



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Liberty County Group Fitness JULY 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) SPIN STUDIO	YOGA (MIN HI)	SPINSANTY (DONI) SPIN STUDIO	YOGA (MIN HI)	TABATA SPIN (ALCINE) SPIN STUDIO	SPIN (NATALIE) SPIN STUDIO
			CARDIO SCULPT (NATALIE)			YOGA AEROBICS STUDIO
9:45AM	CARDIO STRENGTH MIX (MISTY)	ZUMBA® (LeNESHA)	ULTIMATE CONDITIONING (LINDSAY)	F.A.X.T (ALCINE)	R.I.P.P.E.D (ALCINE)	ZUMBA® (TINA)
10:45AM	ZUMBA® (LORIE)	R.I.P.P.E.D (ALCINE)	ZUMBA® (LORIE)	PILOXING® (LORIE)	ZUMBA® (LORIE)	
11:00AM						AQUA ZUMBA (LeNESHA) POOL
5:00PM	YOGA (LIZ)	STEP ABOVE (KAME)	CARDIO STRENGTH MIX (MISTY)	BEAST MODE (BIRRANDA)	UPCOMING EVENTS! July 3 rd - No evening classes July 4 th - CLOSED 	
6:00PM	SPIN (TANGELA) SPIN STUDIO	YOGA (KRISTEN)	TABATA SPIN (ALCINE) SPIN STUDIO	TABATA SPIN (ALCINE) SPIN STUDIO		
	ULTIMATE CONDITIONING (BIRRANDA)		HIP/HOP (NEZ)	ZUMBA® (MARGIT)		
7:00PM	ZUMBA® (MARGIT)	ZUMBA® (TINA)	ZUMBA® (LeNESHA)	ZUMBA® (EKTA)		
EFFECTIVE JULY 1 ST , 2017						

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

**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. (H.I.I.T.)

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.

Fat Annihilation Cross Training: Train your body to become a lean mean fitness machine using metabolic training. This circuit based class will boost your metabolism & specifically target fat rather just burning calories. F.A.X.T will not only burn fat during training but will continue to increase the bodies ability to burn fat for up to 48 hours after. (H.I.I.T.)

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

CARDIO STRENGTH MIX: With a healthy mix of both cardio and strength, This class provides all the components for a full body workout. (H.I.I.T.)

SPIN/SPINSANITY/TABATA SPIN: Studio is located upstairs for our spin classes. 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 and enjoy the ride.

CARDIO SCULPT: This class includes intervals of STEP and strength exercises. Natalie 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 intervals instructed by our lead trainer, Lindsay! This class will give you a total body workout. All fitness levels welcome! (H.I.I.T.)

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!

PILOXING: A non-stop, cardio fusion of standing pilates, boxing and dance that will push you past your limits for a sleek, sexy, and powerful you!

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

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