM-5PM

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM				★ Beach Yoga ★ 6th St Beach/Christine G		
7:30 AM		Stretch & Flex Rm 8/Bonnie		Pilates Rm 8/Adrian		
8:00 AM	Tone & Burn Rm 8/Adrian		Tone & Burn Rm 8/Sunny		Tone & Burn Sunny/Rm 8	
8:30 AM		Indoor Cycling Rm 5/Jacqui 18, 25 - Melanie <hr/> Low Impact Fitness Rm 8/April		Indoor Cycling Rm 5/Adrian <hr/> Tai Chi Cafeteria/Mrs. Lee <hr/> Low Impact Fitness Rm 8/ April		20 Minute Abs Rm 8/Jacqui
9:00 AM	Water Aerobics & Open Swim Campground *Paid Program	Water Aerobics & Open Swim Campground *Paid Program	Water Aerobics & Open Swim Campground *Paid Program	Water Aerobics & Open Swim Campground *Paid Program	Water Aerobics & Open Swim Campground *Paid Program	Yoga Rm 8 /Jane <hr/> Indoor Cycling Rm 5/ Jacqui
9:30 AM	Yoga Rm 8/Liz	20 Minute Abs Rm 8/Jacqui 18, 25 - Melanie	Power Hour Yoga Rm 8/Jessie	20 Minute Abs Rm 8/Adrian	Yoga Rm 8/Will	
10:00 AM		Zumba Tone Rm 8/Kelli 18 -		Zumba Rm 8/Nana 20, 27 - Kelli		Zumba Rm 8/Nana 8, 22, 29 - Kelli
11:00 AM	Chair Yoga Rm 8/Liz	Chair Fitness Rm 8/April	Chair Yoga Frank Rm 8	Chair Fitness Rm 8/April	Chair Yoga Rm 8/Betsy	
5:00 PM		Fit Bodies Rm 8/April		Fit Bodies April/Rm 8		DID YOU "LIKE" US ON FACEBOOK YET?  
5:30 PM			Total HIIT Conditioning Rm 8/Jazmine			
6:00pm	Meditation Rm 8/Volunteer Led	Yoga Rm 8/Betsy		Yoga Rm 8/Mark		
6:40pm			Yoga Balance & Flow Rm 8/Christine R			

### DATES TO REMEMBER

July 3-7: Stand Up Paddleboard Camp   Pre-registration required Tuesday, July 4: YMCA Closed/No Group Exercise Classes July 10-14: Surf Camp   Pre-registration required Monday, July 10: The YMCA Joins the Farmers Market   4-7 pm Tuesday, July 11: Member Health Assessments Free Nutritional Seminar   6pm   Rm 6	Friday, July 15: Movies in the Park   8:45pm   Memorial Park July 17-21: Stand Up Paddleboard Camp   Pre-registration required July 21: Skate Night   6-8 pm   \$4/skater Monday, July 24: The YMCA Joins the Farmers Market   4-7 pm July 24-28: Surf Camp   Pre-registration required Monday, July 31: VIP Luncheon   11 am   Old School Cafeteria
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ALL FITNESS CLASSES ARE 50 MINUTES UNLESS OTHERWISE STATED

**Chair Fitness** – Designed with seniors in mind, but all ages are invited. In a seated position the class uses a combination of exercises to stretch all parts of the body for flexibility and muscle conditioning. Participants work with light weights and bands to build strength while benefiting the joints. Each person is able to work at their own fitness and comfort level.

**Chair Yoga** – This class guides you through warm-ups, stretching, modified yoga poses, breathing and meditation to improve muscle tone, flexibility, posture and circulation. The poses are done while seated or standing beside a chair. Do only what you can, as the goal is to feel better and move.

**Fit Bodies** – This class focuses on varying sets of exercises, working specific muscle groups, using weights, resistance bands, medicine and balance balls. Fit bodies is great for all fitness levels. From squats and leg lifts to jumping jacks and push-ups, this class will get your heart rate up and your muscles working!

**Indoor Cycling** – Enjoy this intense cardio class involving stationary bikes, music and black lights. This 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.

**Low Impact Fitness** – Low impact exercise that mimics movements found in life. The goal is to improve strength while increasing heart rate, stability, balance, and flexibility.

**Pilates** - Bender Barre Method is a "Barre None" approach to the popular Barre fitness classes infusing yoga, Pilates, and strength conditioning all without the need for a ballet bar. Strengthen your core, glutes, hamstrings, and increase overall stability.

**Stretch & Flex** – This is a low impact class focused on improving flexibility and core strength.

**Tone & Burn** – This class has tons of variety! All the major muscle groups are worked with a mix of bands, exercise balls, BOSU's, and dumbbells. This class helps your body grow stronger with increasing ability, endurance, and balance.

**Total Body Conditioning** – Combine cardio with strength training to improve endurance & strength by utilizing different types of equipment each week.

**Yoga** – Yoga is an ancient system of breathing practices, physical exercises and postures, and meditation intended to integrate the practitioner's body, mind, and spirit. Yoga postures provide strength and flexibility over the entire body. This class is for people of all ages and experience levels. (Tuesday night yoga is 1½ hours long.)

**Yoga Balance & Flow** - A sequence based yoga with a focus on alignment and balance. With this yoga flow class the goal is to build strength, reduce stress, and increase flexibility. This is for anyone with a baseline fitness level, but offers adaptations for basic and advanced posing. Join us and see the progress in how you feel from week to week!

**Yoga Power Hour** – This is a power hour Baptiste class. All levels are welcome and each student is encouraged to move at their own pace. Instruction will be given on modifications/variations to assist in progression. The sequence is known as JIP (Journey into Power). The idea is to get to know, and listen, to your body, and to sweat! It will be a challenging and rewarding experience!

**Zumba** – Ditch the workout, join the party! Zumba classes feature exotic rhythms set to high-energy Latin and international beats. You'll be having fun and BURNING A LOT OF CALORIES! You have never had this much fun exercising!

**Zumba Tone** - Join in on the Zumba you know and love, with an added twist: weights!

**20 Minute Abs** – Come spend 20 minutes focusing solely on those abdominal muscles! Each week presents a new workout utilizing different techniques from equipment such as a BOSU ball, to just your body and a mat.

WOULD YOU LIKE TO SCHEDULE AN ACTIVATE APPOINTMENT?

It's a free perk with your membership – A 6 week program to get you started with your healthier lifestyle. Ask our welcome center staff for more details.

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