




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NO Group Classes
Sept. 2nd or 4th

TYBEE ISLAND YMCA

SEPTEMBER 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/Jacqui
9:00 AM	High Intensity/Low Impact (HiLo) ★ Rm 8/April ★ (30 min) <hr/> Water Aerobics & Open Swim Campground *Paid Program	Water Aerobics & Open Swim Campground *Paid Program	High Intensity/Low Impact (HiLo) ★ Rm 8/April ★ (30 min) <hr/> 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 16, 23 - Liz <hr/> Indoor Cycling Rm 5/ Jacqui 9, 23 - Nana
9:30 AM	Yoga Rm 8/Liz	20 Minute Abs Rm 8/Kelli ★ 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	Super Saturdays! 9th, 16th, 30th
5:00 PM		Fit Bodies Rm 8/April		Fit Bodies Rm 8/April	DID YOU "LIKE" US ON FACEBOOK YET? 	9th-Free Smoothies!
5:30 PM	Total Body HIIT Functional Fitness Room YMCA Jazmine (30 min) ★ ★		Total Body HIIT Rm 8/Jazmine (1 hour)			16th-11am: HIIT Cycling 12pm: Total Body HIIT 1pm: HiLo 2pm: Zumba
6:00pm	Meditation Rm 8/Volunteer Led	Yoga Rm 8/Betsy		Yoga Rm 8/Mark		30th- Free Fruit and Healthy Snacks!
			Yoga Balance & Flow Rm 8/Christine R			

DATES TO REMEMBER

Saturday, September 2: No Group Exercise Classes
Monday, September 4: YMCA Closes at 6pm | No Group Ex. Classes
Tuesday, September 5: Member Health Assessments
Saturday, September 9: Super Saturday | Open House at the Y
Wednesday, September 13: Teen Cuisine Starts
Friday, September 15: Skate Night | 6-8pm | \$4/skater

Saturday, September 16: Super Saturday | Open House at the Y
Wednesday, September 20: Happy Helpers Starts
Saturday, September 23: Heart of Savannah 5k
Monday, September 25: VIP Luncheon | 11am | Old School Cafeteria
Saturday, September 30: Super Saturday | Open House at the Y



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!

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!

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.

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