



# September 2017 Habersham 912-354-6223

**YMCA HOURS: MON-THUR 4:30AM-9PM/FRI 4:30AM-8PM/SAT 7AM-6PM/SUN 11AM-6PM**

**FREE CHILD CARE: MON-FRI 8AM-1PM/MON-THUR 4:15-7:30PM/SAT 9:15-11:45**

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AEROBICS ROOM</b>							
6:30AM	HIIT X Train (Megan)	Yogalates (Megan)		Yogalates (Megan)			
8/8:15AM	8 Zumba (Kenyatta)	8:15 Fit Barre (Ashley)	8 Ab-Domination (Susie)	8:15 Fit Barre (Elizabeth)	8 Zumba (Jill)	8 Dance Chance (Maria)	
9/9:15AM	9:15 HIIT Camp (Dawn)	9:15 HIIT Strength (Yanet)	9 HIIT Hurricane (Jen W)	9:15 Triple Threat (Jill)	9:15 HIIT Energy (Korry)	9:05-10:30 HIIT Conditioning (Stephanie)	
10/10:15/10:30AM	10:15 Ageless Athletes (Jen R.)	10:15 Flex & Stretch (Carla)	10:15 Ageless Athletes (Carla 13, 27) Zumba (Elender 6, 20)	10:20 Great Weighted Workout (Jill)	10:15 Senior Fit (Mary 8, 22) Senior Yoga (Liz 1, 15, 29)	10:30 Flex and Stretch (Korry)	
11/11:15AM	11:15 Tai Chi (Myong)	11 Senior Active (Angie)	11:15 Tai Chi (Myong)	11 Line Dancing (Elender)	11:15 Tai Chi (Myong)		
12/12:15	12:15 Yoga Buzz (Elizabeth)	12 Pilates (Elizabeth)		12:15 Hatha Yoga (Theresa)	12:15 Yoga Buzz (Elizabeth)		
2PM			**MoveOn for Movement Difficulties Pat and Elizabeth	**\$20 a month			
4:30PM	Zumba (JoJo)	Zumba (Yessica)	Piloxing (Jill)	Zumba (Cyndi)	POUND (Sabrina)		Sun Yoga (Katherine)
5:30PM	Step (Susan)	HIIT Breakthrough (Megan)	Total Body Blast (Megan)	Hip Hop (Diane)	HIIT Strength (Korry)		
6:30PM	Ab-Solution (Stephanie)	Gutts-N-Butts (Yanet)	Ab-Solution (Stephanie)	Yogalates (Megan)			
7:15PM			Zumba (Kate 2, 9) (Megan M 16, 23, 30)				
<b>TRX/MVE ROOM</b>							
6:30AM			TRX (Megan)				
8:15AM	MVE (Ashley)						
9/9:30AM			9:30 Chair Fitness (Elizabeth Ricks)	9 MVE (Elizabeth)			
12:15			*Beginner TRX (Korry)	*canceled every 3 <sup>rd</sup> Wednesday for Senior Luncheon			
5:30PM	TRX HIIT (Stephanie)	TRX HIIT (Leigh)	TRX Strength (Stephanie)	TRX Cardio Strength (Megan)			
6:15PM		TRX Strength (Leigh)		TRX Cardio Strength (Stephanie)			

# CYCLE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30/5:45AM	5:30 Cycle (Megan)	5:45 Cycle (Leigh)	5:30 Cycle (Megan)	5:45 Cycle (Leigh)	5:30 Cycle (Alena)		
8:30/9/9:15AM	9:15 Cycle (Ashley)		9 Cycle (Susie)		8:30 Cycle (Kim)	9:15 Cycle	
Noon	Cycle (Kim)		Cycle (Kim)		Cycle (Nicki)		
5:30PM	Cycle (Susie)	Cycle (Nicki)		Cycle (Leigh)			
6:30PM	Cycle (Leigh)		Cycle (Megan)				

## CLASS DESCRIPTIONS:

**AB-DOMINATION/AB-SOLUTION:** 45 min of abdominal specific exercises that will target every part of your core

**AGELESS ATHLETES/SENIOR FIT:** slowly and carefully instructed weight and cardio training

**ALL CYCLING:** Cycles your way to fit! The perfect way for you to get into shape and to use as cross training

**ALL TRX:** Suspension training, working with your own body weight

**BUTTS AND GUTS:** A total body workout with an emphasis on your backside and core.

**CHAIR FITNESS:** Get your heart rate up and muscles pumped while working out in a chair

**DANCE CHANCE:** This is your chance to get fit while dancing

**FITT BARRE:** Fuses core conditioning, Pilates, yoga, stretching, and isometrics into one powerful workout

**FLEX AND STRETCH:** Combination of static and rhythmic muscle stretch and tone

**GREAT WEIGHTED WORKOUT:** choose your weights and workout every major muscle group

**HATHA YOGA:** Total body stretching and breathing

**HIIT:** Acronym for High Intensity (An exertion level of 7 or higher on a 1-10 scale) Interval (10 seconds to 3 minutes) Training

**HIP-HOP:** Cardio dance workout with Hip Hop music

**MOVEON:** Targeting people battling Alzheimer's who want to move better.

**MVE PILATES:** Toning and strengthening while emphasizing correct joint alignment and range of motion, utilizing a Pilates inspired format on a resistance apparatus.

**PILATES:** Body conditioning which uses a unique system of core stretching and strengthening exercises

**PILOXING:** Pilates and boxing fusion

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

**YOGALATES:** Pilates and yoga fusion

**SENIOR YOGA:** A truly gentle yoga class with mat or chair options. You will tone and strengthen muscles, build immunity, and relax.

**TAI CHI:** Improves fitness, coordination, balance, and flexibility

**TOTAL BODY BLAST:** Full body, strength, cardio, and core

**ZUMBA:** A total workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Ditch the workout, join the party!

### Reasons HIIT Workouts are So Effective

- **EPOC effect** (another acronym) Excess Post-Exercise Oxygen Consumption
- **Metabolize fat for fuel** body taps into fat stores to restore normal resting state
- **Increase calories burned** high-intensity exercise involving a lot of muscle mass, requires lots of oxygen, our bodies burn 5 calories per 1 liter of oxygen
  - **Quicker recovery**
- **Elevated levels** of human growth hormone, testosterone, and insulin-like growth factor-1, which increase muscle volume and growth
  - **Saves time** get more work done in less time