



Effingham YMCA

AUGUST

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:05 AM Aerobics RM		Tabata Tuesday (Emily) ★	Pound & STRONG by Zumba (Emily) ★	P90X (Jonathon)			
8:05 AM Aerobics RM			Pilates (Greta) ★			Deep Stretch Carissa This is a 45 min	
9:00 AM Aerobics RM	Gravity—Body Weight Resistance (Katie)	ISO (Joann)	SoulBody Barre (Shannon)	ISO (Joann)	Brickhouse (Lisa)	Kickboxing and Weights (Mary) ★	
9:00 AM Adult Gym	A&A (Didi)	Kettle Bells, Core & More (Stephanie)	A&A (Didi)	Kettle Bells, Core & More (Stephanie)	A&A (Didi)		
9:00 AM Pool		Aqua Fit (Tiffany) ★		Aqua Fit (Tiffany) ★			
10:15 AM Aerobics RM	Killer Kardio (Tawney) ★	Zumba (Janina) ★	Guns and Buns (Tawney) ★	Zumba (Leila) ★	Gentle Yoga (Meghann) ★		
10:30 AM Adult Gym	Sit and Fit (Didi)	Pickle Ball	Sit and Fit (Didi)	Pickle Ball	Sit and Fit (Didi)		
11:15 AM Aerobics	Gentle Yoga (Meghann)	Youth Fit (Janina)		Beg. Line Dance (Lisa)			
STUDIO				Yoga Greta @ 10:00			
5:30 PM (Location Listed)	Kettle Bell (Stephanie) Adult Gym ★	STRONG (Emily) Aerobics ★	METCON (Katie) <i>90 Min class</i> <i>5:30- 7:00</i>	Zumba Toning (Leila) Aerobics ★			
5:30 (Studio)	Yoga (Clarissa)			SoulBody Barre (Shannon)			
6:30 PM Aerobics RM	Mixedfit (Janina) ★	Ultimate Full Body (Helen) ★			Ultimate Full Body (Helen) ★		
7:00 PM					Zumba (Jonathon) Aerobics RM ★		

What is STUDIO? It's small group fitness! The benefit of smaller class size is more one on one attention and cutting edge class options.

Please Join us for the following:

- Yoga—Monday at 5:30 PM and Thursday at 10:00 AM.
- SoulBody Barre—Wednesday at 9:00 & Thursday at 5:30—SoulBody Barre uses the principles of Pilates, the wisdom of yoga, the intense power of dance, and the body sculpting benefits of traditional strength training giving you a total body workout.

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



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CYCLE ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:05AM	Mixed Tape (Regina)				Moxanity (Payton)	
8:00 AM						
9:00 AM	Rock n Ride (Amber)		Rev It Up (Tawney)		HITT Cycle (Katie)	Ride or Die with the Fab 4
10:10AM		Ring of Fire (Lisa)		Ring of Fire (Lisa)		SWAG spin (Mary)
6:30PM	Ring of Fire (Lisa)	Tabatas (Lauren)		Spin Cycle (Jessica)		
7:00PM			Sweat Shop (Amber)			

ACTIVE & AGELESS: This 75 minute (High or Low Impact) class fully addresses the 3 Components of Fitness: Cardiovascular, Strength & Flexibility Training in a fun and non-competitive setting.

BRICKHOUSE & GUNS & BUNS: Define and strengthen your body in this awesome weight lifting class. This workout is designed to tone and sculpt your body. Great for all fitness levels.

GRAVITY: Body weight only! Learn to scale back on equipment and dig deep as you strengthen with simplicity.

ISO: Using bands and isometrics you will sculpt and tone your body, while increasing your flexibility and balance.

KETTLE BELLS, CORE & MORE: A full body workout utilizing the kettle bells and compound work. Your workout will efficiently and simultaneously engage multiple muscle groups and boost your heart rate for great results.

KILLER KARDIO: This class combines athletic aerobic movements with strength and stability exercises.

KICKBOXING: Kick and punch your way into amazing shape. Join the fun!

METCON: Metabolic Conditioning, or Metcon for short, involves short, fast-paced interval training, aimed at increasing your metabolism and cardiovascular capacity.

P90X: Intense workouts that use resistance, body weight training, cardio, ab work and more!

POUND: This workout fuses cardio interval training with drumming to provide a challenging, full-body workout.

SIT & FIT: Cardio, Strength, Flexibility at your own pace from the chair during this 60 minute enjoyable workout.

STRONG by Zumba: This class combines body weight, muscle conditioning, cardio and plyo training moves synced to original music that is designed for every move!

Tabata Tuesday: Dig deep in this total body workout. All of the work is timed 'cause you can do anything for a minute!

ULTIMATE FULL BODY: A full body workout that will blast each muscle group in addition to demolishing your core!

GENTLE YOGA/YOGA/DEEP STRETCH: Learn the fundamentals of proper form and breathing while increasing your balance, posture and strength.

YOGALATES/PILATES: A fantastic fusion of pilates and yoga. Rhythmic moves are paired with deep yoga poses.

ZUMBA/ZUMBA TONING/MIXXEDFIT: With energetic music and dance style moves, you find yourself having a blast and working out all at the same time.

LINE DANCING: This low-impact class offers a chance to practice and learn various line dances

HITT Cycle: Get ready for high intensity interval bursts on the bike. It's the best of strength exercise and cycle fusion!

MIXED TAPE/MOXANITY/SWAG SPIN/RING OF FIRE: Set those legs on fire as we climb, sprint, jump, and cycle to great music.

REV IT UP/ ROCK N RIDE: Rev up mountains and sprint down hills while riding to the rhythm of a fun dance beat.

RIDE OR DIE WITH THE FABULOUS 4: Spin, dance, sweat and more with a different instructor each week.

SWEAT SHOP: Ride in a safe sauna atmosphere filled with fun, shake it till you break it moves. EVERYONE welcome!



Spin is a great class for kids 12 and older, height and motor skills should be considered.

AQUA FIT & AQUA DANCE: Join the party poolside for an amazing total body workout. Strength, endurance, and cardio fitness goals are met with little to no strain on your joints.

The pool will be open on weekends, with laps available for swim, Saturday 10:00—5:00 & Sunday 1:30—5:00.



These classes are kid friendly! 10 & up.