



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

July 3: No Classes
July 4: YMCA Closed

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
7:30-8:20 AM						★ Beach Yoga 6th St. Access Kelli L. ★
8:00-8:50 AM	Total Body HIIT Rm 8/Jazmine		Tone & Burn Rm 8/Sunny		Tone & Burn Rm 8/Sunny	
8:30-9:20 AM		HIIT Cycling Rm 5/Nana <hr/> Low Impact Fitness Rm 8/April		HIIT Cycling Rm 5/Nana <hr/> Tai Chi Gymnasium/Mrs. Lee 5- no class <hr/> Low Impact Fitness Rm 8/ April		
9:00-9:50 AM	9:00-9:25 High Intensity/Low Impact (HiLo) Rm 8/April Water Aerobics & Open Swim Campground *Paid Program	Water Aerobics & Open Swim Campground *Paid Program	9:00-9:25 High Intensity/Low Impact (HiLo) Rm 8/April Water Aerobics & Open Swim Campground *Paid Program	Water Aerobics & Open Swim Campground *Paid Program	Water Aerobics & Open Swim Campground *Paid Program	Yoga Rm 8/Kelli L <hr/> HIIT Cycling Rm 5/Nana
9:30-10:20 AM	Yoga Rm 8/Cheryl	9:30-9:50 Complete Core Rm 8/Kelli W	Yoga Rm 8/Cheryl		Yoga Rm 8/Frank	
10:00-10:50 AM		Zumba Tone Rm 8/Kelli W		Zumba Tone Rm 8/Kelli W		Zumba Rm 8/Nana
11:00-11:50 AM	Corrective Bodywork® lite Rm 8/Dr. Bruce	Chair Fitness Rm 8/April	Chair Yoga Rm 8/Frank	Chair Fitness Rm 8/April	Chair Yoga Rm 8/Frank	
12:00-12:50 PM			Corrective Bodywork® Rm 8/Dr. Bruce			
5:00-5:50 PM	Get FIT! HIIT in the Park Memorial Park/Anna 16- TBA	Fit Bodies Rm 8/April	Get FIT! HIIT in the Park Memorial Park/Anna 18- TBA	Fit Bodies Rm 8/April		DID YOU "LIKE" US ON FACEBOOK YET?
5:30-6:20 PM	5:15-5:45 Total Body HIIT Rm 8 Jazmine		Total Body HIIT Rm 8/Jazmine			
6:00-7:00 PM	Meditation Rm 8/Volunteer Led	Yoga Rm 8/Cheryl		Yoga Rm 8/Mark 5, 19 - Liz		



TYBEE ISLAND YMCA CLASS DESCRIPTIONS

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

ALL FITNESS CLASSES ARE 50 MINUTES UNLESS OTHERWISE STATED

Chair Fitness – Designed with seniors in mind, but all ages are invited. In chairs, 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.

Complete Core - Come spend 20 minutes focusing on strengthening your entire core! Each week presents a new work out utilizing different techniques from equipment such as a BOSU ball, to just your body and a mat.

Corrective Bodywork®- Rehabilitation and fitness combined. This class works on improving balance, posture, and endurance, while also increasing flexibility and core strength. **Lite:** There are no floor exercises or use of rehab balls.

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!

Get FIT! HIIT in the Park – While your kids are in soccer practice join us for FUNctional Interval Training in the park! This class will push you to build strength and endurance, and offers adaptations for all fitness levels. (Meets in gymnasium if raining or too cold)

HIIT Cycling –This indoor cycling class is packed with high intensity intervals, followed by short periods of rest, for maximum calorie burn.

High Intensity/Low Impact (Hi/Lo)– High intensity intervals meet low impact exercises in this class designed for maximal calorie burn with minimal stress on your body. (30 minute class.)

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.

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.

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 HIIT – Combine cardio with strength training to improve endurance & strength by utilizing different types of equipment each week. Class times vary; see schedule.

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.)

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!

Dates to Remember

July 2-6: Stand Up Paddleboard Camp | Pre-registration Required

Tuesday, July 3: No Classes, Member Health Assessments

Wednesday, July 4: YMCA Closed

July 9-13: Surf Camp | Pre-registration required

July 16-20: Waterman Camp | Pre-registration required

Tuesday, July 17: Rising Tyde Food Pantry Distribution | Old School Cafeteria

Friday, July 20: Skate Night | 6-8p | \$5/skater

July 23-27: Surf Camp | Pre-registration required

Monday, July 30: VIP Luncheon | 11am | Old School Cafeteria

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