



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ARMED SERVICES YMCA

# Liberty County Group Fitness APRIL 2017 Schedule

YMCA HOURS: MONDAY-FRIDAY 5:00AM-9PM / SATURDAY 8:00AM-5PM / SUNDAY 1PM-6PM

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM	ANYTHING GOES (Karen/Kame)		ANYTHING GOES (Karen/Kame)		ANYTHING GOES (Karen/Kame)	
8:30AM	SPINSANITY (DONI)	YOGA (MIN HI)	SPINSANTY (DONI)	YOGA (EMILY)	SPINSANITY (ALCINE)	SPIN (TANGELA)
9:00AM						YOGA (KRISTEN) BOARD ROOM
9:30AM						ZUMBA® (TINA)
9:45AM	NO EXCUSES (SHELNEKA)	CUROBICS® (SHELNEKA)	ULTIMATE CONDITIONING (LINDSAY)	BEASTMODE (SHELNEKA)	R.I.P.P.E.D (ALCINE)	
10:45AM	ZUMBA (LORIE)	R.I.P.P.E.D (ALCINE)	ZUMBA® (LORIE)	BASIC FIT (SHELNEKA)	ZUMBA® (LORIE)	
10:45AM	BASIC FIT (SHELNEKA) BOARD ROOM					
11:00AM						AQUA ZUMBA (LeNESHA) POOL
5:00PM	YOGA (LIZ)	STEP ABOVE (KAME)	ZUMBA® (MARGIT)	SPIN (KIMBERLY)	<b>UPCOMING EVENTS!</b> April 7 <sup>th</sup> – Zumba Master Class. Advance tickets \$10. Door entry \$15. Childcare \$5 ( childcare must be registered for prior to event)  April 27 <sup>th</sup> –Hallway health talk	
6:00PM	SPIN (TANGELA)	YOGA (STACY)	HIP HOP (NEZ)	ZUMBA® (MARGIT)		
7:00PM	ZUMBA® (MARGIT)	ZUMBA® (TINA)	ZUMBA® (LeNESHA)	ZUMBA® (EKTA)		

**We are more than a gym, we are a cause! Attend our events to help change the community!**

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



ALL FITNESS CLASSES ARE WELCOME TO WOMEN AND MEN OF ALL AGES  
CLASSES ARE USUALLY 45-60 MINUTES UNLESS NOTED OTHERWISE

**R.I.P.P.E.D:** A fitness program that encompasses all aspects of physical fitness which R.I.P.P.E.D. is an acronym for: Resistance, Interval, Power, Plyometrics, Endurance and Diet. The first five components are taught in a 50 minute class, while the last component, Diet, can be found on the website. R.I.P.P.E.D. is designed for all fitness levels, allowing a gym novice and trained athlete to both feel an intense full body workout.

**STEP ABOVE:** Kame will push you with an alternating step aerobics and resistance class. The exercises give you an excellent, all-around workout in record time. Class concludes with abdominals.

**CUROBIKS®:** CuRobiks is a mixture of calisthenics, aerobics and line dancing led and instructed by Shelneka! Try this hip hop variety and change up your fitness routine with high energy and fun!

**YOGA: WHY YOGA???** Yoga increases flexibility, decreases stress levels, improves cardiovascular health, improves fat burning, increases your strength, improves circulation, increases mental focus, and creates inner peace. All these are reasons to try it.

**ZUMBA®:** Join the party! Zumba® fuses Latin, international and world-beat music with easy-to-follow steps.

**SPINSANITY:** This class will change the way you look at the spin bike. Obtain your pass at the front desk. High energy music, challenging cycling, and lots of fun and motivation.

**SPIN:** This is a constant spin class. You ARE NOT getting off the bike until the ride is over. Prepare for a 45 minute spin session that will push your cardio endurance and put NO IMPACT on your joints. Obtain your pass for the bike at the front desk.

**NO EXCUSES:** This class includes intervals of strength and cardiovascular endurance. Shelneka will challenge you in the aerobics room with intervals of weight training, core, cardio, and endurance training.

**ULTIMATE CONDITIONING:** A mix of cardio and strength and instructed by one of our personal trainers, this class will give you a total body workout. All fitness levels welcome!

**ANYTHING GOES:** Instructors Kame and Karen put you through a great fitness regimen alternating step aerobics and resistance exercises give an excellent, all-around workout first thing in the morning.

**HIP HOP FITNESS:** Get fit with great dance moves in a hi-energy class. We'll get your body moving to exciting dance combinations, while getting a great workout to high energy music!

**BASIC FIT:** This class is all geared towards our seniors, prior injuries and newcomers to fitness. If you have had previous injuries and need a class that will be gentler on you, than this will help. As we age we still need to work on weight bearing exercise, flexibility and balance. Do not neglect the total affect fitness has on your health.

**BEASTMODE:** High intensity cardio class that incorporates an athletic style of coaching. All levels of fitness will be pushed to the next level!

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