



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Liberty County Group Fitness October 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)		
8:45AM	BIKE TYSON (DONI) SPIN STUDIO	TABATA SPIN (ALCINE) SPIN STUDIO	BIKE TYSON (DONI) SPIN STUDIO	TABATA SPIN (ALCINE) SPIN STUDIO	YOGA (NINA)	SPIN (NATALIE) SPIN STUDIO	
	YOGA (HEATHER)	YOGA (MIN HI)	CARDIO SCULPT (NATALIE)	YOGA (MIN HI)		YOGA AEROBICS STUDIO	
9:45AM	H.I.I.T (MISTY)	R.I.P.P.E.D® (ALCINE)	H.I.I.T (LINDSAY)	F.A.X.T (ALCINE)	R.I.P.P.E.D® (ALCINE)	ZUMBA® (TINA)	
10:45AM	ZUMBA® (LORIE)	ZUMBA® (LeNESHA)	ZUMBA® (LORIE)	PILOXING® (LORIE)	ZUMBA® (LORIE)		
11:00AM						AQUA ZUMBA (LeNESHA) POOL	
4:00PM	FOOTSTEPS TO FITNESS (JAKE) YOUTH CLASS					UPCOMING EVENTS! Oct 14 th - Fall fest Oct 21 st - Party in pink aqua zumbathon  	
5:00PM	YOGA (LIZ)	STEP ABOVE (KAME)	CARDIO STRENGTH MIX (MISTY)	YOUTH YOGA (HEATHER) Boardroom			
				H.I.I.T (BIRRANDA)			
6:00PM	TABATA SPIN (ALCINE) SPIN STUDIO	YOGA (STACY)	R.I.P.P.E.D (ALCINE)	ZUMBA® (MARGIT)			
	H.I.I.T (BIRRANDA)						
7:00PM	ZUMBA® (MARGIT)	ZUMBA® (TINA)	ZUMBA® (LeNESHA)	ZUMBA® (EKTA)			
Effective October 1st, 2017							

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

H.I.I.T: High Intensity Interval Training. An Exercise strategy alternating short periods of intense anaerobic exercise with less intense active recovery periods.

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 than just burning calories. F.A.X.T will not only burn fat during training but will continue to increase the body's 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.

YOUTH YOGA: Yoga for children has been shown to increase focus, self-esteem and anxiety, in all aspects of their lives; as well as increase their physical strength and flexibility. This class incorporates a variety of breathing techniques and poses in a fun and relaxed environment.

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.)

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.

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.

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

FOOTSTEPS TO FITNESS: A safe fitness class specifically designed for our active 8-12 year olds.

BIKE TYSON/TABATA SPIN: Spin studio is located upstairs. Obtain your bike pass from the front desk and enjoy the ride. Prepare for a 45 minute spin session that will push your cardio endurance and put little impact on your joints.

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.

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