

February 2019 Habersham 912-354-6223

YMCA HOURS: MON-THUR 4:30AM-10PM/FRI 4:30AM-8PM/SAT 6AM-6PM/SUN 11AM-6PM

FREE CHILD CARE: MON-FRI 8AM-1PM/MON-THUR 4:15-7:30PM/SAT 9:30-12:15

Class Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM	Total Body Barre (Sam)	Yogalates (Sam)		Yogalates (Sam)			
7:25					Fast Fitness Boot Camp (30 min class) NEW CLASS Starts the 8th (Sheena)		
8AM	Zumba (Kenyatta)	Hype Fit NEW CLASS (SHEENA)	Ab-Domination (Susie)	Body Blaster NEW CLASS (Melanie)	Zumba (Teresa)	Dance Fitness (Sam)	
9/9:15AM	9:15 HIIT Camp (Sam)	9:00 Intense Total Body (Yanet)	9:15 Body Camp NEW CLASS (Melanie)	9:15 Full Body Burn (Sam)	9:00 WOD (Dave)	9:05-10:30 Ultimate Conditioning (Stephanie)	
10:15 AM	Ageless Athletes (Jen R.)	Flex & Stretch (Carla)	Ageless Athletes (Carla 6, 20) Zumba (Sabrina 13, 27)	Basic Strength (Sam)	Basic Strength (Michelle)	10:45 Gentle Yoga (Liz)	
11AM	Tai Chi (Myong)	Senior Active (Sam)	Tai Chi (Myong)	Corrective Bodywork (Dr. Bruce)	Tai Chi (Myong)		
12:15PM	Yoga Flow (Elizabeth) (Katherine 25)	Pilates (Elizabeth)	Country Western Partner Dance (Woody)	Basic Yoga Flow (Theresa)	Dynamic Yoga (Elizabeth)		
4:30PM	Zumba (JoJo)	Zumba (Sheena)	Cardio Kickbox New Class (Teresa)	Zumba (Cyndi)	MixedFit (Beth)		Sun Yoga (Katharine) (Janet 3 rd) (Theresa 17 th)
5:30PM	Step (Susan)	HIIT Breakthrough (Stephanie)	Total Body Blast (Leigh) (Teresa 6, 20)	HYPE FIT NEW CLASS (Sheena)	HIIT Strength (Michelle) (Sam 1, 8)		
6:30PM	Ab-Solution (Stephanie)	Butts N Guts (Yanet)	Ab-Solution (Stephanie)	Yogalates (Leigh)			
7:15/7:30PM	7:30 Country Western Partner Dance (Woody)			7:30 High Intensity Hip Hop NEW FORMAT (Diane)			

TRX/MVE ROOM

6:30AM			TRX (Sam)				
9/9:15/9:30AM			9:30 Chair Fitness (Elizabeth R.)	8:00AM HOOP FITT (Nichele)	9:15 Fit Barre (Michelle)		
10:15AM				Healthy Back (Elaine)			
5:30PM	TRX Interval (Stephanie)	POUND (NEW CLASS) (Leigh) TBA on the 19th	TRX Strength (Stephanie)	TRX Cardio (Stephanie) TBA on the 7th			
6:15PM 6:30PM		6:30pm TRX Strength (Leigh) TBA on the 19th		TRX Cardio Strength (Stephanie) TBA on the 7th			

CYCLE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30/5:45AM	5:30 Cycle (Victoria) (Krystal 18,25)	5:30 Cycle (Ara) (Victoria 5)	5:30 Cycle (Krystal)	5:30 Cycle (Ara) (Krystal 7)	5:30 Cycle (Alena)		
7:15AM						Cycle (Krystal/ Victoria) (Sam 23)	
8:30/9/9:15AM	9:15 Cycle (Nichele)		9 Cycle (Susie)		9 Cycle (Kim)	9:15 Cycle (Leigh) (Nichele)	
Noon	Cycle (Kim)		Cycle (Kim)				
5:30PM	Cycle (Susie)	Cycle (Sam)		Cycle (Leigh)			
6:30PM	Cycle (Leigh)		Cycle (Sam)				

Please check our website for class descriptions, Thank You!

www.ymcaofcoastalga.org

