



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TYBEE ISLAND YMCA

OCTOBER 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 |
|----------------|--|---|--|--|--|---|
| 8:00-8:50 AM | Total Body HIIT Rm 8/Jazmine | | Tone & Burn Rm 8/Sunny | | Tone & Burn Rm 8/Sunny Oct 19th-April | |
| 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 <hr/> Low Impact Fitness Rm 8/ April | | |
| 9:00-9:50 AM | 9:00-9:25 Hi-Lo Rm 8/April | | 9:00-9:25 Hi-Lo Rm 8/April | | | 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/Betsy | |
| 12:00-12:50 PM | | | Corrective Bodywork® Rm 8/Dr. Bruce | *NEW* *Starting Oct 11th* Tappercise Rm 8/Kathy | | |
| 5:00-5:50 PM | Get FIT! HIIT in the Park Memorial Park/Anna | Fit Bodies Rm 8/April | Get FIT! HIIT in the Park Memorial Park/Anna | 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 | | |
| 7:00-7:50 PM | | | Firefighter Cycling Oct 17th Only Rm 5/Nana | | | |

Dates to Remember

Sunday, October 14: Tybee Community Day | Y Open 1-6pm |
Friday, October 5: Pink Zumba Glow Party | 6-8pm | Tybee Gym
Friday, October 19: Spooky Skate Night | 6-8p | \$5/skater

Monday, October 29: VIP Luncheon | 11am | Old School Cafeteria
Wednesday, October 31: Trunk-r-Treat | 6-9pm | Memorial Park

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



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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.

NEW Class! >>Tappercise - If you're looking for a fun way to make music, energize your body, and stimulate your brain then Tap dancing is for you! Use your feet as a percussive instrument as you experience increased strength, flexibility, and coordination, as well as improved grace, balance, and posture. Enjoy the cardiovascular benefits of Tappercise while enjoying the rhythms of Broadway and pop, improving your mental acuity. Release endorphins, be happy, and laugh with a few new friends while you move to the beat!

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!