



ALL NEW
CLASSES!

GOLDEN ISLES YMCA FITNESS CLASSES SEPTEMBER 2017

YMCA HOURS: MONDAY-THURSDAY 5:30AM-8PM/ FRIDAY 5:30AM-7PM / SATURDAYS 8AM-5PM / SUNDAYS 1PM-5PM
Tel.912.265.4100

AEROBICS ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	TRANSFORM (Lynnette)		TRANSFORM (Lynnette)			
8:30AM	STRENGTH N KICK (Becca)	PILATES (Shelley)	Tabata/Pound [®] Express (Susan)	PI-YO (Mary N)	TRANSFORM (Becca)	
9:30AM	YOGA (Najwa)	ZUMBA (Yolanda)	YOGA (Najwa)		ZUMBA (Yolanda)	
9:30AM	PUMP IT UP		PUMP IT UP (Susan)	REFIT [®] (Merry)		
10:15AM					YOGA (Najwa) B/C Rom	
10:30AM	STRENGTH II	BOOM! (Susan)	STRENGTH II (Susan)	BOOM! (Susan)	STRENGTH II (Suzanne)	
11:30AM	STRENGTH (Suzanne)		STRENGTH (Suzanne)	TAICHI (Beverly) Start Aug 10th	STRENGTH (Suzanne)	
12:45PM	PILATES STRETCH (Suzanne)		PILATES STRETCH (Suzanne)			
3:30PM					YOGA FOR KIDS (Najwa)	
5:30 PM	BALLROOM DANCE for beginners (Audrey)		ZUMBA (Shavonne)			
6:00 PM						
6:15 PM						
6:30 PM	*FAMILY FUN SELF-DEFENSE (Rita) @ the Gym	*KARATE (Lonnie)	*FAMILY FUN SELF-DEFENSE (Rita)			
7:00 PM		*KARATE (Lonnie)	Adults & Children *Program Fees	*KARATE (Lonnie)		
CYCLE ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM				SUNRISE CYCLE (Lynnette)	BOOT CAMP (Lynnette)	
9:30AM	30-45min RIDE (Zohra)		30-45min RIDE (Zohra)		30-45min RIDE (Becca)	30-45min RIDE (Dan)
5:30PM	HAPPY HOUR (Dan)		HAPPY HOUR (Cheryl)			
Core Zone ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	HIIT/W.O.D (Patty)					
8:30AM			Zohra			HIIT/W.O.D (Patty)
5:30 PM		HIIT/W.O.D (Patty)		HIIT/W.O.D (Patty)		



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GOLDEN ISLES YMCA CLASS DESCRIPTIONS

SEPTEMBER 2017

YMCA HOURS: MONDAY- THURSDAY 5:30AM-8PM/FRIDAY 5:30AM- 7PM / SATURDAYS 8AM-5PM / SUNDAYS 1PM-5PM

ALL CLASSES ARE WELCOME TO WOMEN AND MEN OF ALL AGES

Children are not allowed, only 12 and up with parents

CLASSES ARE 45-60 MINUTES UNLESS NOTED OTHERWISE

CHILD WATCH HOURS: (Ages 6wks-5yrs) MON-FRI 8-10:30am / MON-THURS 5-7:30pm/ *SAT 8:30-10:30am
POWER HOUR; (Ages 5-12 yrs) MON-THURS 5-7:30pm. Please check in at Front Desk

AEROBICS CLASSES

Transform: combo of free weights, barbells and steps improving balance & core strength

Strength N Kick: is Mixed Martial Art athletic training set to motivating music. Easy to follow fight patterns and drills create a HIIT effect and help improve their cardiovascular strength and endurance.

TABATA/POUND® EXPRESS: Push yourself to the max with 30 minutes of **HIGH INTENSITY Interval Training** followed by an exhilarating half hour of **POUND®** where Pilates meets drumming for strength, endurance and coordination

Yoga: Improve strength, balance and flexibility while carving out time to center and reconnect with yourself. The guided relaxation at the end will rest and restore you. Each pose offers several levels from beginner to advance to fit each body.

Pi-Yo: Muscle-sculpting, core firming benefits of Pilates with the strength and flexibility advantages of yoga, dynamic, flowing sequences that burn serious calories and can lengthen and tone your muscles and increase flexibility.

