



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

West Chatham YMCA FITNESS SCHEDULE

July 2017

YMCA HOURS: MONDAY-THURSDAY 4:30AM-9PM / FRIDAY 4:30AM-8PM / SATURDAY 7AM-7PM / SUNDAY 11AM-6PM

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15AM		Circuit X Boot Camp (Mary)		Sweathouse (Mary)	Circuit X Boot Camp (Mary)	
8:00AM					Yogalates & Lift (Greta)	Zumba (Kristen)
9:00 AM	Cardio Strength (Donna)	Power Yoga (Stacy)	Kickboxing (Mary)	The Art Of Strength (Mary)	Tabata (Dawn)	Yoga Strength (Greta)
	Zumba (Barbara) Adult Gym	Bootcamp (Mary) Adult Gym	Zumba (Barbara) Adult Gym	Shimmy Chic (Kitt) Adult Gym	Zumba Toning (Barbara) Adult Gym	* POUND Youth gym
	Water Aerobics (Shari)		Water Aerobics (Shari)		Water Aerobics (Caren)	
10:00 AM	Pilates (Greta)	Simply Step (Dawn)	Pilates (Stacy)	Piloxing (Stacy)	Pilates (Caren)	Pilates (Greta)
11:00 AM	Line Dancing (Ruth)	Active N Ageless (Tracie)	Line Dancing (Tracie)	Active N ageless (Ruth)	Line Dancing (Ruth)	Belly Dancing (Christina) Water Aerobics (Shari)
12:00 PM			Yoga (Tracie)			
	CLASSES IN AEROBICS RM		OTHERWISE		NOTED	
4:30 PM		Chisel It (Mary)	Jump-n-Pump (Dawn)	Power Core (Dawn)		
5:30 PM	Cardio H.I.I.T. (Stacie)	Kickboxing (Mary)	Zumba (Stacie)	Art of Strength (Mary)	Kendo (Jake)	
6:30 PM	Art of Strength (Stacie)	Yoga *(Jennifer)	Slide n Glide (Stacie)	X-Plode (Stacie)		
7:30 PM	Yoga *(Jennifer)	*Tae Kwon Do (MIKE)	Belly Dancing (Christina)	*Tae Kwon Do (MIKE)		*PROGRAM

CHILDWATCH SCHEDULE (Ages 6 weeks – 4 yr. old)

Mon. – Thurs: 8:45 am – 1:00 pm and 4:15 pm- 7:30 pm

Friday: 8:45 am – 1:00 pm

Saturday: 9:00 am – 12:00 pm

Y ZONE SCHEDULE (Ages 5-12)

Mon. – Thurs: 4:15 pm- 7:30 pm

Saturday: 9:00 am – 12:00 pm

No Child Watch 4th of July! Y will be closed.

We will be closed 4th of July

***()- New Instructor**

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



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West Chatham YMCA CLASS DESCRIPTION

July 2017

*CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15AM	Pedal N Abs (Mary)		Pedal N Abs (Mary)			
9:00 AM	Pedal N Tone (Mary)		TRX (Dawn)			
10:00 AM		Spin DJ (Tracie)	Whip it Good (Dawn)	Sweat N Burn (Mary)	Rhythm Revolution (Sondra)	
11:00 AM				TRX (Stacy)		
5:30 PM	Whip It Good (Dawn)		TRX (Dawn)	TRX (Emily)		
6:30PM	TRX (Dawn)	Sweat N Burn (Mary)	Rhythm Revolution (Emily)	Sweat N Burn (Mary)		

*Please Reserve Cycling/TRX and **Pound** classes 24 hours in advance. Limited Space Available!
Classes 45 Minutes unless otherwise noted!
SEE OR CALL FRONT DESK 912.748.9622

ACTIVE N AGELESS: Slowly and carefully instructed weight and cardio training

ART OF STRENGTH: Old School strength class that focuses on toning the major muscle groups using dumbbells, tubes, bands.

BELLY DANCING: Cardio dance class that provides basic belly dance techniques.

BOOTCAMP: 45 minute circuit style class that utilizes Battle Ropes, Circuit, TRX straps and other functional fitness equipment.

CARDIO H.I.I.T.: A high level cardio workout in which high spurts of cardio segments are combined in creative ways with drills, cardio stations and even occasional outdoor intervals.

CARDIO STRENGTH: Try this class if you are ready to tax your muscles in a variety of ways. Utilizes various pieces of equipment to maximize calories burned.

CHISEL IT: High intensity cardio with strength training intervals focused to chisel an overall lean, toned body.

JUMP N PUMP: Utilizing the jump rope for a killer cardio workout and full body strength conditioning to rock your metabolism.

KETTLEBELL KRUSH: Body motion exercises using kettlebells that combine cardiovascular, strength and flexibility training.

KICK BOXING: A form of martial arts that combines boxing with elements of karate.

LINE DANCING: Low Impact cardio dance class.

PILATES: Controlled exercises that blend strength and flexibility to improve posture and reduce stress and tone lean muscle.

PILOXING: Piloxing combines Pilates and boxing moves in a high-spirited interval workout and that is unique and fun.

SIMPLY STEP: Easy choreography utilizing the step as main equipment to keep heart rate up and work those big muscle groups.

SHIMMY CHIC- Cardio dance, heavy legs and abs.

SLIDE N GLIDE: Cardio based class using gliding discs and your own body weight as resistance.

SWEATHOUSE: Perfect combination of heart pumping cardio and intense weight training.

TABATA: High Intensity cardio class with 20 sec. work 10 sec. rest for 8 rounds.

TRX: Full-body strength workout that utilizes a person's own body weight instead of relying on machines or dumbbells.

X PLODE: This class utilizes the Step to enhance dynamic body movement with high intensity cardio/strengths intervals. Total Body workout perfect for rookies and athletes.

YOGA: The use of breath control, simple meditation and body postures to improve overall health and promote relaxation.

ZUMBA: A fusion of Latin and International dance styles made into a fun cardio Fitness class.

ZUMBA TONING: Targeted body-sculpting exercises and high-energy cardio work with Latin-infused moves to create a calorie-torching, strength-training dance fitness party.

WATER AEROBICS: Get you workout in a safe, fun and natural environment - the WATER. (May-Sept. ONLY)

POUND: lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

YOGALATES: Pilates and yoga all combined into one class