




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
7:30 AM		(Stretch and Flex has moved to a new time)		Pilates Rm 8/Adrian		
8:00 AM	★ Total Body HIIT Rm 8/Jazmine ★		Tone & Burn Rm 8/Sunny		Tone & Burn Rm 8/Sunny	
8:30 AM		HIIT Cycling Rm 5/Nana <hr/> Low Impact Fitness Rm 8/April		Indoor Cycling Rm 5/Nana <hr/> Tai Chi Cafeteria/Mrs. Lee <hr/> Low Impact Fitness Rm 8/ April		20 Minute Abs Rm 8/Nana
9:00 AM	★ High Intensity/Low Impact (HiLo) Rm 8/April (30 min) ★		★ High Intensity/Low Impact (HiLo) Rm 8/April (30 min) ★			Yoga Rm 8 /Jane <hr/> Indoor Cycling Rm 5/ Nana
9:30 AM	Yoga Rm 8/Liz	★ 20 Minute Abs Rm 8/Kelli <hr/> Stretch & Flex Gymnasium/Bonnie ★	★ Power Hour Yoga Rm 8/Jessie ★		Yoga Rm 8/Will	
10:00 AM		Zumba Tone Rm 8/Kelli		Zumba Rm 8/Nana		Zumba Rm 8/Nana
11:00 AM	Chair Yoga Rm 8/Liz	Chair Fitness Rm 8/April	Chair Yoga Rm 8/Frank	Chair Fitness Rm 8/April	Chair Yoga Rm 8/Betsy	
5:00 PM	★ Get FIT in the Park Memorial Park/Anna ★	Fit Bodies Rm 8/April	★ Get FIT in the Park Memorial Park/Anna ★	Fit Bodies Rm 8/April		DID YOU "LIKE" US ON FACEBOOK YET? 
5:30 PM	★ Total Body HIIT Functional Fitness Room YMCA Jazmine (30 min) ★		Total Body HIIT Rm 8/Jazmine (1 hour)			
6:00pm	Meditation Rm 8/Volunteer Led	Yoga Rm 8/Betsy		Yoga Rm 8/Mark		
			Yoga Balance & Flow Rm 8/			

DATES TO REMEMBER

Tuesday, October 3: Member Health Assessments

Wednesday, October 4: Teen Cuisine Starts

Friday, October 13: Pink Glow Zumba Dance Party | 6-8:30pm

Friday, October 13: Parent's Night Out | 6-9pm

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

Friday, October 20: Spooky Skate Night | 6-8pm | \$4/skater (wear a costume!)

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

Tuesday, October 31: Trunk or Treat | 6-8p | Memorial Park



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.

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 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.

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.)

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 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.)

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!

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!

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