REFIT®: focuses on dance cardio with toning, flexibility and stretching. The workout formula is easy to follow and will challenge both fitness enthusiasts and fitness beginners.

Pilates Stretch: This class is a fusion blend of Pilates, yoga stretch and fitness conditioning that challenges strength, balance and flexibility. Chair support offered for safety. All fitness levels are welcome.

Pump it UP: is an easy to follow, fun, low-impact aerobic workout followed by strength, balance, and core training. The class includes respiratory intervals with strength based functional movement patterns to improve balance, agility, and increase reaction time. A great way to get in shape and stay fit!

Muscular Strength (Multi level) & Muscular Strength II (Intermediate-Advanced): fun variety of moves designed to increase strength and range of motion for daily activities, chair support offered for safety; includes: Hand weights, tubes & small balls.

Zumba®: a dance fitness sensation with easy-to-follow choreography, for a total body, dance party workout.

BOOM!: Fun, easy-to-follow dance fitness class for active older adults, beginners and anyone needing a low intensity/low impact, moderate level class to Latin, international, disco, country-western, Broadway and jazz music.

Tai-Chi: Is the gentle way to better health, can help improve flexibility, balance, muscle toning and feelings of well being with its slow fluid movements. Safe for all ages and fitness levels.

CYCLE ROOM

Sunrise: Wakeup with a spin on your morning to a big calorie burn and a feel good way to start your day.

Bootcamp: Need a challenge? Major calorie burn for a lean, strong, healthy body; may include: weights, bands, core moves and endurance training.

Happy Hour: Bring your water bottle and spin away your mid week blahs with some fun and friends!

CoreZone Room

HIIT/W.O.D: High intensity intervals/Work of the Day this class focuses on short bursts of intense exercise followed by lower intensity periods of active recovery; you will be challenged in all aspects of fitness. You will be pushed by an experienced coach through a carefully program that will help you build a muscle, strength, and endurance.

All new functional fitness area featuring PurMotion equipment. Orientation required. Initial classes will include orientation session. Intense (but can be modified) workout open to all levels. Produces exceptional cardio and toning results.

BE SURE TO ENJOY OUR PARK & REC AREA AND WALKING TRAIL OFF BACK PARKING LOT
AVAILABLE TO MEMBERS DURING NORMAL BUSINESS HOURS

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




ALL NEW CLASSES!

GOLDEN ISLESYMCA INDOOR AND OUTDOOR POOL CLASSES SEPTEMBER 2017

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POWER HOUR; (Ages 5-12 yrs) MON-THURS 5-7:30pm. Please check in at Front Desk**

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WATER AEROBICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15AM Indoor	ARTHRITIS FAP (Paige)	DEEP WATER C.D (Susan)	ARTHRITIS FAP (Mary)	DEEP WATER C.D (Susan)	ARTHRITIS FAP (Krystial)	DID YOU "LIKE" US ON FACEBOOK YET? 
9:00AM	HYDRO POWER (Paige)	SPLASH DANCE (Susan)	BODY SPLASH (Becca)	SPLASH DANCE (Susan)	BODY SPLASH (Paige)	
10:00AM	HYDRO FIT (Linda)		HYDRO FIT (Linda)		HYDRO FIT (Linda)	

Arthritis Foundation Aquatic Program: Program for better living; improving range of motion & muscle strength while reducing pain & stiffness.

Deep Water Cardio Dance: Get ready for an awesome workout to music in the deep end of the pool! 100% non-impact, easy on joints and fun, yet a cardiovascular challenge.
PERSONAL FLOATATION REQUIRED "if not naturally buoyant".

BodySplash: A refreshing water workout designed to improve joint flexibility, as well as reduce stiffness and pain; includes muscle strengthening, aerobic activity and stretching.

Hydro Power: Cardio endurance and strength training using water resistance. For beginner to Intermediate.

***Hydro Fit:** Combination of cardio and strength intervals using progressive overload and PNF stretches.

***Splash Dance:** Dance to the music in the pool! Easy-to-follow choreography that's fun and effective for Cardio, strength and flexibility. For all ages/ fitness levels.

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